

**NASSAU COUNTY PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION**  
**SECTION VIII OF NYSPHSAA, INC.**

**Members of the Sportsmanship Committee:**

<b><u>Name</u></b>	<b><u>Phone #</u></b>	<b><u>Fax #</u></b>
James Amen, Jr., Chairperson	267-7550	267-7592
Jeff Risener	678-7530	678-8595
Tom Graham	878-0236	887-6575
John McCrink	965-5165	
Jennifer Keane	679-6423	679-6440
Don Lang	277-7040	277-7042
Christine Ceruti	622-6400 x6465	622-6512
John Mankowich	203-3600 x3248	203-3612
John Franchi	644-4070	644-4075
Scott Stueber	872-5695	561-4491
Matt McLees	488-9858	488-9899
Kevin Regan	228-5224	228-5339

**Overview**

The Sportsmanship Committee strongly recommends that all athletic directors review the Sportsmanship Policy with their coaches, players, and event supervisors. All coaches must understand that all incidents of unsportsmanlike behaviors/disqualifications must be reported. The completed reports must be submitted by the respective athletic directors and electronically mailed to the Office of the Executive Director.

**Reporting Procedures**

The Athletic Directors from both teams involved and the officials assigned to the contest are to file written reports of the incident to the Office of the Executive Director no later than the morning of the next working day following the contest/match.

- It is the responsibility of the coach to ascertain from the official that the incident leading to the suspension or ejection is considered misconduct and, if so, it is the coach's responsibility to suspend the player from the team's next contest.
- Failure of the official to report to the Section VIII Office or failure of the Section VIII Office to forward the report to the Athletic Director, or failure of the Athletic Director to notify the coach does not relieve a coach of the responsibility to suspend the player.
- If a suspended player or coach participates in a contest, he/she is deemed ineligible and that contest is considered forfeited.

**Request for Appeal**

A request for an appeal must be made to the Office of the Executive Director within 24 hours of the contest/incident. The appeal process is a three-step process. Any questions regarding these procedures should be directed to either the Office of the Executive or the Chairperson of the Sportsmanship Committee.

- Sportsmanship Committee
- Athletic Council
- State Appeals Committee

## **Sportsmanship Committee Procedures for Addressing an Appeal**

- All incident reports are submitted to the Sportsmanship Chairperson whom upon reading reports will communicate to the Committee the nature and scope of the incident.
- Upon review of the charge(s) by at least a quorum of the Sportsmanship Committee of Section VIII, it will be determined by a majority of the quorum whether "probable cause" exists. If such a determination is made, a written statement specifying the charges in detail shall be immediately forwarded to the athletic director of the accused coach, official, player, school personnel or member school. Note: While an appeal is being processed, a student(s) may participate in practice sessions commencing from the date the appeal was filed. State Handbook page 91.
- A request for an appeal of a penalty imposed by the Sportsmanship Committee must be filed within three (3) working days following the decision of the Sportsmanship Committee to the Office of the Executive Director. The inexcusable failure to notify the Executive Director of Section VIII of such desire for a hearing within three days of the receipt of the charges will be deemed a waiver of the right to a hearing before the Athletic Council.
- Athletic Council Appeals Process - Upon receipt of a written Notice of Appeal to the Executive Director a check for \$250 made payable to the Section VIII Athletic Council must accompany Notice of Appeal. At least a quorum of the Athletic Council of Section VIII will determine by a majority of the quorum of the Athletic Council whether "probable cause" exists. If such determination is made, a written statement specifying the charges in detail shall be immediately forwarded to the accused coach, official, player, school personnel or member school.

## **Videotaping Policy**

- A. The Sportsmanship Committee will not accept a video tape(s) for a judgment call, because there is no such thing as an "official tape" that can be provided by either team, parents, etc. The review process for an appeal on a judgment call should be based solely upon the documents presented to the committee.
- B. The Committee will accept a videotape pertaining to an incident. If such tape is to be presented the following must be adhered to:
  - 1) An appeal for an incident in which a videotape is to be submitted must follow the Reporting Procedures Guidelines as stated above.
  - 2) Said tape must contain the entire contest.
  - 3) A quorum (6 members of the Sportsmanship Committee and Executive Director) must be convened within 3 working days of the written request for an appeal to an incident. Upon review of the charge(s) by at least a quorum of the Sportsmanship Committee of Section VIII, it will be determined by a majority of the quorum whether "probable cause" exists. If such a determination is made a written statement specifying the charges in detail shall be immediately forwarded to the athletic director of the accused coach, official, player, school personnel or member school.

Note: While an appeal is being processed a student(s) may participate in practice sessions commencing from the date the appeal was filed.

Revised 2004

**NASSAU COUNTY PUBLIC HIGH SCHOOL**

**ATHLETIC ASSOCIATION**

**SECTION VIII UNSPORTSMANLIKE BEHAVIOR/INCIDENT/DISQUALIFICATION REPORT**

**This report is to be completed and submitted by game officials and athletic directors of both schools within 24 hours of the incident and/or violation.**

Sport: \_\_\_\_\_ Level: \_\_\_\_\_ Date of the Event \_\_\_\_\_

Home School: \_\_\_\_\_ vs. Opponent: \_\_\_\_\_

Player(s) / Coach(es) / Official(s) / Spectator(s) involved:

Name: \_\_\_\_\_ School: \_\_\_\_\_ Number: \_\_\_\_\_

Name: \_\_\_\_\_ School: \_\_\_\_\_ Number: \_\_\_\_\_

Brief Description of the Incident (use additional sheets if necessary): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Action taken: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Supervisor(s):

Name: \_\_\_\_\_ School: \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Name: \_\_\_\_\_ School: \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Official(s) Assigned:

Name: \_\_\_\_\_ Number: \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Name: \_\_\_\_\_ Number: \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Person filing this report:

Name: \_\_\_\_\_ Position: \_\_\_\_\_ School: \_\_\_\_\_

Return to: Section VIII – Interscholastic Athletics Athletic Director's Signature \_\_\_\_\_

George Farber Administrative Center (or acting administrator)  
71 Clinton Road - P.O. Box 9195  
Garden City, N.Y. 11530

OR

FAX: 516-997-2916 or 2018

Game Official's Signature \_\_\_\_\_

## **SECTION VIII**

### **OUT OF SPORTS SEASON ATHLETICS PARTICIPATION POLICY**

*To protect all eligible student-athletes from exploitation and coercion, the following principles should be adhered to:*

- We, all member districts, do not limit individual students' opportunities to participate in other sports and athletic experiences.
- We do not exert pressure on student athletes to participate in an athletic activity outside of any sport season (as defined by the Section).
- We support and preserve the integrity of each interscholastic sports program by enforcing these principles.
- We insure that the spirit and intent of this policy be understood and adhered to by all members of the Section.

*To that end, the following guidelines will be in force replacing the former "Camp & Recreation Rule":*

- Section VIII members will conduct programs which are recreational in nature as defined by this regulation. Intramurals, strength and conditional programs, and recreation programs which are open to all students are permitted.
- During any approved activity individual sport skills may be taught to students.
- The same opportunity for instruction and personal improvement must be available to all students participating in the activity.
- Team strategy and roster specific workouts limited to members of an athletic team are prohibited.
- Recreational activities must be open and publicized to all eligible bona fide students.
- During the summer, Section VIII members may conduct leagues, camps, clinics and similar activities at their facilities.
- Members shall observe the starting and ending dates of each sports season as set by the Section annually.
- It is strongly recommended that all players participating in summer activities have an updated physical prior to participation in summer activities.

It is also the spirit of this rule that we encourage, enable and permit athletes to participate in more than one sport during the course of the year. Students should not be coerced to participate in other activities organized during a specified sports season to maintain good standing in an out of season sport. It is the responsibility of the local athletic administrator to regulate, monitor, and require compliance with the tenets of this rule for it to be effectively observed.

All who are concerned with the proper conduct and with the intent and spirit of any interscholastic sport are obligated to report any violation or perceived violation to the Ethics Committee through the Executive Director's Office. All violations will be adjudicated by the Ethics Committee which could result in forfeiture of eligibility and/or sanctions of the students, teams, coaches, or schools involved.

It is recommended that this policy and standard be made available to all students, parents, coaches and other school personnel concerned with the conduct of our interscholastic programs.

