

**Sports Medicine Advisory Committee**  
**Held August 24, 2023**

**Y**

1. Recommend adding Physician Assistant and an approved medical professional listed on the MSHSAA Skin Condition Form and in the MSHSAA Wrestling Manual for granting clearance on skin conditions.  
(Vote 9-0)

**Rationale: Currently the MSHSAA Skin Condition Form only permits and MD, DO and Nurse Practitioner as the approved medical professionals for completing skin condition evaluations and signing off on athlete's being cleared to participate. The SMAC desires to add a Physician's Assistant to the list of approved medical professionals.**

**Y**

2. Recommend sub-committee for review and update of the MSHSAA Concussion Return To Play Form relative to 6<sup>th</sup> Consensus Statement. Sub-Committee – Halstead, West, Rajkovic, Cook  
(Vote 9-0)

**Rationale: In response to the 6<sup>th</sup> Consensus Statement released this past summer, the committee desires to have a sub-committee conduct a formal review of the MSHSAA Concussion Return to Play Form to determine whether edits or updates need to made.**

**N**

3. Recommend the prohibiting of the following drills during summer contact days, regular season and postseason padded practices: Bull in the Ring/King of the Circle, Oklahoma Drill, Offensive/Defensive Line Run Blocking Board Drill, Bull Rush during Pass Protection/Rush Drills, Half Line/Pods/3-Spot/Shock & Shed. (Vote 9-0)

**1. Bull in the Ring / King of the Circle**

Defined: Prior to the start of the drill players stand in a circle surrounding one player in the middle. Each player is assigned a number. The drill begins when a coach calls out a number. The player to whom that number was assigned is then required to charge at the player standing in the middle of the circle. Coaches may call more than one number at a time, resulting in multiple players charging the player in the middle.

**2. Oklahoma Drill**

Defined: Players begin the drill barricaded on each side and lined up directly across from each other. (The players could be a defensive tackle, offensive lineman, ball carrier, and linebacker, or defensive back versus a wide receiver and ball carrier). Upon the start of the drill, players attack each other straight on with no angles. After contact the defender is attempting to shed a block while the offensive player is attempting to create a vertical drive block or a defender attempting to tackle the ball carrier runs directly downhill as the ball carrier runs directly through a defender without the ability of either to avoid linear contact due to the barricade on each side with the goal of freeing or tackling the ball carrier.

**3. OL/DL In-Line Run Blocking / Board-Drill**

Defined: Two players begin the drill by aligning directly across or slightly offset from one another within an artificially confined area, such as between boards, straddling a board or confined by other similar objects or as otherwise indicated by a member of the coaching staff. Upon the snap, players are directed to physically engage with each other off the ball and challenge for vertical push with no attempt by the defensive player to evade the block. The intent of the rule is to prohibit one-on-one tests of strength within artificially confined areas that do not permit the defensive player to angle his approach, shed the blocker, or take other evasive action. (Prohibited during OL versus DL padded practice. Conducting this drill with or without pads and at walking or jogging pace is permitted.)

Teams are prohibited from conducting drills in a manner that pits an offensive player against a defensive player where the purpose of the drill is to drive the opposing player back using straight-ahead force with no other football objective. However, these drills are permissible so long as the purpose of the drill is to teach proper form, and the drill is run at a jogging pace or, if it is run at full speed, one player is holding a bag or a padded shield. Nothing prohibits one-on-one drills during an individual position period (e.g., offensive lineman vs. offensive lineman).

#### **4. Prohibited Bull Rush during Pass Protection/Rush Drills**

Defined: During One-on-One, Half Line and Pods to practice pass rush. This drill is prohibited if:

- The alignment of a pass rusher or blitzing and opposing blocker is as follows:
  - Both the rusher and the blocker are aligned 4 or more yards from the line of scrimmage (e.g. running back and linebacker); or
  - The edge rusher is aligned 2 or more yards outside of the opposing blocker (e.g. the tight end or offensive tackle); or
- Either the edge rusher or the blocker makes forcible contact with his helmet

The intent of this rule is to reduce closing speeds and unnecessary helmet contact. All forcible contact should be made with hands, shoulder, or forearm. (The above alignments are prohibited during Offense versus Defense padded practices. Conducting this drill with or without pads and at a walking pace or jogging is permitted.)

#### **5. Half Line / Pods / 3-Spot / Shock & Shed**

Defined: Offensive and defensive players line up in a partial formation set to practice run blocking. (Prohibited during offense versus defense padded practice. Conducting this drill with or without pads and at walking pace or jogging is permitted.)

