



# Michigan State Youth Soccer Association

## Michigan State Youth Soccer Association Concussion Policy and Legal Compliance

The Michigan State Youth Soccer Association shall be referred to as 'MSYSA' throughout this document. Any coach, assistant coach, team trainer, team manager, referee, League President, League Delegate, League Official, League representative, MSYSA administrator, MSYSA Board of Directors member, contract labor employee, or any other individual seeking affiliation with MSYSA or MSYSA affiliated leagues who has direct or indirect contact or influence on a youth player shall be known collectively as 'Adult Members' for the purposes of this policy. Any MSYSA player registered for the current year with an affiliated MSYSA direct member organization will be known as 'Youth Participant' and their parents or guardians as 'parents' for the purposes of this Policy. Direct Member affiliates of MSYSA will be referred to as 'Leagues'. 'Soccer related activities' referenced throughout this document will include but not be limited to MSYSA sanctioned matches, games, practices, friendlies, trainings, tournaments, scrimmages, etc.

In order to ensure compliance with State of Michigan law (specifically Michigan Public Acts 342 and 343 of 2012, Michigan Public Act 137 of 2017, MCL 333.9155, and MCL 333.9156) and US Soccer's Recognize to Recover Program, MSYSA enacts this policy outlining requirements of MSYSA, leagues, adult members, parents and youth participants.

### Compliance - Youth Participants and Parents:

All youth participants and their parents must sign the Parent & Athlete Concussion Information Sheet supplied by the Michigan Department of Health & Human Services agreeing that they have received concussion information pursuant to Michigan law. The Parent & Athlete Concussion Information Sheet is included in this policy and also lists relevant concussion information. This form will need to be completed once and kept on file for the duration of the youth participant's involvement with the organization or until the youth participant is 18 years of age.

### Compliance - Leagues:

MSYSA Leagues are responsible for the collection and retention of the Parent & Athlete Concussion Information Sheet. Leagues are permitted to require their own member clubs to collect and retain the Parent & Athlete Concussion Information Sheet if the club has more regular contact with the youth participant. It is the league's responsibility to ensure all players within their organization have a signed Parent & Athlete Concussion Information Sheet whether they collect it themselves or require their clubs to collect and keep it on file. Leagues and clubs may recreate the Parent & Athlete Concussion Information Sheet digitally. Electronic signatures are permitted but still need to be procured from both youth participants and parents. A recreated electronic form must contain all of the information included in the original Parent & Athlete Concussion Information Sheet.

All MSYSA Leagues should be aware of the symptoms and signs of a concussion as well as preventive measures. If a youth participant is diagnosed with a concussion or is experiencing concussion like symptoms, the league is responsible to ensure the Medical Clearance to Return to Play Form has been filled out by a Health Care Professional before the youth participant is permitted to return to soccer related activities. The Medical Clearance to Return to Play Form is included in this policy. Once a concussion is suspected, the youth participant must be removed immediately from the activity and kept out of all future soccer related activities until being evaluated and cleared by a Health Care Professional. It is the league's responsibility to ensure all players within their organization have a Medical Clearance to Return to Play Form on file when a concussion is suspected or diagnosed. Forms should be kept on file until the athlete is 18 years of age.

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## **Compliance - Adult Members:**

All adult members of MSYSA involved with soccer related activities must complete a concussion awareness online training program. In accordance with Michigan law, adult members must complete the training program once every 3 years. The required training program is the Heads Up Concussion Training provided by the US Centers for Disease Control and Prevention (CDC). The training needs to be completed by each adult member before participating in any soccer related activities. The online training program has been integrated into GotSoccer, MSYSA's online registration software. Every adult member is responsible for his/her compliance with the online training. Instructions for accessing the Heads Up Concussion Training can be found on the MSYSA website.

## **Substitution Rules:**

MSYSA recommends modifying substitution rules to allow players who may have suffered a concussion during games to be evaluated without penalty.

## **Heading:**

MSYSA has eliminated heading for players U11 and younger. This directive is to protect players 10 years old and younger regardless of what age group they are playing in. Any header by these players shall result in an indirect free kick awarded to the opponent at the spot of the infraction. This mandate is for all MSYSA affiliated activities, including but not limited to, MSYSA affiliated member organization league play, practices and tournaments.

MSYSA recommends limiting the amount of heading in practice for players in U12 and U13 programs be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player, per week. (No limit on heading in games.) In addition, MSYSA recommends that all coaches be instructed to teach and emphasize the importance of proper techniques for heading the ball.

## **Health Care Professionals:**

MSYSA has adopted US Soccer's recommendation on an adequate number of Health Care Professionals (HCP) being present for all tournaments with 64 or more teams at U11 and older age groups. Health Care Professionals are considered an Athletic Trainer Certified (ATC) or Physician (MD/DO), with skills in emergency care, sports medicine injuries and experience related to concussion evaluation and management.

## **Concussion Resources:**

MSYSA has posted many helpful resources regarding concussions and youth participation on MSYSA's website. Relevant materials can be found on the Concussion Information & Protection tab of the MSYSA website. MSYSA leagues should feel free to use any of this literature for their own organization.

## **Indemnification:**

MSYSA, its employees, agents, volunteers and all those acting on behalf of MSYSA are not responsible or liable for leagues, youth participants, and/or adult members who do not comply with the MSYSA Concussion and Legal Compliance Policy. Any and all adult members and the parents/guardians of youth participants, agree to indemnify and hold MSYSA harmless against all losses, damages, costs, and expenses, including reasonable attorney fees, resulting from a failure to comply with the MSYSA Concussion and Legal Compliance Policy. Membership in MSYSA is contingent upon agreement with the above sentence as well as total compliance with this policy as written.

## **Amendments and Changes:**

The MSYSA Board of Directors or MSYSA Staff reserves the right to update, modify, or change this policy at any time without notice.

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