**Approved and Effective June 9, 2004 - Athletic Council.**

## **SECTION VIII VIDEOTAPING POLICY**

The Section recognizes the value of videotaping opponents as athletics teaching tool but it also recognizes that certain general conditions to regulate videotaping should be observed section wide in order to protect student athletes and athletic departments.

Videotaping at Section VIII approved and sanctioned athletic contests is permitted. **This does not include practices or scrimmages unless approved by the participating teams.**

All videotaping will be used for instructional purposes to include scouting. The individual's right to privacy requires that the anonymity of the student athlete's images displayed in the product of the videotaping be maintained and protected unless expressed in written consent to share his/her identify is provided.

Videotaping of any contest may not be used in a commercial enterprise. Specific limitations, regulations, and/or requirements with regard to videotaping should be referenced and included in all sport specific handbooks.

Approved June 9, 2004

Section VIII Athletic Council

## **“Tommy Tough” Football Educational & Awareness Safety Standards**

Section VIII in its never-ending mission to provide its student-athletes with positive and safe athletic experiences has embarked on a journey to make the great game of football even better. Through the vision of the stakeholders in Section (*input Section number*) football it is our goal to implement changes that will protect the integrity of the game, minimize risk for players and allow for positive growth. The Section VIII Football Committee, Safety Committee, Athletic Directors, Football Officials Association and the Section (*input Section Number*) Football Coaches Association embrace the following Tommy Tough Football Standards and will begin implementing them in the spring of 2017.

1. Implementation of a mandatory safety statement that will be read pre-game by the officials to all players in grades 7-12 at all contests commencing in the fall of 2017.

**Statement- “In an effort to minimize risks to you and your opponent, helmets are not to be considered weapons and are not to be used as weapons. Helmets are not to be intentionally used to initiate illegal helmet contact against an opponent, such as spearing, targeting, butt blocking and face tackling.”**

2. To enlighten and gain support from parents and spectators, make the following announcement (2 or more times) whenever a PA system is available at a football game:

**Statement: “The (*insert name of both schools*) school districts salute the Section (*insert Section number*) Football coaches, officials and Athletic Administrators for implementing the Tommy Tough Football Standards, thereby reducing risks for all Section (*insert Section number*) football players. We ask all spectators to join the football coaches in supporting the officials when they make calls pertaining to targeting, illegal helmet contact and defenseless player hits. Thank you for your anticipated cooperation.”**

3. Support the football official’s association in enforcing the NFHS rules and regulations related to the penalties for illegal helmet contact and illegal hits. As per NFHS rules, flagrant fouls will result in the appropriate yardage penalty as well as the ejection of the athlete from the contest. The illegal hits of targeting, illegal helmet contact (butt blocking, face tackling and spearing) and defenseless player hits (as defined by the NFHS rule book) will result in the appropriate yardage penalty as well as the player being removed from the field for at least one play.
4. As per the NYSPHSAA and Section (*insert Section number*) Misconduct Policy, players and/or coaches ejected from a contest will be suspended from the next regularly scheduled contest. Repeated infractions may lead to additional penalties.
5. The Section (*insert Section number*) Football Coaches Association pledge their support to the football officials when they call the following NFHS violations- targeting (NFHS Rule 2, Section 20, Article 2) illegal helmet contact (NFHS Rule 2, Section 20, Article 1), and defenseless player hits (NFHS Rule 2, Section 32, Article 16).

6. Support head coaches in the downloading of game film to the Football Officials Association for their review and use in the education and professional growth of all its members.
7. Work with Section *(insert Section number)* Football Officials Association and Coaches Association in its commitment to dramatically reduce illegal hits.
8. Work with our Football Officials Association in the exploration and development of the best possible evaluation programs.
9. Recommend having a “**Player Safety Coach**” on staff, as per USA Football (individual district decision).
10. Recommend supporting and working with USA Football (and/or similar organizations) in their efforts to promote and implement programs that are being created to minimize player risks and benefit all.

We are confident that through the implementation of these strategies and commitment by all who love this great game we can create an even better experience for our student-athletes.

**So why name the standards after Thomas Cutinella?** Thomas Cutinella was a smart, intelligent, athletic, altruistic young man from the Shoreham Wading River community in NYS, who wanted to serve those around him. He planned on attending West Point and serving this country, but lost his life playing the game he loved. The Tommy Tough Standards ‘sing’ his service-oriented song...and the ‘lyrics’ speak to serving others by minimizing risks for all football players.

**IV.**

**HEALTH,  
SAFETY  
&  
LIABILITY**



### STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at [www.nysphsaa.org](http://www.nysphsaa.org). The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

### RETURN TO LEARN and RETURN TO PLAY PROTOCOLS

**Cognitive Rest:** Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

**Physical Rest:** Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

**Return to Play Protocol** once symptom free for 24 hours and cleared by School Medical Director:

**Day 1:** Low impact, non strenuous, light aerobic activity.

**Day 2:** Higher impact, higher exertion, moderate aerobic activity. No resistance training.

**Day 3:** Sport specific non-contact activity. Low resistance weight training with a spotter.

**Day 4:** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

**Day 5:** Full contact training drills and intense aerobic activity.

**Day 6:** Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

### CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

### OTHER RESOURCES

- New York State Education Department  
<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices>
- New York State Department of Health  
[http://www.health.ny.gov/prevention/injury\\_prevention/concussion/htm](http://www.health.ny.gov/prevention/injury_prevention/concussion/htm)
- New York State Public High School Athletic Association  
[www.nysphsaa.org/safety/](http://www.nysphsaa.org/safety/)
- Center for Disease Control and Prevention  
<http://cdc.gov/TraumaticBrainInjury>
- National Federation of High Schools  
[www.nfhslearn.com](http://www.nfhslearn.com) – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus  
[http://www.health.ny.gov/health\\_care/managed\\_care/consumer\\_guide/about\\_child\\_health\\_plus.htm](http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm)
- Local Department of Social Services – New York State Department of Health  
[http://www.health.ny.gov/health\\_care/medicaid/ldss/htm](http://www.health.ny.gov/health_care/medicaid/ldss/htm)
- Brain Injury Association of New York State  
<http://www.bianys.org>
- Nationwide Children's Hospital – Concussions in the Classroom  
<http://www.nationwidechildrens.org/concussions-in-the-classroom>
- Upstate University Hospital – Concussions in the Classroom  
<http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>
- ESPN Video – Life Changed by Concussion  
<http://espn.go.com/video/clip?id=7525526&categoryId=5595394>
- SportsConcussions.org  
<http://www.sportsconcussions.org/ibaseline/>
- American Association of Neurological Surgeons  
<http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx>
- Consensus Statement on Concussion in Sport – Zurich  
<http://sportconcussions.com/html/Zurich%20Statement.pdf>

# **Nassau County Football Coaches Association**

## **Concussion Protocol**

Adapted from the National Federation of State High School Association Guidelines  
and the

American Medical Society for Sports Medicine

prepared by

Jeffrey Corben, DPT, ATC

and

George Ackerman, MD

### **Introduction**

A concussion is a type of traumatic brain injury that interferes with normal function of the brain. It occurs when the brain is rocked back and forth or twisted inside the skull as a result of a blow to the head or body. What may appear to be only a mild jolt or blow to the head or body can result in a concussion.

It used to be believed that a player had to lose consciousness or be “knocked-out” to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 5% of players actually lose consciousness with a concussion.

Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, everyone involved in athletics must be aware of the signs, symptoms and behaviors associated with a concussion. If you suspect that an athlete may have a concussion, then he or she must be immediately removed from all physical activity. “When in doubt, sit them out!”

Athletes must know that they should never try to “tough it out.” If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

## **Concussion Signs and Symptoms**

### **Signs** Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### **Symptoms** Reported by Athlete

- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

## **Sideline Evaluation and Management**

There are many sideline assessment tools, such as the SCAT 3 and Maddocks Questions. They have been developed in an effort to provide an objective and standardized approach to the injured athlete. A copy of the SCAT 3 has been attached as an addendum to this protocol and may be provided to any Athletic Trainer or Health Care Professional to use as part of their clinical exam. You could also access the SCAT 3 online or at these websites.

