

The following amendment was recommended by both the Soccer Advisory Committee and the Sports Medicine Advisory Committee (SMAC) and approved by the AIA Executive Board as Emergency Legislation – effective immediately - on September 10, 2014:

25.2.5 **Contact Rule/ Heading Training** - Definition of Contact Rule/Heading Training – Specific activities wherein the student-athlete(s) actively heads the ball consistently as a manner of technical training. Contact/Heading during the course of simulated match activities does not constitute specific heading training. (i.e. heading a ball from a cross, heading a punted ball during a simulated game, etc.)

Pre-Season – During the pre-season, no more than 15 minutes of practice time each day with no more than two training sessions each week may include specific heading activities.

Regular Season/Post-Season – During the regular season and post-season, no more than 15 minutes of practice time each day and no more than 2 practices each week may include specific heading activities.

25.2.5.1 For all pre-season, regular season and post-season practices, specific heading activities shall not be conducted on consecutive days. (**Emergency Legislation 9/10/14**)

Please send all questions to info@aiaonline.org