

NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS



## NEWS RELEASE

### NFHS Concussion Task Force Recommendations to be Discussed by State Associations for Implementation in 2015

FOR IMMEDIATE RELEASE

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INDIANAPOLIS, IN (November 12, 2014) — The National Federation of State High School Associations (NFHS) has finalized its position paper from the NFHS Concussion Summit Task Force, which met in July to develop recommendations for minimizing the risk of concussions and head impact exposure in high school football.

The recommendations, which have been shared with the 51 NFHS-member state high school associations, and approved by the NFHS Sports Medicine Advisory Committee (SMAC) and the NFHS Board of Directors, will be discussed by state associations at the NFHS Winter Meeting in early January for implementation in the 2015 football season.

The 24-member task force, which featured medical doctors, athletic trainers, high school coaches and key national leaders in high school sports, developed nine fundamentals for minimizing head impact exposure and concussion risk in football. They were designed to allow flexibility for state associations that collectively oversee the more than 15,000 high schools across the country that have football programs. As a result, each state high school association will be developing its own policies and procedures for implementation in the 2015 season.

Many of the recommendations focus on reducing the amount of full contact, including limiting the amount of full contact in practices during the season.

The Concussion Summit was the latest effort by the NFHS to minimize risk for the almost 7.8 million student participants in high school sports. In 2008, the SMAC advocated that a concussed athlete must be removed from play and not allowed to play on the same day. For the past five years, all NFHS rules publications have contained guidelines for the management of a student exhibiting signs, symptoms or behaviors consistent with a concussion. In 2010, the NFHS developed an online course – “Concussion in Sports – What You Need to Know” – and about 1.7 million individuals have taken the course through the NFHS Coach Education Program at [www.nfhslearn.com](http://www.nfhslearn.com).

The “Recommendations and Guidelines for Minimizing Head Impact Exposure and Concussion Risk in Football” position paper is posted on the NFHS website at [www.nfhs.org](http://www.nfhs.org).

#### About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 16 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.7 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS website at [www.nfhs.org](http://www.nfhs.org).

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