<http://sma.org.au/wp-content/uploads/2013/08/2013SportsConcussionAssessmentTool3SCAT31.pdf>

<http://bism.bmi.com/content/bisports/47/5/259.full.pdf>

[http://fpr.pt/wp-content/uploads/2017/03/SCAT3\\_EN.pdf](http://fpr.pt/wp-content/uploads/2017/03/SCAT3_EN.pdf)

## **Concussion Emergency Protocol**

Although rare, there are some situations where you will need to call 911 and activate the Emergency Medical System (EMS). The following circumstances are medical emergencies:

1. Any time an athlete has a loss of consciousness of any duration. While loss of consciousness is not required for a concussion to occur, it may indicate more serious brain injury.

2. If an athlete exhibits any of the following:

- Decreasing level of consciousness,
- Looks very drowsy or cannot be awakened,
- If there is difficulty getting his or her attention,
- Irregularity in breathing,
- Severe or worsening headaches,
- Persistent vomiting, or any seizures.

## **Return to Learn**

Students will require cognitive rest and may require academic accommodations such as reduced workload and extended time for tests while recovering from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including texting) all may worsen the symptoms of concussion. As the symptoms lessen, increased use of computers, phone, video games, etc., may be allowed, as well as a gradual progression back to full academic work.

## **Return to Play**

After suffering a concussion, no athlete should return to play or practice on that same day. In the past, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time. As per the Concussion Management and Awareness Act, students removed from athletic activities at school for a suspected concussion must be evaluated by and receive written and signed authorization from a physician to return to athletic activities in school.

## **CDC Heads Up Return to Play Protocol**

**BASELINE:** Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury when doing normal activities and has a green light from their health care provider to begin the return to play process.

An athlete should only move to the next step if they do not have any new symptoms at the current step.

**STEP 1:** Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weightlifting at this point.

**STEP 2:** Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight than a typical routine).

**STEP 3:** Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

**STEP 4:** An athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

**STEP 5:** An athlete may return to competition.      68.

## **Prevention and Education:**

Please visit the CDC Heads Up website for printable posters for the locker room to educate athletes regarding prevention and recognition of the symptoms of concussions.

(<https://www.cdc.gov/headsup/highschoolsports/coach.html>)

### **Neuropsychological testing**

Neuropsychological (NP) tests are an objective measure of brain behavior relationships and are more sensitive for subtle cognitive impairment than clinical exam. Most concussions can be managed appropriately without the use of NP testing. NP testing should be used only as part of a comprehensive concussion management strategy and should not be used in isolation.

NP tests such as the Impact test may be available for use in some school districts and should be compared to a preseason baseline.

## WHAT ARE CONCUSSION DANGER SIGNS?

In rare cases, a dangerous blood clot may form on the brain in an athlete with a concussion and crowd the brain against the skull. Call 9-1-1 or take the athlete to the emergency department right away if after a bump, blow, or jolt to the head or body the athlete exhibits one or more of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

## FACTS

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Sometimes people wrongly believe that it shows strength and courage to play injured. Some athletes may also try to hide their symptoms.

Don't let your athlete convince you that he or she is "just fine" or that he or she can "tough it out."

Discourage others from pressuring injured athletes to play. Emphasize to athletes and parents that playing with a concussion is dangerous.

## WHAT SHOULD I DO IF A CONCUSSION IS SUSPECTED?

No matter whether the athlete is a key member of the team or the game is about to end, an athlete with a suspected concussion should be immediately removed from play. To help you know how to respond, follow the Heads Up four-step action plan:

### 1. REMOVE THE ATHLETE FROM PLAY.

Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, sit them out!

### 2. ENSURE THAT THE ATHLETE IS EVALUATED BY AN APPROPRIATE HEALTH CARE PROFESSIONAL.

Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

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### 3. INFORM THE ATHLETE'S PARENTS OR GUARDIANS.

Let them know about the possible concussion and give them the Heads Up fact sheet for parents. This fact sheet can help parents monitor the athlete for sign or symptoms that appear or get worse once the athlete is at home or returns to school.

### 4. KEEP THE ATHLETE OUT OF PLAY.

An athlete should be removed from play the day of the injury and until an appropriate health care professional says they are symptom-free and it's OK to return to play. After you remove an athlete with a suspected concussion from practice or play, the decision about return to practice or play is a medical decision.



## CONCUSSION CHECKLIST

## New York State Public High School Athletic Association

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Sport: \_\_\_\_\_

Date of Injury: \_\_\_\_\_ Time of Injury: \_\_\_\_\_

### **On Site Evaluation:**

Description of Injury: \_\_\_\_\_

\_\_\_\_\_

Was there a loss of consciousness? Yes No Unclear

Does he/she remember the injury? Yes No Unclear

Does he/she have confusion after the injury? Yes No Unclear

### **Symptoms observed at time of injury, please circle yes or no for each symptom listed below:**

Dizziness	Yes	No	Headache	Yes	No
Ringing in Ears	Yes	No	Nausea/Vomiting	Yes	No
Drowsy/Sleepy	Yes	No	Fatigue/Low Energy	Yes	No
"Don't Feel Right"	Yes	No	Feeling "Dazed"	Yes	No
Seizure	Yes	No	Poor Balance/Coord.	Yes	No
Memory Problems	Yes	No	Loss of Orientation	Yes	No
Blurred Vision	Yes	No	Sensitivity to Light	Yes	No
Vacant Stare/	Yes	No			
Glassy Eyed	Yes	No			

Other Findings/Comments: \_\_\_\_\_

Final Action Taken: \_\_\_\_\_ Parents Notified \_\_\_\_\_ Sent to Hospital \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_ Date: \_\_\_\_\_ Phone# \_\_\_\_\_

### Physician's Evaluation

Patient's Name: \_\_\_\_\_ Sport/Level: \_\_\_\_\_

Date of Initial Evaluation: \_\_\_\_\_ Time of Initial Evaluation: \_\_\_\_\_

Date of Final Evaluation: \_\_\_\_\_ Time of Final Evaluation: \_\_\_\_\_

**\*Please indicate by circling yes or no in the respective columns:**

<u>Symptoms Observed</u>	<u>Initial Evaluation</u>		<u>Final Evaluation</u>	
Dizziness	Yes	No	Yes	No
Headache	Yes	No	Yes	No
Tinnitus	Yes	No	Yes	No
Nausea	Yes	No	Yes	No
Fatigue	Yes	No	Yes	No
Drowsy/Sleepy	Yes	No	Yes	No
Sensitivity to Light	Yes	No	Yes	No
Sensitivity to Noise	Yes	No	Yes	No
Ante Grade Amnesia	Yes	No	Yes	No
Retro Grade Amnesia	Yes	No	Yes	No

Additional Findings/Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Recommendations/Limitations: \_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Physician's Final Determination and Return to Play Recommendation:**

Is the athlete ready to return to play: Yes \_\_\_\_\_ No \_\_\_\_\_

Additional findings/comments: \_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## **RETURN TO PLAY PROTOCOL**

**Karl Friedman, MD**

This protocol is to return injured athletes to full participation given the requirement to put in the state mandated practice days before participation.

When an athlete is injured, he presents a note with the diagnosis and restrictions to the school physician. If the school physician in consult with the treating physician agrees that the athlete can do stretching and agility exercises **ONLY**, the trainer is notified. The athlete must be clearly identified at practice, i.e. red jersey, and can only practice one on one with the trainer according to the guidelines set by the treating and school physicians. When the athlete heals to the point where he can participate in non-contact drills, he is given a yellow jersey and can work with the team in **NON**-contact drills, coordinated by the coach and trainer.

In this way, when the athlete receives full clearance without restrictions, he has satisfied most, if not all, the required days and resumes competition at the discretion of the coach. This system works only if the school physician, in consultation with the treating physician agrees the athlete is suitable for this protocol, and there is a trainer present at all practices to monitor the athlete's participation.

## **NYSPHSAA**

### **THUNDER AND LIGHTNING POLICY**

If Thunder is heard or lightning is observed, all outdoor activities will be suspended immediately. Shelter should be sought in appropriate locations. Resumption or results of contests should be governed by the rules of the sport. Before resuming contest, officials should wait a minimum of thirty (30) minutes after the last observable lightening strike or thunder heard.

