

MHB Concussion Information

It was brought up in our annual meeting that people would like to provide answers to questions about how we are trying to reduce concussions in the sport of football. Below you will find information and links that could provide you answers to that question.

WIAA rules: Player on Player contact quick over view.

1. There are 5 types of player on player contact that are allowed in football practices.

Drill contact- Unlimited amount of time in practice

Air- Players should run unopposed without bags or any opposition.

Bags-Activity is executed against a bag, shield, or pad to allow for a soft-contact surface, with/without the resistance of a teammate or coach standing behind the bag.

Wrap or Control-

drills run at full speed until contact, which is above the waist with the players remaining on their feet

Competition/Full Contact- LIMITED to 60 minutes of practice time

Thud- Same as wrap but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

Live Competition or Full Contact-

Full contact is defined as football drills or live game simulations where live action occurs at game speed where players execute full tackles at competitive pace taking players to the ground

Dane County Youth Football league:

1. I have attached links to the concussion fact sheets that you could provide to the person.
 - a. Concussion Fact sheet for Athletes:
<https://bsbproduction.s3.amazonaws.com/portals/7933/docs/factsheetfor%20athletes.pdf>
 - b. Concussion Fact sheet for Parents:
<https://bsbproduction.s3.amazonaws.com/portals/7933/docs/factsheetfor%20parents.pdf>
 2. You can talk about the modified rules for the various grades that I listed below or you can give them the entire link <https://bsbproduction.s3.amazonaws.com/portals/7933/docs/2014%20dcayfl%20by-laws%20-%2008-03-15.pdf>
- 4th and 5th grade modified rules
- a. Any player weighing at or above (95.0 lbs for 4th) (105 lbs for 5th) is designated as a “Star” player and can only play offensive/defensive line positions.
 - b. The offensive and defensive sets are very tight and restrictive to eliminate the distance between players before contact.
 - c. Offense and Defensive coach is on the field to help identify injuries and safety concerns quickly.

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6th, 7th, 8th Grade modified rules

- a. Weight limit is set at 115 lbs for 6th, 130 lbs for 7th, 150 lbs for 8th.
- b. Any type of offense or defense set can be utilized.
- c. Offense coach still on the field for 6th grade, no body for 7/8th grade.

MHB Youth Football

1. All coaches must pass the USA “Heads UP” tackling certification before the person can coach. Here is a link to a quick video that you could share with a person.
 - a. <http://usafootball.com/health-safety/how-to-tackle>
2. We are following the WIAA rules on limiting contact during practice time.
3. We have a set “Sit them out” concussion management plan for any suspected or identified concussion, and will follow the Dane County Youth Football’s “Progressive return to Play protocol” link is below
 - a. https://bsbproduction.s3.amazonaws.com/portals/7933/docs/2014_dcayfl_%20concussionmanagementplan.pdf
4. MHBYP is following the National Athletic Equipment Reconditioners Association, that effective in 2012, no football helmet older than ten years will be reconditioned and recertified. We have reconditioned all of our helmets over the past 3 years according to this suggestion and 95% of our helmets are less than 5 years old.
5. We are looking into having certified athletic trainers at our home games to help identify concussion symptoms.