

New Study: Concussions in Boys' and Girls' Soccer

The study revealed that player-to-player contact is the most frequent injury mechanism leading to concussions.

See: <http://www.usnews.com/news/sports/articles/2015/07/13/rough-play-is-riskier-than-heading-in-youth-soccer-study>.

This release is a reminder that there are rules in place to help reduce such contact. Active enforcement of pertinent provisions of Rule 12: Fouls and Misconduct, can help minimize the incidence of such concussions. The following is a list of notable sections under Rule 12:

1. Rule 12, Section 1, Article 1—A player shall not jump at an opponent.
2. Rule 12, Section 4, Article 1—A player shall be penalized for charging an opponent in a dangerous or reckless manner, or using excessive force.
3. Rule 12, Section 6—A player shall not participate in dangerous play, which is an act an official considers likely to cause injury to another player.
4. Rule 12, Section 8, Article 1(f)(10)—A player shall be cautioned (yellow card) for (f) unsporting conduct, including, but not limited to: (10) [a] player who displays reckless play.
5. Rule 12, Section 8, Article 2(a) and (d)—A player shall be disqualified (red card) for (a) exhibiting violent conduct [or] (d) committing serious foul play.

The NFHS encourages you to remind your coaches and officials of Rule 12 and its various provisions relating to player-to-player contact. The NFHS believes that emphasizing these provisions will help control aggressive or unsportsmanlike player-to-player contact and as a result, help minimize the incidence of concussions in high school soccer.

This study was published by Dawn Comstock and her colleagues. Dawn Comstock, MS, PhD has expertise in sports injuries. An Associate Professor of Epidemiology (CSPH) and Pediatrics (SOM), she has an MS in Epidemiology from the University of Iowa and a PhD in Public Health and Epidemiology from the joint program at the University of California – San Diego and San Diego State University.

Dr. Comstock is a nationally recognized expert in sports and recreation injury surveillance, epidemiology, and prevention. She has 94 refereed publications and is the originator of the National High School Sports-Related Injury Surveillance System (High School RIOTM), which serves as the official surveillance system of the National Federation of State High School Associations. Her data have been used to drive federal, state, and non-governmental sporting organizations' policy decisions. Dr. Comstock is also an experienced teacher and has mentored more than 25 young researchers including high school, undergraduate, graduate, and medical students, and residents/fellows.