### **HEAT ALERT POLICY FOR SECTION VIII**

Each school district, as in the past, is responsible for monitoring the T.H.I. (Temperature Humidity Index) and establishing their own guidelines for practices. The attached sheets include the guidelines developed by the Medical Aspects of Sports Committee - Medical Society of New York. These guidelines should be used to help individual schools establish their own guidelines.

### **ALSO NOTE \* THE AMENDED ELIGIBILITY STANDARD #7**

Practice session relating to vigorous activity. "All required practice sessions.... shall include vigorous activity related to the purpose of improving the physical condition of the players. Each required number of practices for an individual (10) must include vigorous activity."

**Administration of Heat Index Procedures:**

- Feels Like Temperature (Heat Index) or THI using a Wet Bulb indicator on the field will be checked one 1 hour before the contest/practice by a certified athletic trainer, athletic director or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log onto [www.weatherbug.com](http://www.weatherbug.com). Schools may also use a Wet Bulb indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like Temperature (Heat Index) or the Wet Bulb indicator is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels Like Temperature (Heat Index) at halftime or midway point of the contest. If the Feels Like temperature (Heat Index) or Wet Bulb indicator is 96 degrees (Fahrenheit) or more, the contest will be suspended

Please refer to the following chart to take the appropriate actions:

	Feels Like Temperature (Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
<b>R E C O M M E N D E D</b>	Heat Index Caution: Feels Like Temperature (Heat Index) or Wet Bulb indicator 80 to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temperature (Heat Index) or Wet Bulb indicator 86 to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Real Feel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temperature (Heat Index) or Wet Bulb indicator 91 to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Real Feel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose-fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
	Heat Index Alert: Feels Like Temperature (Heat Index) or Wet Bulb indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.
<b>REQUIRED</b>		

## **NYSPHSAA WIND CHILL PROCEDURES**

### **Administration of Wind Chill Procedures:**

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com).
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (wind chill) at halftime or midway point of the contest. If the Feels Like temperature (wind chill) is – 11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temperature (wind chill) above 40 degrees	Full activity. No restrictions
<b>R E C O M M E N D E D</b>	Wind Chill Caution: Feels Like Temperature (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Hourly Feels Like Temperature (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temperature (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when hourly Real Feel temp is much higher. Consider reducing the amount of time for an outdoor practice session.
	Wind Chill Alert: Feels Like Temperature (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.
<b>REQUIRED</b>		

## **THE PREVENTION OF HEAT ILLNESS**

Guidelines Developed by the Medical Aspects of Sports Committee  
Medical Society of New York

Hundreds of students anticipating participation in their favorite fall sport usually work to improve their physical condition prior to the first practice session of the school team.

### **OBSERVE THE FOLLOWING GUIDELINES TO PREVENT HEAT ILLNESS – HEAT ILLNESS IS CAUSED BY:**

#### **Temperature and Humidity**

- High environmental conditions
- Temperature of 80-90 and humidity over 70 percent
- Decreased efficiency of heat dissipation
- Strenuous exercise
- Poor conditioning
- Drugs
- Lack of acclimatization
- Insufficient water intake

#### **The Preventative Procedures**

- Always know the temperature and humidity presently in the area of your planned workout. When the temperature has risen to 80 and humidity is approaching the 70 percent mark, decrease the planned workout.
- Increase the rest periods during the workout and whenever possible seek shade during the rest break.
- When the temperature and humidity climb beyond this point, postpone your workout. Plan your workouts with a modest beginning with gradual increase in the total effort.

#### **The Clothing**

*Never use rubberized sweat suits*

- Stockings should not be worn in hot weather
- Wear shorts and T-shirt
- Weight Chart
- Check and record your weight prior to and immediately following the workout
- A loss more than three (3) percent of your body weight indicates a need for a reduction in your exercise program.
- A failure to regain weight overnight, which was lost the previous day, usually indicates dehydration - discontinue your exercise program and consult your physician.

#### **Fluids**

- Drink water freely - the replacement of weight usually results from drinking sufficient amounts of water.

#### **Salt Replacement**

- Use of an extra **SALTING OF FOODS AT MEALTIMES**

### Unusual Reactions

#### *Should you experience:*

- Continuing loss of weight
  - Weakness
  - Headaches
  - Discontinue your exercise program and consult a physician.
- 
- The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athlete at all times. It is recommended that a minimum 10-minute water break be scheduled for every half hour of heavy exercise in the heat. Athletics should rest in a shady area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water. Cold water is preferable. Taking ample water before practice of games has also been found to aid performance in the heat.
  - Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets and glucose-electrolyte solution are not recommended. **ATTENTION MUST BE DIRECTED TO REPLACING WATER FLUID - REPLACEMENT IS ESSENTIAL**.
  - Know both the **TEMPERATURE AND HUMIDITY**. The greater the humidity the more difficult it is for the body to cool itself. Use of a sling psychrometer is recommended to measure the relative humidity. The following precautions are recommended when using wet-bulb temperature:  
  
    **66F:** Safe but be sure to observe athletes most susceptible to heat  
    **66 -78F:** Caution - unlimited water on field and cold water is preferable  
    **78 & Above:** Danger level - alter practice routine, mandatory water breaks and withhold susceptible athletes.
  - Cooling by evaporation is proportional to the area of skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING**.
  - Athletes should weigh each day before and after practice and **WEIGHT CHARTS CHECKED**. Generally, a three (3) percent loss through sweating is safe and over a three (3) percent weight loss is in the danger zone. Over a three (3) percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe them closely under all conditions.
  - Watch athletes carefully for signs of trouble, particularly athletes who lose much weight, overweight athletes and the eager athlete who constantly competes at his capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
  - Teams that encounter hot weather during the season, through travel or following an unseasonably cool period should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.

- Know what to do in case of such an emergency. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care including ambulance service.

- Today there is a vast amount of research that shows if proper precautions are taken, heatstroke deaths in football players can be eliminated. Progress has been made and in fact, there have been no heatstroke deaths in 1975, 1985, 1986, 1991, 1993 and 1994.

In 1995, a heat wave struck most parts of the country during the month of August. Preliminary fatality data for 1995 show five heatstroke deaths to high school football players. This is the greatest number since 1972.

### Heat Stroke

**THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL.** Immediate cool body while waiting transfer to a hospital. Remove clothing and use cool water. An increasing number of medical personnel are now using a treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source: The First Aider - September 1987).

### Heat Exhaustion

**OBTAIN MEDICAL CARE AT ONCE.** Cool body as you would for heat stroke while waiting for transfer to a hospital. Give fluids if athlete can swallow and is conscious.

### Summary

The main problem associated with exercising in hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete to drink as much water as he likes, whenever he wishes. The small amount of salt lost in sweat is adequately replaced by salting food to individual taste at mealtime. Talk to your medical personnel concerning emergency treatment plans.

## **FOR YOUR INFORMATION**

Your local distributor should carry psychrometers and fluid replacement guide and weight charts. If not, they are available from the following:

### **Purchase of Psychrometers**

- |                                 |  |
|---------------------------------|--|
| 1. Bacharach Sling Psychrometer | Mason Supply Company<br>985 Joyce Avenue<br>P.O. Box 14764                           |
| 2. Bacharach Sling Psychrometer | Weschler Electric Corp.<br>4250 W. 130 <sup>th</sup> Street<br>Cleveland, Ohio 44135 |
| 3. Improve Sling Psychrometer   | Fisher Scientific Company<br>5481 Creek Road<br>Cincinnati, Ohio 45242               |
| 4. Cenco Sling Psychrometer     | Central Scientific Company<br>1700 W. Irving Park Road<br>Chicago, Illinois 60613    |
|                                 | Cramer Products, Inc.<br>Gardner, Kansas 66030                                       |
|                                 | Reeder & McGaughey, Inc.<br>50 Broad Street, N.W.<br>Atlanta, Georgia 30303          |

### **Fluid Replacement Guide and Weight Charts**

- |   |   |
|---|---|
| 1. Ten (10) Pint Fluid Replacement Guide (free) | Stokely Van Camp, Inc.<br>P.O. Box 1113<br>Indianapolis, Ind. 46206   |
| 2. Weight Chart (free)                          | Stokely Van Camp, Inc.<br>P.O. Box 1113<br>Indianapolis, Ind. 46206   |
| 3. Weight Chart (free)                          | Weight Charts<br>Editor, The First Aider<br>Cramer Products, Inc.<br>P.O. Box 1001<br>Gardner, Kansas 66030 |



## **FOOTBALL COACHES GUIDE FOR INJURY PREVENTION**

### **HEALTH**

Thorough physical examination prior to first practice.  
School district policy must be exercised regarding re-examination following an extended absence, illness or injury.

