



### Boys' Fall Football Injury Rates for States With and Without Spring Football

- In 2018/19, states with spring football had a lower overall boys' football injury rate in the fall (3.36 injuries per 1,000 AEs) compared to states without spring football (4.18 injuries per 1,000 AEs) (RR: 0.80; 95% CI: 0.72 - 0.89) (Table 1).
- In 2018/19, states with spring football had a lower practice boys' football injury rate in the fall (1.51) compared to states without spring football (2.15) (RR: 0.70; 95% CI: 0.59 - 0.83).
- Competition injuries rates were also lower for states with spring football than states without spring football, although the difference was not statistically significant (RR: 0.92; 95% CI: 0.80 – 1.05).
- Findings may vary year to year. Therefore, the same analysis was conducted using a five year time period. NOTE: This analysis assumes the states that offered spring football remained consistent over the entire time period.
- In 2014/15 through 2018/19, states with spring football had a lower overall boys' football injury rate in the fall (4.13) compared to states without spring football (4.33) (RR: 0.95; 95% CI: 0.92 – 0.99) (Table 1).
- There may be differences between schools that do and do not offer spring football that were not accounted for in this analysis (e.g., access to preventative care, field quality, quality of protective equipment, etc.).

**Table 1. Boys' Fall Football Injury Rates by Spring Football Status, National High School Sports-Related Injury Surveillance Study, 2014/15 through 2018/19 Academic Years**

Boys' Fall Football Injury Rate Per 1,000 Athlete-Exposures	States with Spring Football <sup>a</sup>	States without Spring Football	Rate Ratio (95% Confidence Interval) <sup>b,c</sup>
<i>2018/19 Academic Year</i>			
Overall	3.36	4.18	<b>0.80 (0.72 - 0.89)</b>
Competition	12.23	13.33	0.92 (0.80 - 1.05)
Practice	1.51	2.15	<b>0.70 (0.59 - 0.83)</b>
<i>2014/15-2018/19 Academic Years<sup>d</sup></i>			
Overall	4.13	4.33	<b>0.95 (0.92 - 0.99)</b>
Competition	14.14	13.93	1.02 (0.97 - 1.06)
Practice	2.25	2.22	1.02 (0.96 - 1.07)

<sup>a</sup>11 states (Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Oklahoma, South Carolina, Tennessee, Texas, and Vermont) had spring football

<sup>b</sup>States without spring football is the reference category

<sup>c</sup>Bold text indicates a significant difference

<sup>d</sup>Assumes the states that offered spring football remained consistent during the five year period

- Timing of when spring football occurred varied too widely by state to be able to conduct any analyses by length of time between the spring and fall football seasons (see Appendix A).
- In general, diagnoses of boys’ football injuries were similar in states with and without spring football (Table 2).

**Table 2. Most Common Diagnoses in Boys’ Football by Spring Football Status, National High School Sports-Related Injury Surveillance Study, 2014/15 through 2018/19 Academic Years**

Most Common Diagnoses	States with Spring Football <sup>a</sup>	States without Spring Football
<i>2018/19 Academic Year</i>		
Concussion	27.3%	24.2%
Contusion	10.7%	10.8%
Fracture	14.1%	10.2%
Ligament sprain	27.3%	26.8%
Muscle strain	6.7%	10.1%
<i>2014/15-2018/19 Academic Years</i>		
Concussion	21.3%	25.2%
Contusion	12.8%	10.6%
Fracture	10.5%	10.3%
Ligament sprain	26.7%	25.9%
Muscle strain	9.6%	10.0%

<sup>a</sup>11 states (Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Oklahoma, South Carolina, Tennessee, Texas, and Vermont) had spring football

- In general, time loss of boys’ football injuries was greater in states with spring football compared to states without spring football in 2018/19 but not in the five year time period, which was used to account for fluctuations in the data from year to year (Table 3).

