

Information
material located
in the back of
the room



Concussion in Sport and the Role of the Coach and the Official



Mark Koski, CMAA
NFHS Assistant Director

Dr. Joe Manjone
Soccer Rules Committee Chair

Take Part. Get Set For Life.™

Welcome and Introduction

- Mark Koski, CMAA, Assistant Director
 - NFHS Assistant Director
 - Soccer Rules Editor
 - Conference Coordinator
 - New Mexico Activities Association
 - Assistant Director
 - High School Coach
 - Albuquerque, New Mexico
 - University of New Mexico
 - MS – Sport Administration
 - BS – Physical Education



Welcome and Introductions

Dr. Joe Manjone, Chair, NFHS Soccer Rules Committee



Dr. Manjone is the current President of Waldorf College in Iowa. He has also worked as an athletic administrator and professor at Penn State, Frostburg State and the University of Alabama in Huntsville, and as a regional director of sports for the U.S. Army in Europe.

Joe has been a high school sports official since 1959 when he started officiating high school soccer in Pennsylvania. He also officiated other high school sports including baseball, softball, basketball, football, volleyball, wrestling, track and field and swimming.

Dr. Manjone has been the Soccer Rules Interpreter and Soccer Championship coordinator for Alabama since 1991. He served on the NFHS rules committee from 2000 to 2004.



Manjone also officiates college soccer and has been a member of NISOA since 1965. He was a Regional Director for NISOA from 1980 to 2000, and also served as the Historian for that organization while Regional Director.

National Federation of State High School Associations



National Federation of State High School Associations

- Membership = 50 member state associations and D.C.



ATHLETIC PARTICIPATION SURVEY TOTALS

Year	Boys Participants	Girls Participants	Total
1971-72	3,666,917	294,015	3,960,932
1975-76	4,109,021	1,645,039	5,754,060
1980-81	3,503,124	1,853,789	5,356,913
1985-86	3,344,275	1,807,121	5,151,396
1990-91	3,406,355	1,892,316	5,298,671
1995-96	3,634,052	2,367,936	6,001,988
2000-01	3,921,069	2,784,154	6,705,223
2005-06	4,206,549	2,953,355	7,159,904
2008-09	4,422,662	3,114,091	7,536,753
2009-10	4,455,740	3,172,637	7,628,377

- NFHS reaches nearly 19,000 high schools and 11 million participants in high school activity programs, including more than 7.6 million in high school sports.



State of High School Soccer Nationally

- Soccer is the fifth-most popular sport for boys and girls at the high school level.
- According to the 2009-10 High School Athletics Participation Survey which is listed in the 2010-11 NFHS Handbook:
 - 391,839 – H.S. Boys participate in the sport
 - 356,116 – H.S. Girls participate in the sport
 - 11,375 – H.S. Boys programs participate throughout the country
 - 10,901 – H.S. Girls programs participate throughout the country



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National Federation of State High School Associations cont.

- The NFHS is located in Indianapolis, Indiana (Est. 1920).
- National leadership organization for high school sports and fine arts activities.
- National authority on interscholastic activity programs.
- Conducts national meetings;
- Sanctions interstate events;
- Produces publications for high school coaches, officials and athletic directors;
- Sponsors professional organizations for high school coaches, officials, spirit coaches, speech and debate coaches and music adjudicators;
- Serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities.



NFHS Alumni...

NFHS Alumni:

- Mia Hamm
- Michael Jordan
- Cal Ripken



NFHS Hall of Fame Alumni:

- John Wooden
- Johnny Bench
- Chris Evert
- Jack Nicklaus



National Federation of State High School Associations

- The NFHS writes playing rules for 17 boys and girl sports at the high school level.
- Publishes 8 million pieces of materials annually



