

Rule Change Type	Effective Date	Draft Received	Board Action
Extraordinary	4/1/2025	8/12/2024	

Extraordinary Change Reason

To align return to play requirements as quickly as possible to ensure participants are working with medical providers to gain proper clearance to participate.

Rule Change Intent

Requirements placed on competitors for return to competition following a suspected head injury must be continually updated based on evolving, evidence based medicine (or science). With the release of the 6th International Concussion in Sport Consensus Statement and the Sport Concussion Office Assessment Tool 6 (SCOAT 6) in June 2023, the USEF Medical Advisory Group reviewed the requirements for return to competition, and have recommended that all participants who sustain or are suspected of a concussion at a USEF licensed or endorsed competition, work directly with their medical provider to follow a staged (or graded) return to equestrian sport protocol.

Additionally, it is imperative to ensure each individual is evaluated by their provider against the relevant components of the SCOAT 6 in office. The mandatory suspension periods for equestrian competition should align with the current sport science with regards to concussion recovery and return to sport. Mandatory suspension periods may create the incorrect perception that following the passing of a mandatory suspension time period, every individual should be cleared to compete. Each individual may respond to concussion and recovery differently, and they should work cooperatively with their medical practitioner to determine the appropriate timeline to return to competitive sport.

With the removal of EV138.1, competitors will follow the return to play guidelines in GR848. Eventing is currently the only breed/discipline that follows the mandatory suspension period. This proposal will align with the other breed/disciplines and the current evidence-based medicine recommendations for head injuries.

Proponent Details	Contact Information
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Linked Rules	Comments
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Committee Actions
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## EV138 Medical Requirements

### 2. RETURN TO PLAY. See GR848.

~~2. In conjunction with GR848.6, the following apply in the case of a fall/accident or other injury that may have caused a concussion (as determined by qualified medical personnel):~~

~~a. No loss of consciousness and no sign of concussion—no mandatory suspension;~~

~~b. No loss of consciousness but with brief symptoms of concussion e.g., confusion, loss of memory, altered mental state (all symptoms of concussion must have resolved within 15 minutes both at rest and exercise)—minimum of seven days mandatory suspension. The day of the injury counts as the first day of the suspension period;~~

~~c. Any loss of consciousness, however brief, or symptoms of concussion persisting after 15 minutes—minimum 21 days mandatory suspension. The day of the injury counts as the first day of the suspension period.~~

~~d. Notwithstanding the above, Athletes who have established a baseline neurocognitive skills level through a Federation approved testing program (e.g., IMPACT test) may return to competition upon submission to the Federation a certification that they have passed an exam establishing that they have suffered no impairment of that level. In addition, they must submit clearance as required under GR848.6.~~

~~e. All other Athletes may, at the expiration of the mandatory suspension period, return to the Event by complying with the requirements of GR848.6~~