This rule is intended (i) to prohibit “thud”, or “live”, in-line contact where there are no angles for an offensive player to block or for a defender to rush or pursue; and (ii) to reduce unnecessary helmet contact. The rule prohibits any drill that involves the following:

- A subset of players (2-on-1; 3-on-2, 3-on-3, etc.); and

Defensive players are instructed to align directly across from offensive players or slightly offset, and the offensive player is instructed to block the defender straight on; and

- Defensive players are not required to make run/pass reads; they are instructed to overtake or engage offensive players within the midline of the offensive player’s body (e.g., between the jersey numbers), then work to shed the blocker.

This rule does not prohibit teams from scrimmaging or conducting a drill with a limited number of players if upon the snap of the ball or a whistle being blown, players are instructed to take angles and defenders are instructed to read run/pass as in game situations.

This prohibition against Half Line / Pods / 3-Spot / Shock & Shed drills is not meant to restrict teams from conducting “inside run” or “goal line run” periods so long as defenders are following a defensive scheme that includes run/pass read and are free to evade blocks. Drills that include the essential elements of the above definitions are prohibited; provided, however, that nothing prohibits “thud” or “live” blocking, tackling, pass rushing, and/or bump-and-run between or among any number of players during any team period of a team’s padded practice including, but not limited to, running plays, passing plays, goal line plays, and special teams plays.

**Rationale: The SMAC made this same recommendation to the board of directors in March-2023. The board of directors tabled this recommendation until after the NFHS SMAC meeting in April-2023. As of August-2023, the NFHS SMAC has yet to move forward with a recommendation on prohibiting high risk full pad/full contact drills for the sport of football. As a reminder, the five football contact drills listed and defined above are prohibited at the NFL level (2019), while the first three football contact drills listed and defined below are prohibited at the NCAA level (2021). While the MSHSAA SMAC is aware that the NFHS SMAC has not moved forward with recommendation, their position is that regardless of the non-action taken by the NFHS SMAC, they feel strongly that if these drills are at high enough risk and worthy of being eliminated at the NFL and NCAA level because of known increased injury risk, it would only make sense to adopt these same restrictions for our high school athletes and for the health of the athlete’s brain that is still in developmental stages. These prohibition of these five drills by our MSHSAA SMAC would be in affect during padded practices taking place during summer contact days, regular season and postseason.**

Y

4. Recommend adding Anyone Can Save Life - Sudden Cardiac Arrest video by Dr. Drezner as a resource to the Sports Medicine page under Heart/Cardiac Resources category and MSHSAA home page. (Vote 9-0)

**Rationale:** This video is a short two-minute video that shows a number of actual cardiac arrests that have occurred at the high school level, resulting in lives being saved due to quick response times. The video is impactful and illustrates the criticalness of having a medical emergency action plan in place; therefore, the SMAC desires this video to be posted as a resource on both the homepage and sports medicine of the MSHSAA website.

N

5. Recommend that all member schools have an Athletic Trainer designated to their school for medical coverage. (Vote 8-0)

**Rationale:** For a number of years the SMAC has voiced the importance and necessity for all high schools being able to secure the services of an Athletic Trainer (AT) for the safety and wellbeing of their athletes and well as for assistance with athletes recovering from injuries. This thought is obviously positive in theory but is not realistic. First, the SMAC is well aware that there are 500+ member schools in Missouri and there are not 500+ certified ATs in Missouri. With that said, the philosophy of the SMAC is that if there was a mandated demand for ATs for appropriate medical coverage for student athletes, the result would be an increased supply of individuals entering the profession which would ultimately achieve the future goal of appropriate onsite medical coverage for all high school practices and contests. MSHSAA Staff that works directly with the SMAC continues to remind committee members that there are a significant number of issues related to this recommendation above and beyond the fact that the number of currently certified ATs would not permit ALL schools the ability to employ and AT or even contract through medical services provider the services of an AT. Other issues/hurdles for ALL schools to have the ability to employ an AT include financial resources, remote geographical locations of a number of member schools, number of student athletes to justify additional employee expense, etc.

#### STAFF RECOMMENDATION NOTATIONS

**Y** = Yes, the staff's recommendation is for the Board approve the committee's recommendation.

**A** = Yes, the staff's recommendation is to approve the committee's recommendation as amended/modified by the; the original committee recommendation can be viewed in the committee minutes.

**N** = No, the staff's recommendation is for the Board to deny the committee's recommendation.

**D** = Discuss, the staff's recommendation is for the Board to discuss the committee's recommendation due to a variety of pro's and con's associated with its approval.

**T** = Table, the staff's recommendation is to table the item for further study or to refer to another committee.