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To: Nebraska State Soccer Members

From: Casey Mann, NSS Executive Director

Re: US Soccer Recognize to Recover (R2R) Program – Concussion Initiatives

The Nebraska State Soccer Association has adopted the recommendations from US Soccer concerning concussion initiatives, including providing outreach and education to our Members. As part of this initiative, **effective July 1, 2016** no intentional heading of the ball (competition or practice) will be allowed by: (1) all U11 and lower age groups regardless of the actual age of the player, and (2) all individual players 10 years or younger playing above the U11 age group. When such a player deliberately heads the ball in a game, an indirect free kick will be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

This mandate is for all NSS affiliated activities, including but not limited to, NSS affiliated member organization league play, practices and tournaments. As a reminder, the [State of Nebraska Concussion Protocol](#) law remains in effect for Nebraska based schools and all organized sports in Nebraska for athletes 19 and younger.

Note: The Nebraska State Soccer Association will post and appropriately disseminate any additional changes to rules, policies, guidelines, etc. when determined and as timely as possible. For reference, US Soccer's Recognize to Recover (R2R) program describes the specific initiatives and provides guidelines, resources and information on a variety of other player safety and health related issues.

Read US Soccer's press release @ <http://www.ussoccer.com/stories/2015/12/02/20/59/151202-us-soccer-announces-recognize-to-recover-player-health-and-safety-program>

Read more about Recognize to Recover @ <http://www.ussoccer.com/about/recognize-to-recover>