2010-11 NFHS Soccer Rules Committee

2010-11 NFHS SOCCER RULES COMMITTEE



Dr. Joe Mangione
Chair
Silverhill, AL



Larry Walters
NFHS Coaches - 2010
Albuquerque, NM



Robert B. Gaidner
Policer
NFHS



Douglas Epps
NFHS Officials - 2012
La Vista, NE



Mark Kook
Editor
NFHS



Patrick Duffy
Section 8 - 2013
Portland, OR



William Johnson
Section 1 - 2012
Marshfield, MA



Darwin Whitley
Section 7 - 2011
Haber City, UT



Peter Contreras
Section 5 - 2012
Austin, TX



David Mair
Section 4 - 2013
Bismarck, ND



Amy Rosow
Section 6 - 2013
Woochaven, MI



Chip Fuller
Section 3 - 2013
Maryville, TN



Fran Kulas III
Section 2 - 2010
Wilmington, DE



Rules Committee Goals

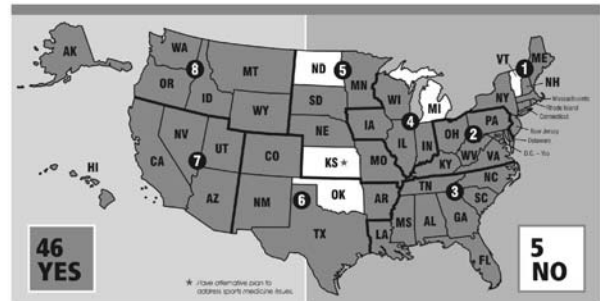
- Rule Writing Process Goals:
 - Risk Minimization!
 - Keep the Sound Tradition of the Sport
 - Increased Participation



Member State Associations Sports Medicine Advisory Committees

AROUND THE NATION

Question: Do you have a Sports Medicine Advisory Committee?





2010-11 NFHS Rules Change



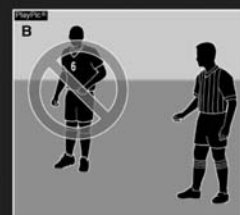
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Substitutions Rule 3-3-1c3



10:08 A.M.



3:00 P.M.

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional. (Please see NFHS Suggested Guidelines for Management of Concussion).

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Frame 2

What is a Concussion?

- A concussion is a **mild traumatic brain injury** that interferes with normal function of the brain
 - Occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body
- Growing knowledge:
 - “dings” and “bell ringers” are serious brain injuries
 - Do not have to have loss of consciousness
 - 90% of concussions are not unconscious
- Only 3.2 percent of all concussed athletes lost consciousness during the 2009 season



PHADAM

Extent of the Problem

- Professional athletes get attention
 - 1,600 NFL players
- Much more common in high school than any other level - due to large number of participants
 - HS Sports Participants
 - Football - 1.10 million
 - Boys Soccer - 392,000
 - Girls Soccer - 356,000
 - Boys Basketball - 540,000
 - Girls Basketball - 440,000
 - NFHS 2009-10



NFHS Injury Surveillance System

The National High School Sports Injury Surveillance Study: High School RIO™

R. Dawn Comstock, Ph.D.

Center for Injury Research and Policy, Nationwide Children's Hospital
The Ohio State University, College of Medicine, Department of Pediatrics and
College of Public Health, Division of Epidemiology



Not just a Football Problem

- Football 52
 - Girls' Lacrosse 39
 - **Girls' Soccer 35**
 - Boys' Lacrosse 32
 - Wrestling 22
 - Girls basketball 20
 - **Boys' Soccer 17**
 - Softball 15
 - Boys basketball 7
- High School RIO 08-09
– Injury rate per 100,000 player exposures



Extent of the Problem

- Concussion = 9% of all sports injuries
 - 9.3% of all Soccer injuries in 2009!!!
- **140,000 annual concussions in all sports**
 - Based on High School RIO estimates
- Why all of a sudden =
 - BETTER EDUCATION!



Concussions

- Dominant sports and health topic today
- Medical community not driving the agenda
 - Easy to understand problem/solution
- Huge media focus:
 - NFL
 - New Yorker- Malcolm Gladwell
 - New York Times- Alan Schwarz
 - Sports Legacy Institute
 - 60 Minutes Programming
 - Parents of injured/deceased athletes



What has happened to make this such a big deal?

- High profile cases
 - Second Impact Syndrome
 - Death or devastating brain damage when having a second injury when not healed from the first
 - Long-term effects
 - Possible long-term effects- dementia, depression



What has happened to make this such a big deal...cont.?