### **DUTY TO WARN**

All coaches are reminded of their duty to warn the athletes of all the inherent dangers (including serious injury and even death) in their participation in the sport of football.

### **SKILLS**

Thorough evaluation of degree of skill of each participant prior to live contact.

### **MATURITY**

Thorough evaluation of everyone's maturity.

### **CLASSIFICATION**

It is not at what age a boy participates rather with whom and at what level of play and game rules.

### **FITNESS**

Continuously work to check and improve the degree of fitness of everyone.

### **CONDITIONING**

There is no substitute for **READINESS** (fitness, skills, knowledge).

### **REHABILITATION**

Must be complete – Prior history of injury should be noted.

### **EQUIPMENT**

The best - properly fitted (frequently checked) equipment.

### **WHISTLE**

Fast – especially during early contact drills.

### **FACILITIES**

Check field daily – remove obstacles (broken bottles, etc.)

### **WEATHER CONDITIONS**

Keep daily weight chart – before and after practice. Know temperature, humidity (if thermometer climbs over 80 and especially if humidity is in the same range, be particularly alert). Schedule practice during cooler hours of day. Lighten workload – lighter equipment, investigate use of breather jerseys for game and practice. Provide liquid for drinking during practice. During game, substitute freely.

## **COMMUNICABLE DISEASE PROCEDURES**

**While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:**

- 1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.**
- 2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.**
- 3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.**
- 4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.**
- 5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.**
- 6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.**
- 7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.**
- 8. Contaminated towels should be properly disposed of/disinfected.**
- 9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouthguards and other articles containing body fluids.**

**Additional information is available from your state high school association and from the National Federation TARGET program.**

## **REDUCING HEAD AND NECK INJURIES IN FOOTBALL**

**Frederick O. Mueller**

Head and neck injuries in football have been dramatically reduced since the late 1960's. Several

suggestions for continued reduction are as follows:

1. Pre-Season physical exams for all participants. Identify during the physical exam those athletes with a history of previous head or neck injuries. If the physician has any questions about the athlete's readiness to participate the athlete should not be allowed to play.
2. A physician should be present at all games. If it is not possible for a physician to be at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of a head or neck injury in game or practice. Have a plan ready and have your staff prepared to implement that plan. Prevention of further injury is the main objective.
3. Athletes must be given proper conditioning exercises which will strengthen their necks so that participants will be able to hold their heads firmly erect when making contact. Strong neck muscles may help prevent neck injuries.
4. Coaches should drill the athletes in the proper execution of the fundamentals of football skills, particularly blocking and tackling. **KEEP THE HEAD OUT OF FOOTBALL.**
5. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing should be enforced in practice and in games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.
6. All coaches, physicians, and trainers should take special care to see that the players' equipment is properly fitted, particularly the helmet.
7. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.
8. When a player has experienced or shown signs of head trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorization.

# FOOTBALL HELMET INSPECTION LIST

1. Check helmet fit for agreement with manufacturer's instruction and procedures.
2. Examine shell for cracks and replace any that have cracked. **DO NOT USE A HELMET WITH A CRACKED SHELL.**
3. Examine all mounting rivets, screws, velcro and snaps for breakage, distortion and/or looseness. **Repair as necessary.**
4. Replace face guards that have become misshapen, causing shell distortion and resulting in a poor fit.
5. Examine for helmet completeness and replace any parts which have become damaged such as sweatbands, nose snubbers and chinstraps.
6. Replace jaw pads when damaged. Check for proper installation and fit.
7. Examine chinstrap for proper adjustment and inspect to see if it is broken or stretched out of shape; also inspect the hardware to see if it needs replacement.
8. Read instructions provided by manufacturer regarding care and maintenance procedures. Also follow these instructions:

**Caution:** Only paints, waxes, decals or cleaning agents approved by the manufacturer is to be used on any helmet. It is possible to get a severe or delayed reaction by using unauthorized materials, which could permanently damage the helmet shell and affect its safety performance

## **PLAYERS:**

Inspect your style of helmet prior to each usage. **NEVER WEAR A DAMAGED HELMET.**

## **SUSPENSION STYLE**

- Check hardware i.e. screws or rivets that may be loose/missing.
- Check webbing for tears in threads, stretching or pulling away at rivet location.
- If crown webbing is adjustable, check that crown rope is properly adjusted and is tied tightly using a square knot.
- Check interior padding for proper placement and good conditions.
- Check foam padding for proper placement and no obvious deterioration.
- Check for cracks in vinyl/rubber covering of air, foam, liquid padded helmets.
- Check that protective system or foam padding has not been altered or removed.
- Check all rivets, screws, velcro and snaps to assure they are properly fastened and holding protective parts.

## **PADDED STYLE**

- Foam/Air/Liquid

If any of the above inspections indicate a need for repair and/or replacement, notify the proper authority. **This is your responsibility.**

## **NOCSAE QUESTIONS AND ANSWERS**

Prepared by the National Federation of State High School Associations.

### **How does NOCSAE's football helmet standard address youth and adult players?**

NOCSAE's football helmet standard applies to helmets of all sizes, worn by players of all sizes from youth to adult. The NOCSAE standards utilize variable-mass biofidelic head forms to account for the different size players. Helmet sizes likely to be worn by players at the youth level are tested on the smallest head form which represents a 10-year-old male in the 50th percentile of head mass and shape. As helmet sizes get larger, head forms with more mass are used in the testing protocol. The largest head form represents the 95th percentile adult male for head mass and shape.

NOCSAE has been researching the potential benefits of creating a separate standard for helmets designed for youth. At this time, there is insufficient data to suggest a distinct helmet mass limit for youth or other similar performance changes would provide more injury protection or would protect against injury risks not already addressed. There are many factors to consider ensuring changes to the standard do not present an increased risk of injury.

NOCSAE will continue to support research and development of a youth helmet standard. However, NOCSAE will not develop a standard without solid science from which we can conclude that taking an action such as limiting helmet mass will not present an increased risk of injury or otherwise prohibit the helmet from effectively addressing rotational acceleration-induced injuries.

### **Does certification to the NOCSAE standard mean that a helmet prevents concussions?**

A helmet certified to a NOCSAE standard provides a substantial level of protection for serious head injuries, including concussions, but the NOCSAE helmet standard is not a concussion standard, and no helmet can prevent all concussions, even those certified to the NOCSAE standard. Currently there are no helmet standards in existence that are concussion specific. NOCSAE has been and is currently dedicating millions of dollars in concussion specific scientific research to try and identify criteria that could be used in a concussion specific helmet standard.

### **Can the NOCSAE helmet test results be used to determine which helmet is the best helmet for protecting against concussions?**

No. As with all helmet standards, the NOCSAE helmet standard uses a pass/fail threshold to determine whether or not a helmet meets the standard performance criteria. The NOCSAE pass/fail threshold is 1200 Severity Index units, or SI. A helmet must test below 1200 SI in all 16 designated and random impact locations, including two impacts at a helmet temperature of 115 degrees. Because of the very strict and demanding quality control and quality assurance requirements specified in the NOCSAE standard, helmets certified to the NOCSAE standard will test substantially below 1200 SI, typically in the 400 to 600 SI range. Because the SI units are not concussion specific, it is impossible to compare the SI scores of one helmet with another and determine which helmet provides better protection. Variables such as helmet fit, the condition and integrity of the padding and energy attenuation system inside the helmet, the current health and concussion history of the player wearing the helmet, and the athlete's style of play about the use of the head are far more related to the likelihood of concussion than are differences in SI values from one helmet to the next.

**Does the NOCSAE logo have to be “embossed” on equipment such as helmets and facemasks?**

The NOCSAE standards require that the logos and warnings be “permanent” as that word is defined in document ND001-11m11a:

“Permanent (Label/Marking) – A label, or similar marking, that cannot be readily (1), removed without leaving a trace of its previous existence (2), erased or (3), smudged to the point that it is illegible. If it *requires* chemical or mechanical means such as the use of solvents, abrasives, grinding, etc., to remove a label or marking, then that label or marking is acceptable.”

