



**REPORT OF THE
NCAA COMMITTEE ON COMPETITIVE SAFEGUARDS
AND MEDICAL ASPECTS OF SPORTS
APRIL 27, 2017, TELECONFERENCE**

ACTION ITEMS.

- None.

INFORMATIONAL ITEMS.

- 1. Review briefing document on membership questions arising from football practice contact recommendations.** The committee was provided a briefing document with a summary of the issues and questions regarding the implementation of the football practice guidelines.
- 2. CSMAS position on the football preseason's second practice session.** The committee took the following position on the second practice session during the preseason:
 - a. The use of protective equipment, including helmet and shoulder pads, is not permitted per existing legislation.
 - b. Additionally, the use of football equipment is not permitted. The committee noted it is anticipated that all three divisions plan to submit a waiver request permitting the use of footballs for the 2017 football preseason. In addition, all three divisions are engaged in discussions regarding best practices for football playing and practice season legislation for future years.
 - c. Sprinting and competitive speed drills are not allowed during walk-throughs. If the above-mentioned waivers are approved, the presence and use of a football may not change the speed of the walk-through.
 - d. Outside of the on-field practice session, conditioning drills are not allowed.
 - e. Weightlifting sessions are not considered conditioning sessions if conducted for the purpose of strength training and performed in a deliberate and controlled manner that is consistent with the concept of walking or jogging. Weightlifting activities designed to enhance cardiorespiratory fitness are considered conditioning and are not permitted. Weightlifting sessions should be carefully planned and implemented only after consultation with a strength and conditioning professional and the primary athletics health care provider. The legislated three-hour recovery period must be observed between any two sessions. Adequate student-athlete rest and recovery is paramount.

3. CSMAS positions on guidelines for the no football practice day. The committee took the following positions on guidelines for the no football practice day:

- a. The intent of recommending no football practice days is to allow physiological recovery, especially with regard to the following three high-risk events that occur during the preseason: 1) repetitive head impact exposure, 2) catastrophic injury, and 3) musculoskeletal injury.
- b. Adequate student-athlete rest and recovery is paramount and student-athlete time demands should be strongly considered.
- c. Strength training, conditioning and walk-throughs are not permissible.
- d. Activities that satisfy the intent of the practice recommendations on these days include: leadership, team building, team meals or entertainment activities; team meetings; fundraising or community service activities; and educational activities, including those that improve football understanding and awareness (i.e. film review).

Committee Chair: Forrest Karr, Northern Michigan University, Great Lakes Intercollegiate Athletic Conference

*Staff Liaisons: John Parsons, NCAA
Mary Wilfert, NCAA*

NCAA Committee on Competitive Safeguards and Medical Aspects of Sports April 27, 2017, Teleconference
Attendees:
Stevie Baker-Watson, DePauw University.
Randy Bird, University of Virginia.
Robert Casmus, Catawba College.
John Chandler, DePauw University.
LaGwyn Durden, University of Texas.
Joseph Hannant, University of North Carolina, Pembroke.
Kelly Helm, Valparaiso University.
Forrest Karr, Northern Michigan University.
Roger Kruse, University of Toledo.
Abbey Miklitsch, University of Rhode Island.
Jessica Mohler, U.S. Naval Academy.
Steve Murray, Pennsylvania State Athletic Conference.
Douglas Ramos, Creighton University.
Amy Schafer, Thiel College.
Maureen White, U.S. Merchant Marine Academy.
Absentees:
Larry Bowman, Clemson University.
Joshua Ellow, Swarthmore College.
Gabe Feldman, Tulane University.

Jessica Koch, California State University, San Bernardino.
Kimberly Patterson Walpert, University of Georgia.
Megan Warren, Defiance College.
Guests in Attendance:
None.
NCAA Staff Support in Attendance:
Dawn Buth, Brian Hainline, Cassie Langdon, John Parsons and Mary Wilfert.
Other NCAA Staff Members in Attendance:
Jackie Campbell, Amanda Conklin, Scott Connors, Jessica Gonzalez, Terri Steeb Gronau, Brian Hainline, Brandy Hataway, Brian Hendrickson, Kevin Lennon, Oliver Luck, Eric Mayes, Jeff Myers, Stephanie Quigg Smith, Kris Richardson, Anne Rohlman, Jared Tidemann and Karen Wolf.