- Increasing awareness and incidence
 - Number of high profile athletes over the past 20 years
 - Steve Young, Troy Aikman, Eric Lindros, etc
 - Bigger and faster kids, increased opportunities



Becoming a Political Issue

- NFHS and NCAA have all testified to Congress
- State laws in WA and OR in 2009
 - Others have followed in 2010
 - What's happening in your state?
 - Keep your ear to the ground
- Potential national legislation
 - Return to play guidelines
 - Education policies



Problems for Administrators: Just a few mouse clicks away...

"At Burg, Simpson, Eldredge, Hersh, & Jardine, P.C., our brain injury lawyers represent brain injury victims caused during high school sports in Colorado, Wyoming and nationwide. We have the resources and experience with complex brain injury lawsuits to fully assess your injuries and take your case to a jury. If you or your loved one has suffered a brain injury while playing high school sports, please email or call us today."

BURGSIMPSON
BURG | SIMPSON | ELDRIDGE | HERSH | JARDINE PC
ATTORNEYS & COUNSELORS AT LAW



Who is the Appropriate Health – Care Professional?

- State Associations
 - MD/DO
 - Athletic Trainer
 - Medical Doctor
 - Nurse Practitioner
 - Physician Assistant
 - Neuropsychologist?
- Ideally
 - Should have knowledge and extra training in sports-related concussion management



What is the Officials Responsibility?

- Recognize the signs or symptoms of a possible concussion and remove the athlete from play
 - Once the participant has been removed from a contest due to a suspected concussion, the coach or appropriate health-care professional(s) assumes full responsibility for that athlete’s further evaluation and safety
 - The game official is not responsible for the sideline evaluation or management of the athlete after he or she is removed from play.
 - No signed document is needed nor is verification of the appropriate health-care professionals’ credentials to return to play.
 - Education



What is the Coaches Responsibility?

- Education
 - Everyone dealing with young athletes must be aware of the signs, symptoms, and ramifications of concussions
 - Coach education a must!!
- “When in doubt...sit them out!”
- Communicate
 - Everyone must know role



Responsibility?

- Neither officials, nor coaches, are expected to “diagnose” a concussion, as that is the job of an appropriate health-care professional
- Officials, coaches and administrators are being asked to make all efforts to ensure that concussed athletes do not continue to participate



#ADAM



Responsibility...cont?

- If an appropriate health-care professional on the sideline determines that the athlete HAS NOT suffered a concussion, the athlete may return to play.
- If there is no appropriate health-care professional available to evaluate the athlete, the athlete SHOULD NOT be allowed by the coach to return to play.



#ADAM



NFHS Coach Education Program

The screenshot shows the NFHS Learning Center website interface. At the top, there are navigation links for COURSES, LOCKER ROOM, GET COLLEGE CREDIT/CEU, QUESTIONS, PRICING/STATE REQUIREMENTS, COACH SEARCH, and HELP. Below this, there's a 'New course available!' section with a video thumbnail and text about course availability. To the right is a 'SIGN IN HERE' section with a login form. Below the course section is a 'LOCKER ROOM' section with a video thumbnail and text about the program. To the right of that is another video thumbnail and text about a customized experience. At the bottom, there's a 'PRINCIPAL' section with a video thumbnail and text about the program. The footer contains copyright information for Referee Enterprises, Inc. and a disclaimer about the content.

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Concussion in Sports - What You Need To Know

FREE COURSE!



Concussion In Sports - What You Need To Know



Hi, I'm Dr. Mick Keenan, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Sports Sports Concussion in Espans, Oregon.

As you are well aware, concussions have become a huge topic of discussion over the past few years. Unfortunately, they are a common problem in sports and have the potential for serious complications if not recognized early and managed correctly.

What may appear to be only a mild jolt or blow to the head or body can result in a concussion. While concussions occur at all levels of sports, they are most common in high school sports.

TRANSCRIPT RESOURCES

What may appear to be only a mild jolt or blow to the head or body can result in a concussion. While concussions occur at all levels of sports, they are most common in high school sports.