Many helmets will have the logos embossed or stamped into the shell, but others may use a permanent label or printing to accomplish the same goal. As long as the label is permanent as defined above, the equipment labeling requirement is satisfied.

**What is NOCSAE?**

NOCSAE (pronounced “noxy”) is the acronym for the National Operating Committee on Standards for Athletic Equipment, a nonprofit corporation formed in 1969 in response to a need for a performance test standard for football helmets. In 1973, the NOCSAE Football Helmet Standard was developed. The 1974 new helmet models were the first tested to this standard. The baseball batting helmet standard was published in 1981, and the 1983 helmet models were the first tested to this standard. The baseball standard has since been designated as the baseball/softball batting helmet standard. In 1986 a performance test standard was published for lacrosse helmets and face masks, and in 1987, a standard for football face masks was released. In addition to publishing standards for testing baseball, lacrosse and football helmets, NOCSAE continues to investigate other athletic equipment to determine the feasibility or necessity of establishing standards.

**How often does NOCSAE require that helmets be recertified?**

There is nothing in the NOCSAE standard that requires any helmet to be recertified on any regular basis. NOCSAE does recommend that organizations adopt and follow a program of helmet inspection and reconditioning that meets their needs, based on age and size of players, severity of helmet usage, ages of helmets, among other factors. Some schools recondition and recertify their football helmets every year, every two years.

A manufacturer may premise warranty coverage upon regular reconditioning and recertification, but that requirement is not mandated by the NOCSAE standards. A manufacturer is also free to limit the number of times its helmet may be reconditioned, or it may establish a useful life beyond which it will not allow reconditioning.

**Who belongs to NOCSAE?**

NOCSAE consists of a board of directors which is comprised of representatives from the American College Health Association, American Orthopedic Society for Sports Medicine, American College of Sports Medicine, American Medical Society for Sports Medicine, American Academy of Pediatrics, Athletic Equipment Managers Association, American Football Coaches Association, National Athletic Equipment Reconditioner’s Association, National Athletic Trainers Association, Sports & Fitness Industry Association, NCAA and the National Federation of State High School Associations (NFHS).

**What are the NOCSAE helmet standards?**

They are voluntary test standards that have been developed to reduce head injuries by establishing requirement of impact attenuation for football helmets/face masks, baseball/softball batting helmets, baseballs and softballs, and lacrosse helmets/face masks. These standards are adopted by various regulatory bodies for sports, including the NCAA and the National Federation of State High School Associations.

**How can I get a copy of a standard?**

The current standards and any proposed revisions or modifications are available at our website.

**How are football helmets tested?**

The NOCSAE test standard involves mounting a football helmet on a synthetic head model and dropping it a total of 16 times onto a firm rubber pad, including two each from a height of 60 inches onto six locations at ambient temperatures. Two 60-inch drops onto the side are also conducted immediately after exposure of the helmet to 120 degrees F for four hours. Shock measurements are taken to determine if the helmet meets an established Severity Index for concussion tolerance and thereby meets the NOCSAE Football Helmet standard test. An equivalent to the 60-inch drop test would occur if a player running at 17.9 feet per second (12.2 mph) ran into a flat surface which stopped his head in less than one inch. Most players run faster than this, i.e., the average speed of a player running 40 yards in 4.8 seconds is 25 feet per second, but very rarely would the head be stopped in such a short distance on the football field.

**Who tests Football Helmets for compliance with the NOCSAE Test Standard?**

Manufacturers test their own helmets as they are produced. Licensed reconditioner's test used helmets themselves to the original standard applicable when the helmet was new.

**Are all football helmet sizes tested?**

No. It would not be feasible to test all helmet sizes. The most critical sizes are tested in the three or four most common shell sizes used by most equipment manufacturers. These sizes have the least amount of standoff distance between head and shell, and if these shell sizes meet the NOCSAE standard, it is reasonable to assume the other helmet sizes in that shell would also pass.

**Would making the NOCSAE test more severe produce helmets which perform better in the field?**

The SI value is a pass/fail threshold which is based on several scientific studies, but the data do not support using the SI numbers as a 'sliding scale', such that lower numbers reduce or prevent more injuries than higher numbers. For example, there is no way to determine whether a reduction of 200 SI units would result in measurable protective improvement in a helmet for all types of potential injuries. For example, it is not accurate to say that a helmet with an overall SI average of 600 is measurably better than a helmet with an overall SI average of 500. Once the helmet performs below the 1200 SI threshold, it meets the standard.

Most new and recently reconditioned helmets test far below the threshold, generally averaging in the 600-800 SI range. The ideal SI value for reducing the occurrence of one type of injury at low level hits may not be the same value for a higher impact force.

**How long will helmets stay in certified condition? What happens when a helmet no longer meets the standard?**

Factors such as the type of helmet and the amount and intensity of usage will determine the condition of each helmet over a period of time. It should be noted the NOCSAE helmet standard is not a warranty, but simply a statement that a helmet model met the requirements of performance tests when it was manufactured or reconditioned. In recent years, the proportion of helmets recertified annually by NAERA members has ranged between 84-96 percent. Tests in these plants indicate that helmets which regularly undergo the reconditioning and recertification process can meet standard performance requirements for many seasons, depending on the model and usage. For football helmets, NOCSAE does recommend that the consumer adhere to a program of periodically having used helmets recertified. Because of the difference in the amount and intensity of usage on each helmet, the consumer should use discretion regarding the frequency with which certain helmets are to be recertified.

**How can I determine if a helmet meets the NOCSAE helmet test standard?**

Those helmets which meet the NOCSAE standard must bear the seal, "Meets NOCSAE standards" and the logo for that type of helmet. The seal and logo are permanently branded or stamped on the outside rear portion of the helmet.

**Can a helmet which bears the NOCSAE seal be altered or repaired without legal ramifications?**

A helmet should not be altered. Any change or modification in the configuration of the shell or liner materials from manufacturing specifications could substantially alter the performance of the helmet as a unit, causing a change in helmet performance, and possibly exposing the individual responsible to liability. Individual helmet models are certified in the condition and configuration in which they were manufactured, and any alteration, modification, or change from the manufacturing specifications could affect the model's performance on the NOCSAE certification test. By following proper installation procedures and using replacement parts which meet or exceed original manufacturer specifications, skilled repair of a football helmet should not affect the integrity of the energy attenuation system. It is suggested that the manufacturer be consulted before any materials are applied to the helmet such as, but not limited to, paint, wax, thinners, solvents, vinyl tape designs, cleaning agents, etc.

**Does the NOCSAE standard require the use of specific brand name replacement parts when helmets are reconditioned?**

No. The NOCSAE standard is not brand specific. Neither the test nor the performance standard call for any specific brands, materials, or designs. The standard speaks only to the performance of the helmet when new, or after reconditioning and recertification. The standard does not require the use of original equipment parts but does require that "all components must function as originally certified" which requires OEM equivalence.

**Who enforces the NOCSAE standards?**

NOCSAE does not possess a surveillance force to ensure compliance with the standards. The standards are voluntary and are available for adoption by any equipment manufacturer, user group or athletic regulatory body. However, if a firm affixes the NOCSAE seal to its helmets, it accepts the responsibility that all those helmets meet the appropriate NOCSAE standards. Likewise, it is the responsibility of a reconditioner to recertify that all helmets to which the firm affixes its seal of recertification meet the NOCSAE standard applicable at the time the helmet was originally manufactured. If a helmet with a NOCSAE seal attached is found deficient, notice should be given to the NOCSAE Board of Directors or to the Executive Director.

**What penalty will be imposed if an athlete is not wearing certified protected equipment mandated by the rules?**

For specific rules and requirements regarding helmets used in football, baseball/softball and lacrosse, the respective rules-making groups of the sponsoring organization would be contacted, i.e., the NCAA, the National Federation of State High School Associations, etc. There may be some circumstances where the use of non-certified equipment constitutes the use of illegal equipment and could result in player disqualification.

**Which reconditioners can recertify previously certified football helmets?**

Only those helmets which met the NOCSAE test standards when manufactured may be recertified. Any NOCSAE licensed reconditioning firm which complies with the recertification standards may recertify helmets. Such recertified helmets are identified by an appropriate NOCSAE seal affixed by the reconditioner inside the helmet: "This helmet has been RECERTIFIED according to the procedures established to meet the NOCSAE STANDARD".