**Table 3. Time Loss of Injuries Sustained in Boys’ Football by Spring Football Status, National High School Sports-Related Injury Surveillance Study, 2014/15 through 2018/19 Academic Years**

Time Loss	States with Spring Football <sup>a</sup>	States without Spring Football
<i>2018/19 Academic Year</i>		
Less than one week	24.0%	36.5%
1 week – 3 weeks	40.2%	34.3%
More than 3 weeks	10.1%	6.7%
Medical disqualification for season	2.6%	5.2%
Other	23.2%	17.4%
<i>2014/15-2018/19 Academic Years</i>		
Less than one week	35.5%	35.6%
1 week – 3 weeks	34.1%	34.5%
More than 3 weeks	8.5%	7.2%
Medical disqualification for season	3.5%	5.3%
Other	18.4%	17.4%

<sup>a</sup>11 states (Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Oklahoma, South Carolina, Tennessee, Texas, and Vermont) had spring football

## Appendix A.



### **Here are the following states that we know of that conduct spring high school football practice in some form and their start and end dates for practice:**

1. **Alabama** - Allows schools a total of 20 days to get 10 days of practice any time after January 1 until the end of school.
2. **Arkansas** - Arkansas - Week 37 is March 16. The end of school varies but is normally around the end of May. During AAA Calendar Weeks #37 through the last day of school for students, football schools may select four (4) consecutive weeks for spring football practice for a maximum of ten practices using regulation equipment for full contact drills. The four consecutive weeks selected must be reported to the AAA Office.
3. **Florida** - May 1 is the start date- teams get the entire month to have 19 practices and 1 scrimmage game.
4. **Georgia** - Spring Football Practice for each school year may be held on ten (10) school days from February 1 until the end of the school year, spaced over 13 consecutive school days.
5. **Kentucky** - Our schools choose their dates. But the vast majority start right after spring break (second week of April), and end in the first few days of May. They have three weeks to get in 10 days of practice.
6. **Louisiana** - Spring practice shall be limited to 10 days with or without pads and shall be conducted either Weeks 28 (January 12<sup>th</sup>) through Week 31 (February 8<sup>th</sup>) or beginning Week 43 (April 26<sup>th</sup>) of the NFHS calendar. Every school shall declare to the LHSAA whether it will participate in spring practice Weeks 28 through 31 or after Week 43, or will not participate in spring at all. A school can participate in either one but not both and cannot split the ten days between the two time periods. Any school choosing not to participate in spring at all, may start their fall practice on Monday of Week 5 (August 2<sup>nd</sup>) of the NFHS calendar and start in full gear on Thursday of Week 5.
7. **Oklahoma** - Schools are allowed to conduct spring football practice for two hours a day ***after their students have completed all OSSAA activities for the spring semester.*** (start date) ***Schools will be allowed 21 calendar days to complete their 10 spring practices beginning the first opportunity the school has to practice.*** (stop date) During the 10 days of practice, schools will not be allowed to conduct full-contact (“Thud” or “Live Action”) drills on two consecutive days. Schools will only be allowed six total days where full-contact drills may be conducted. Spring practice is limited to students in grades 9-11. Students who are currently in

the 8th grade are not allowed to participate in spring football practice. Regulation equipment for full contact drills may be used during spring practice. Interscholastic scrimmages are not allowed and only students who are currently attending the school can participate in spring practice. All spring practices **must be completed by Saturday of Week 49 of the OSSAA calendar**. (completed by date) Spring football practice is limited to a total of two hours per day.

8. **South Carolina** - Spring Practice runs from May 1-31. Schools have an opportunity to have 20 days of practice with no more than 10 days in pads
9. **Tennessee** - 2 days of helmets. Only 10 days of practice, 1 of those days can be a scrimmage. Each school chooses when they want to have spring practice. Must be completed by the end of the school year.
10. **Texas** - Spring Training. There shall be no school football practice or training for a contestant or team, and no football equipment issued after the close of the regular season schedule, except as incidental to the football championship playoffs and, in Conferences 5A and 6A only, 18 spring training practice days which may be conducted in a period of 34 calendar days . Exception: Conference 5A and 6A schools may choose not to conduct the 18 days of spring training, replacing said training the next school year by following the workout days as specified for Conferences 4A, 3A, 2A and 1A. Spring Training Practice Regulations. Any 5A or 6A school participating in Spring Training shall be in accordance with the following regulations: • No more than 18 practices over a 34 calendar day period. • During the first two days of Spring Training, only t-shirts, shorts, and helmets may be worn, and no contact activities are permitted. • A maximum of 12 of the allotted 18 practices may contain full-contact activities. • Football players are not allowed to participate in more than ninety (90) minutes of full contact practice per week. • Only 3 practices per calendar week may contain full contact activities during Spring Training. \*Full Contact – A
11. **Vermont** – No specific date. Schools have 1 week for Spring football and they can schedule it anytime in the Spring. During the Spring there is no contact, just conditioning drills.