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Concussion in Sports - What You Need To Know

FREE COURSE!



Concussion In Sports - What You Need To Know



Concussions are of concern in high school sports for two main reasons. First, the adolescent brain is particularly vulnerable to sustaining a concussion and it also takes longer for their brains to heal following a concussion. Secondly, many high schools do not have access to an on-site team physician or athletic trainer. Thus, the coach must be responsible for the health and safety of his or her team.

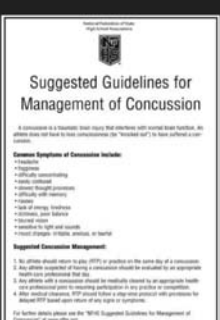
TRANSCRIPT RESOURCES

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Concussion Management



1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

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Frame 12

Prevention???

- "Concussion prevention" has become the "holy grail" for sports equipment marketers
 - Soccer head gear
 - Girl's Lacrosse head gear/helmets
 - Pole vaulting helmet
 - Mouth guards
- New football helmets, soccer headgear, mouth guards - NO PROVEN PROTECTION FROM CONCUSSION!!



NFHS Rule and Position Statement Regarding Soccer Headgear

4.2.2 SITUATION A: During pregame warm-up, the referee observes that (a) A2 is wearing a rolled bandanna tied around his/her head; (b) A3 is wearing a bandanna that completely covers his/her head; (c) A4 is wearing a red headband; (d) A5 is wearing a soft-padded headgear. **RULING:** Illegal in (a) and (b) because the bandannas are considered adornment and any knotted device may be dangerous. Legal in (c) if worn to control the player's hair or prevent sweat on the face. Legal in (d). **COMMENT:** The use of soft-padded soccer headgear is permitted but not required. Schools, parents and students are free to make their own assessments relative to this piece of equipment. The relevant ASTM standard can be found at www.astm.org.



NFHS SPORTS MEDICINE ADVISORY COMMITTEE (SMAC)
POSITION STATEMENT REGARDING SOCCER HEADGEAR
OCTOBER 2007

The incidence of concussions in high school sports, including soccer, has been a major and ongoing concern to the NFHS SMAC in recent years. Data suggest that concussions in soccer, based on rates per participant, are higher than any other team sport. The most common cause of soccer concussions is direct contact between the forehead and the head of another player. Concussions in soccer are most commonly caused by direct contact between the forehead and the head of another player. Concussions in soccer are most commonly caused by direct contact between the forehead and the head of another player. Concussions in soccer are most commonly caused by direct contact between the forehead and the head of another player.

The NFHS SMAC continues to monitor the incidence and severity of concussions with respect to soccer and the use of soccer headgear. The NFHS SMAC has reviewed the literature and the current research on soccer headgear. The NFHS SMAC has reviewed the literature and the current research on soccer headgear. The NFHS SMAC has reviewed the literature and the current research on soccer headgear.

National Federation of State High School Associations



Is this a good rule?



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2010 NFHS Soccer Rules Questionnaire

- Process
 - Sent to State Associations
 - States send to Coaches, Officials
 - Part I
 - Part II **8411**
 - Part III



2010 NFHS Soccer Rules Questionnaire - Part I



2010 NFHS Soccer Rules Questionnaire

Coach		Official		State	
#	%	#	%	#	%

Part I - Checkup on Present 2010-11 Rules - Are These Satisfactory?

2. Players who exhibit signs, symptoms or behaviors consistent with a concussion being immediately removed from the contest and not returning to play before being cleared by an appropriate health care professional						
No	153	6%	211	4%	0	0%
Yes	2544	94%	5025	96%	42	100%



NFHS Sports Medicine Handbook



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**Available
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Discussion



Contact Information

- **SOCCER EDITOR:**
 - Mark Koski, CMAA, Assistant Director**
 - National Federation of State High School Associations
 - PO Box 690
 - Indianapolis, Indiana 46206
 - Office Phone: (317) 972-6900
 - E-mail: mkoski@nfhs.org
 - Website: www.nfhs.org



National Federation of State
High School Associations



Thank You!

www.nfhs.org



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