## **PLAYER EQUIPMENT RULES**

### **EXAMPLES OF PLAYER EQUIPMENT WHICH ARE ALWAYS ILLEGAL:**

1. Projecting metal or other hard substance on clothes or person.
2. Guards or braces made of material which is "hard" in its final form.
3. Hard knee brace, unless the hinges or any metal, etc. is properly padded.
4. Forearm and hand pads or gloves unless soft, non-abrasive and non-hardening.
5. Tape or bandage on a hand or forearm unless sanctioned by umpire.
6. Hard shin or thigh guards, unless edges and outside are padded properly.
7. Shoes with cleats, studs or projections more than ½" in length.
8. Ball colored helmet, jersey patches or pads without contrasting stripes.
9. Slippery or sticky substances on equipment or exposed part of body.
10. Plastic covering on pads unless edges are properly rounded.
11. Tear-away jerseys.
12. Any equipment which is dangerous or confusing.

Prior to the game, the head coach must verify to the referee in the presence of the umpire, that all his players are equipped in compliance with the rules.

### **EXPLANATION:**

Prior to his verification, the coach may ask the umpire to examine any player equipment about which there is a question of legality. If a player is thereafter found to be playing with illegal equipment or without mandatory equipment, an unsportsmanlike foul will be charged to the head coach.

If an incoming substitute is missing required equipment or if he is wearing illegal equipment, correction must be made before he can participate. An official's time-out is called to permit prompt repair of equipment which becomes illegal or defection through use.

If equipment becomes illegal or defective through play, it may be corrected without attendant assistance during an official's time-out. If this cannot be done, the player must leave the game or call a time-out.

<p><b>PARTICIPATION IN ALL SPORTS REQUIRES AN ACCEPTANCE OF RISK OF POSSIBLE INJURY. YOU AS A PLAYER CAN HELP MAKE THE GAME SAFER BY NOT INTENTIONALLY USING TECHNIQUES WHICH ARE ILLEGAL, AND WHICH CAN CAUSE SERIOUS INJURY.</b></p>
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**THE DUTY TO WARN**  
Seattle Public Schools - Athletic Department  
Chris Thompson vs. Seattle School District Case

**I. CHARGES OF THE PLAINTIFF**

**A. Failure to Warn:**

1. Chris Thompson was not adequately warned about dangers of lowering his head when running with the football or making primary contact with the top of his helmet.
2. Chris Thompson was never warned that he could sustain a neck injury by hitting another player with the top of his helmet which could result in him becoming a quadriplegic.
3. Chris Thompson's parent (mother) was never warned or informed of the specific injuries which her son could sustain in football and specifically, she was never told he would become a quadriplegic.
4. Chris Thompson was never informed of the specific anatomical damage which could occur to his neck if he used his head as a primary point of contact.
5. Coaches did not provide enough warning or emphasize specific dangers of lowering the head during practices and games.

**B. Failure to Adequately Instruct**

1. Failure to utilize written warnings, illustrative charts and safety films in instructing players about the dangers of lowering their heads.
2. Coaches did not use effective drills, or a sufficient variety of instructional methods, to teach players how to run safely with the ball and to ensure that they would not lower their heads.
3. Players were not adequately informed regarding the reason for the "spearing" rule in football.
4. Players were not sufficiently warned, chastised, or penalized if they lowered their head when making contact with another player.
5. Coaches did not inform the players about the Points of Emphasis contained in the **National Federal Football Rule Book** related to the use of the helmet in making primary contact with another player.

TO: Superintendents,  
Principals,  
District Athletic Directors,  
Building Athletic Directors,  
Football Coaches (all levels)

FROM: Executive Director

RE: Duty to Warn

DATE: August 28, 2000

It has been brought to our attention that some school districts may not be following the recommendation of our Association and the Football Committee to inform the athletes and their parents of the dangers inherent in the use of the football helmet.

It is strongly recommended by the Association's Superintendents' Board and Executive Committee that school district personnel become familiar with the **Duty to Warn** as stated on page 85 of the Nassau County Public High School Football Handbook.

It is further recommended that all school districts initiate a form indicating that the student has been fully instructed in the proper use of the football helmet and has a full understanding of the dangers involved in its use.

A sample form is enclosed for your consideration.

# **SAMPLE**

## **WARNING VERIFICATION FORM**

Athletes Name: \_\_\_\_\_

(please print)

This is to certify that I have carefully read and that I fully understand the warning label(s) attached inside and/or outside of the football helmet.

### **THE LABEL READS:**

#### **WARNING**

**NO HELMET CAN PREVENT ALL HEAD OR NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.**

Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and such use can result in severe head or neck injuries, paralysis or death to you and possible injury to your opponent.

### **ON SOME HELMETS THE LABEL WILL READ:**

#### **WARNING**

Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and can result in severe head, brain or neck injury, paralysis or death to you and possible injury to your opponent.

There is a risk these injuries may also occur as a result of accidental contact without intent to butt, ram or spear. **NO HELMET CAN PREVENT SUCH INJURIES.**

I have read and fully understand the proper use of this equipment. My coach has instructed me on the proper techniques used when tackling and blocking.

Player's Signature: \_\_\_\_\_

Parent or Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**V.**

**POINT SYSTEM**

**Power Point Information**  
**Nassau County Football Coaches Association**  
**Website: [www.section8football.com](http://www.section8football.com)**

**\*This website contains the latest information regarding Power Points, Standings, Schedules and weekly results of Nassau County Football\***

**Bonus Points** – Adding Bonus points, in increments of 1, to each team based on their preseason seed (which reflects their strength of schedule)

- Starting with Zero for bottom seeds and adding 1 bonus point per seed in ascending order.

**14 team Conference =**

- 14 = zero
- 13 = +1
- 12 = +2
- 11 = +3
- 10 = +4
- 9 = +5
- 8 = +6
- 7 = +7
- 6 = +8
- 5 = +9
- 4 = +10
- 3 = +11
- 2 = +12
- 1 = +13

**13 total preseason point differential between #1 seed and #14 seed**

**VI.**

**AWARDS**

**NOMINATIONS**

**FORMS**

**&**

**GUIDELINES**

**ALL CONFERENCE/ALL COUNTY SELECTION MEETING**  
**Nassau County Football Coaches' Checklist for every Head Football Coach:**

1. Submit All Conference selections as per chart below.
2. Fill out and turn in All County thumbnail sketches for those players you intend to nominate.
3. Fill out and turn in Unsung Hero nomination forms.
4. Vote for Conference Coach of the Year.
5. Vote for Nassau County Coach of the Year.
6. Email Thorp applications and official transcripts to:  
nassaucountyfootballawards@gmail.com. Submit films for this award as a tape exchange to HUDL at Nassau County Awards.
7. Email Martone applications and official transcripts to: nassaucountyfootballawards@gmail.com. Submit films for this award as a tape exchange to HUDL at Nassau County Awards.
8. Email Piner/Pizzarelli applications and official transcripts to:  
nassaucountyfootballawards@gmail.com. Submit films for this award as a tape exchange to HUDL at Nassau County Awards.
9. Email Snyder applications and official transcripts to: nassaucountyfootballawards@gmail.com. Submit films for this award as a tape exchange to HUDL at Nassau County Awards.
10. For all other awards, hard copy-paper applications must be submitted to your conference coordinator at the start of your conference meeting. Conference coordinators will be checking the applications and verifying that copies of transcripts have been taken out of envelopes and are stapled to each application. They are:
  - a. Academic All-Conference\*\*
  - b. National Foundation Football Hall of Fame\*\*
  - c. The Kessenich Award\*\*
  - d. Jack Boyle – Asst. Coach of the Year Award\*\*
11. Due to the time required to prepare these films for the committee meetings, we ask that you submit the films to our HUDL account as soon as possible. The expected time for submission is below:
  - If your last game is 11/ – *Film is due on.... TBA*
  - If your last game is 11/ – *Film is due on...TBA*
  - If your last game is 11/ – *Film is due on...TBA*
  - If your last game is 11/ – *Film is due on...TBA*



12. Bring all official rating cards that have not been turned in (varsity and junior varsity).
13. Know which of your players will play in the Exceptional Senior Game if selected (everyone gets at least one).
14. Call your All County players and tell them to report to: **East Meadow High School on Monday, November 7, 2022 - 7:00 00PM** Players should wear their dark jerseys, shoulder pads, game pants, socks and sneakers.
15. Voting for Rutgers Cup is done by the head coach at the Gridiron Dinner, unless you are directed otherwise.

