

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

January 22, 2020

The IHSA Sports Medicine Advisory Committee conducted an online meeting on Wednesday, January 22, 2020, beginning at 11:45 a.m. Committee members present were: Amanda Baugher, Collinsville; Greg Gaa; Dr. Cynthia LaBella; Ryan Hornaday, Tuscola; Chris Murphy, Lombard (Glenbard East); Dennis Piron, Batavia; Dustin Fink, Mt. Zion; and Sara Flanigan, Wauconda. Also present were IHSA Assistant Executive Director, Stacey Lambert and IESA Associate Executive Director, Nicole Schaeffbauer. Not present were members Dr. Preston Wolin, Dr. Darr Leutz, and Dr. Darren Hancock

**1) Recommendation:** The Committee recommends that an adjustment be made to the Football Player Limitation Policy:

Beginning in the 2020-21 school year, football teams are required to follow this language in IHSA Policy 13 regarding an individual player's participation limits.

**Individual players may participate in a maximum of two games per week (Friday-Thursday).**

*It is recommended that if a player participates in two games in a week, one of those games is only as a one-way player.*

**If a player participates in two games on the same day, the player is limited to participating in a maximum of four total quarters in those two games.**

**Participating in one play counts as participating in a quarter.**

*For example, a school plays a Sophomore game and a Varsity game on the same day/night. A player may participate in both games, with a limit of four total quarters that day/night.*

*Here are the participation options in this situation:*

- A) *One quarter in the Sophomore game and three quarters in the Varsity game*
- B) *Two quarters in the Sophomore game and two quarters in the Varsity game*
- C) *Three quarters in the Sophomore game and one quarter in the Varsity game*
- D) *All four quarters in either game*

**If a player participates in two games on consecutive days, the player is limited to participating in a maximum of four total quarters in those two games.**

**Participating in one play counts as participating in a quarter.**

*For example, a school plays a Varsity game on Friday and a JV game on Saturday.*

*Here are the options in this situation:*

- A) *One quarter in the Varsity game on Friday and three quarters in the JV game on Saturday*
- B) *Two quarters in the Varsity game on Friday and two quarters in the JV game on Saturday*
- C) *Three quarters in the Varsity game on Friday and one quarter in the JV game on Saturday*
- D) *All four quarters in either game*

**Individual players are not allowed to participate in live contact or Thud in practice the day before or after participating in a game.**

*If a school plays a JV or Sophomore game on Monday, the players who participated in that game are allowed to practice on Tuesday. They can wear full pads. They can hit a sled. They can tackle dummies or bags. They can hold a shield. They can participate in conditioning drills.*

*They are not allowed to be involved in live contact or Thud at Tuesday's practice.*

**Thud:** *Drill is run at full speed through the moment of contact. There is no pre-determined "winner". Contact is above the waist, players stay on their feet, and a quick whistle ends the drill.*

*See the link to USA Football's Levels of Contact for more information.*

**Special Teams players who only kick, punt, or hold for extra-point kicks and field goals are allowed to play in two games on the same day or in games on consecutive days.**

*For example:*

*1) A Freshman kicker/punter is allowed to play in a Varsity game on Friday night and in a JV, Sophomore, or Freshman game on Saturday, and participate as a kicker/punter in both games.*

*1) A sophomore Kicker/punter is allowed to kick/punt/hold on a Friday night and participate in a JV or Sophomore game on a Saturday as a wide receiver or quarterback or another position*

**Participating in one play counts as participating in a game.**

**In situations where a game starts on one day and is delayed to the next day due to weather or other circumstances, players who participated in the portion of the game on the first day are allowed to participate in the resumed portion of the game the following day.**

#### **NOTES:**

If approved, these changes could mean that weekly participation goes from a potential of eight total quarters to four total quarters, depending on how schools schedule their games at different levels.

For schools that schedule Varsity games on Fridays and JV games on Mondays, players can still participate in both games and potentially participate in **eight total quarters** in those two games.

For schools that schedule Varsity games on Fridays and JV/Sophomore games on Saturdays (or two games on the same day), players would be limited to participating in a maximum of **four total quarters** in those two games.

**Rationale:** The Committee feels that after giving the newly implemented policy a year of use it was a good time to review the policy and the feedback. The Football Advisory Committee had met earlier in January and provided ideas for the Sports Medicine Committee to review, the SMAC felt the recommendations from the Football Advisory Committee were going to keep players safe while providing some autonomy to coaches to make decisions.

Approved by Consent

**2) Recommendation:** The Committee recommends that fall baseball and softball be included in the Fall Sports Acclimatization Policy.

**Rationale:** The Committee feels that the exclusion of fall baseball and softball was an oversight and that these athletes should also be acclimatizing properly prior to their fall season.

Approved by Consent

### **Administrative Recommendation**

**1)** The Committee discussed the Playoff football injury reports. They talked about the original purpose, being to track injury when football playoffs were played on Wednesday and Fridays. With the suspension of that football playoff schedule and the limited window of injuries that are being tracked; the SMAC recommends suspending this practice.

Approved by Consent

### **General Items of Discussion**

**1)** The Committee discussed the Football Player Limitation Policy. They reviewed coaches concerns, especially the weather clause. The committee talked about the kicker, punter, special teams exception. The Committee approved updated language.

**2)** The Committee discussed creating a medical survey. They would like to analyze what kind of coverage schools are using. The Committee recommended sending the survey out to member schools Concussion Oversight Teams. Committee members were asked to submit questions to Stacey so she could build the survey.

**3)** The Committee discussed about game limits/ mandated rest in other sports: ie soccer/ basketball. The Committee wants to start looking at how many contests student/athletes are playing in a given day, week, month. The Committee would like to conduct a poll among sport advisory committees. Committee members were asked to submit questions to Stacey so she could build the survey.

**4)** The Committee discussed placing information about Mesothelioma on SMAC page (mesothelioma.net). They determined this was not the information we were looking to place on the IHSA Sports Medicine webpage.

**5)** The Committee discussed the NFHS Lightning Policy- for indoor water sports. The Committee felt the NFHS Policy was as minimum standard and would not recommend that the IHSA apply policy that becomes less restrictive than the NFHS policy.

**6)** The Committee discussed the creation of a concussion course update for the 2020-21 school year. There are some changes to best practices for return to play/return to learn that need to be included. Dr. LaBella was going to provide Stacey with links to additional information.

**7)** The Committee was asked to continue to provide website content specifically in the areas of mental health and opioid addiction.

**8)** The Committee discussed the legalization of marijuana in Illinois and how that will impact high school students. This is a topic they will continue to keep on future agendas as they search for the best ways to support schools, student-athletes, coaches, and parents.

**9)** The Committee discussed an uptick in illnesses, i.e. strep, skin conditions, HFM, etc. More kids seem to be getting sick more often and are slow to recover. The Committee talked about a lack of rest, recovery and proper nutrition could be components to this change. Stacey is going to reach out to the NFHS to see what information they might have on a national level

**10)** The Committee discussed starting their monthly conference calls again in February.

The next Sports Medicine Advisory Committee meeting will be held online on Wednesday, April 22 11:45- 1:15.