

NATIONAL FEDERATION
OF STATE HIGH SCHOOL ASSOCIATIONS



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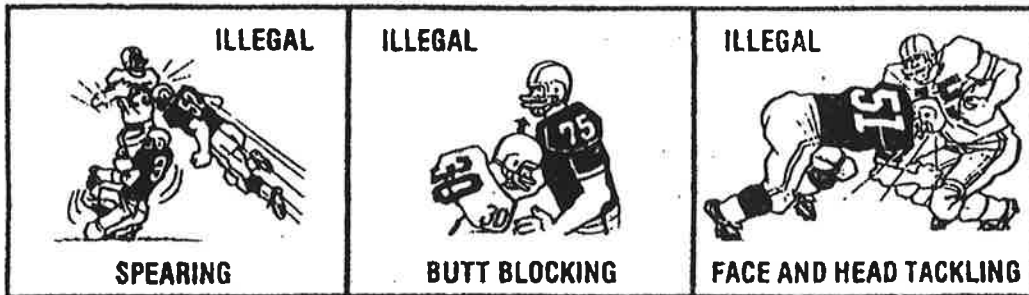
ATTENTION FOOTBALL PLAYERS

PARTICIPATION IN ALL SPORTS REQUIRES AN ACCEPTANCE OF RISK OF POSSIBLE INJURY. YOU AS A PLAYER CAN HELP MAKE THE GAME SAFER BY NOT INTENTIONALLY USING TECHNIQUES WHICH ARE ILLEGAL AND WHICH CAN CAUSE SERIOUS INJURY.



ALL CONCERNED, THE ATHLETE, THE COACH AND ANY OTHER PERSON RESPONSIBLE TO MAINTAIN THE ORIGINAL HIGH QUALITY DEMANDED BY THE RULES AND THE NOCSAE STANDARD MUST SHARE THE RESPONSIBILITY FOR KEEPING THE HELMET IN PROPER PROTECTIVE CONDITION.

DO NOT USE THE HELMET TO BUTT, RAM OR SPEAR AN OPPOSING PLAYER. THIS IS IN VIOLATION OF THE FOOTBALL RULES AND SUCH USE CAN RESULT IN SEVERE INJURY, TO YOU MORE THAN TO YOUR OPPONENT. STATISTICS SHOW THAT THESE TECHNIQUES CAN RESULT IN PERMANENT PARALYSIS BELOW THE NECK (QUADRIPLEGIA). NO HELMET CAN PREVENT ALL HEAD AND NECK INJURIES A PLAYER MIGHT RECEIVE. THE RISK OF HEAD AND NECK INJURY TO A PLAYER IS GREATLY INCREASED WHEN HE USES HIS HELMET AS THE PRIMARY POINT OF CONTACT.



THE DANGER IN THESE TECHNIQUES IS THAT TOO OFTEN THE PLAYER'S HEAD IS NOT IN THE PROPER POSITION WHEN CONTACT IS MADE WITH THE OPPONENT. EXECUTED IMPROPERLY (HEAD DOWN), THE NECK IS MOST VULNERABLE TO INJURY. A BLOW TO THE TOP OF THE HEAD WHEN THE NECK IS STRAIGHTENED IS THE MOST FREQUENT CAUSE OF PERMANENT INJURY. ONLY LEGAL TECHNIQUES SHOULD BE TAUGHT OR PRACTICED.

I have read the above information and I understand the rules and procedures.

I also understand the necessity of using the proper techniques while participating in the football program.

Signature, Athlete _____

Signature, Parent or Guardian _____

Date _____