**NC FOOTBALL COACHES' ASSOCIATION**  
**ALL CONFERENCE SELECTIONS**

First Place Team	7
Second Place Team	6
Third Place	5
Fourth Place Team	5
Fifth Place Team	4
Sixth Place Team	4
Seventh Place Team	3
Eighth Place Team	3
Ninth Place Team	2
Tenth Place Team	2
Eleventh Place Team	2
Twelfth Place Team	2
Thirteenth Place Team	1
Fourteenth Place Team	1

**ALL COUNTY SELECTION PROCESS**

**14 TEAM CONFERENCE**

2 Running Backs  
 2 Quarterbacks  
 1 Wide Receiver  
 2 Offensive Linemen  
 1 Center  
 2 Additional Linemen  
 2 Defensive Linemen  
 4 Defensive Backs or Linebackers  
 4 Additional Skills Players  
 4 At-Large Players (Skills or Linemen)

24 Total Players

**12 TEAM CONFERENCE**

2 Running Backs  
 2 Quarterbacks  
 1 Wide Receiver  
 3 Offensive Linemen  
 1 Additional Lineman  
 2 Defensive Linemen  
 3 Defensive Backs or Linebackers  
 3 Additional Skills Players  
 3 At Large Players

20 Total Players

**All-County Honorable Mention – 8 per Conference 1 - 4**

- In the event of a tie between 2 players, the tie will be broken by awarding All-County to the player from the higher pre-season seeded team.
- If a conference does not have, for example, only 1 QB that deserves All-County the extra spot would go to additional skills players.

# MUST TYPE ALL INFORMATION!

## ALL LEAGUE SELECTION

YEAR \_\_\_\_\_ CONFERENCE \_\_\_\_\_

School Name \_\_\_\_\_

School Phone Number \_\_\_\_\_

Coach's Name \_\_\_\_\_

Coach's Cell Number \_\_\_\_\_

No.	Player's Name	Position	Ht.	Wt.	Grade	Phone
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						

## MUST TYPE ALL INFORMATION!

### ALL CONFERENCE SELECTION

YEAR \_\_\_\_\_ CONFERENCE \_\_\_\_\_

School Name \_\_\_\_\_

School Phone Number \_\_\_\_\_

Coach's Name \_\_\_\_\_

Coach's Cell Number \_\_\_\_\_

No.	Player's Name	Position	Ht.	Wt.	Grade	Phone
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						

## **MUST TYPE ALL INFORMATION!**

### **ALL-COUNTY THUMBNAIL SKETCH**

Due immediately after All County selections are made at the All-League/County selection meeting at BOCES.

1. Name \_\_\_\_\_
2. School \_\_\_\_\_
3. Height \_\_\_\_\_ Weight \_\_\_\_\_
4. Position \_\_\_\_\_
5. Class \_\_\_\_\_
6. Captain or Co-Captain \_\_\_\_\_
7. Pertinent Information:

(Please write a short appraisal of your player including information such as any personal comments and statistical information such as carries, passes, touchdowns, etc.)

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## SEEDING REVIEW SHEET

Year \_\_\_\_\_

## Finish

Conference \_\_\_\_\_

Record \_\_\_\_\_

Team \_\_\_\_\_

JV Record \_\_\_\_\_

Last Year's Seeding\_\_\_\_\_

JV Rec. Year Before \_\_\_\_\_

Initial Projected Seed for Upcoming Season \_\_\_\_\_

**Numerical Roster of Returning Varsity Players** (Circle number if starter)

[illegible]

Complete base offense and defensive formations. Indicate returning starters by placing his number at the position he played this past season. A returning starter is any player who started four or more games or finished the season as a starter.

### Offense

## Defense

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## **SEEDING REVIEW SHEET** (continued)

**Varsity Scores Last Year**

**JV Scores Last Year**

**JV Scores Year Before**

1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.

If scores are not available, put team and W or L.

Revised: 1/17/95: deb

## **SECTION VIII FOOTBALL**

Please note when applying for relief or placement in the next lower enrollment conference:

In addition to completing the attached application, your school must be prepared to:

1. Supply two (2) game tapes.
2. Be available for an interview involving the athletic director, head football coach and principal.
3. Provide an opportunity for an on-site visit.
4. Be able to prove your school cannot compete in the regular four (4) conference structure based on placement according to enrollment.

**Deadline:** Must be received by **DECEMBER 9<sup>th</sup>**

**Send to:**

Pat Pizzarelli, Executive Director - Section VIII  
George Farber Administrative Center  
P.O. Box 9195 - 71 Clinton Road  
Garden City, NY 11530

**Copy to:**

Matt McLees, Section VIII Football Coordinator  
77 Landau Avenue  
Floral Park, NY 11001



**APPLICATION FOR RELIEF**  
**OR**  
**PLACEMENT IN THE NEXT LOWER ENROLLMENT CONFERENCE**

School \_\_\_\_\_ Principal \_\_\_\_\_

Athletic Director \_\_\_\_\_ Phone# \_\_\_\_\_

Superintendent \_\_\_\_\_ Date \_\_\_\_\_

**COACHING STAFF**

Position	Name	Building Staff	District Staff	Non-Staff	Experience (at school)	Experience (total)
Head Coach						
Asst. Coach						
Asst. Coach						
JV Coach						
Asst. Coach						
Level A or 7 <sup>th</sup> - 8 <sup>th</sup>	Name	Building Staff	District Staff	Non-Staff	Experience (at school)	Experience (total)
Head Coach						
Asst. Coach						
Asst. Coach						

Athletic Trainer: Yes ☐ No ☐

Weight training facility available: Yes ☐ No ☐

Is there a youth football program in the community? Yes ☐ No ☐

Approximate number of players who attend football camp:

Does team go to camp in August? Yes ☐ No ☐

Present Conference  Seeding

**Applications must be received by Section VIII Football Coordinator, Matt McLees by December 31, 2021.**

### FOOTBALL RECORDS - VARSITY

Year \_\_\_\_\_ Year \_\_\_\_\_ Year \_\_\_\_\_

Opponent	Score	Opponent	Score	Opponent	Score

### FOOTBALL RECORDS - JUNIOR VARSITY

Year \_\_\_\_\_ Year \_\_\_\_\_ Year \_\_\_\_\_

Opponent	Score	Opponent	Score	Opponent	Score

### ENROLLMENT

Present Enrollment 20 \_\_\_\_\_

Projected Enrollment 20 \_\_\_\_\_

<u>Grade</u>	<u>Total</u>	<u>Male</u>
7	<input type="text"/>	<input type="text"/>
8	<input type="text"/>	<input type="text"/>
9	<input type="text"/>	<input type="text"/>
10	<input type="text"/>	<input type="text"/>
11	<input type="text"/>	<input type="text"/>
12	<input type="text"/>	<input type="text"/>

<u>Grade</u>	<u>Total</u>	<u>Male</u>
7	<input type="text"/>	<input type="text"/>
8	<input type="text"/>	<input type="text"/>
9	<input type="text"/>	<input type="text"/>
10	<input type="text"/>	<input type="text"/>
11	<input type="text"/>	<input type="text"/>
12	<input type="text"/>	<input type="text"/>

## TEAM ROSTER

## VARSITY

[illegible]

**Please submit the following supplemental material with this application:**

1. Two game films of competitive contests.
2. Copies of all accident reports for football occurring during the past season.

**\*Key for Rating:**

1. Potential player at Division III or higher seed
2. Solid high school starter
3. Could start on a poor team
4. Limited football potential

**\*\*Indicate awards for honors**

## TEAM ROSTER

### JUNIOR VARSITY

[illegible]

**Additional number of players in the football program at lower levels:**

\_\_\_\_\_

11

We the undersigned understand the purpose of this application and affirm to the best of our knowledge that all information is accurate.

Athletic Director \_\_\_\_\_ Principal \_\_\_\_\_

Superintendent \_\_\_\_\_ Date \_\_\_\_\_