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Attention: All Provincial Unions, Clubs, Schools, SA Rugby Associations and Affiliates, Coaches, Medical and Paramedical Professionals, Parents and Players

Re: Notification of the change of the minimum stand-down (individualised rehabilitation) period to 21 days post-concussion for all levels of community rugby, including adult rugby.

This letter is to confirm that World Rugby have announced changes to the minimum stand-down (**individualised rehabilitation**) period for a player that has sustained a concussion or suspected concussion. The minimum stand-down period as of right now is **21 days** for all players participating in the community game or in matches or competitions where World Rugby have not approved the use of the Head Injury Assessment or HIA Protocol.

World Rugby are currently updating their Concussion Regulation (Regulation 10) and Return to Sport guidelines. As soon as these are ratified and circulated, SA Rugby will issue their updated SA Rugby Regulation and operationalised Return to Sport protocol applicable to the community game in South Africa.

If you sustain a concussion, please ensure that you are managed by a medical doctor who is well versed in concussion assessment and management before you return to full contact rugby and/or match play. To find a medical doctor well versed in concussion management and also for rugby, visit the [Sports Concussion South Africa website](#).

For more information on concussion visit the [BokSmart website](#) or go to [MyBokSmart](#) for documentation and articles or do the freely available Concussion [Modules](#). The documents will be updated where applicable once the regulation has been finalised.

Regards

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THE SOUTH AFRICAN RUGBY UNION

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