

Rugby Indiana

Concussion Policy

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Policy: Concussion Policy

Number: TBD

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Updated: 18 May 2026

Effective: 18 May 2026

This policy supersedes all previous versions of the policy.

Concussion Policy and Protocol

This policy reflects the requirements of Rugby Indiana to comply with World Rugby and USA Rugby Concussion Policies and Indiana State Law (Ind. Code 20-34-7), including SEA 234 – Student Athlete Concussions.

If an athlete is suspected to have suffered a concussion, s/he will be ineligible to practice or play until the full process below has been completed – this is for the safety and benefit of the athlete and his/her growing brain! During this period, the athlete is ineligible to participate in any practice, play in matches, or engage in any other physical activity.

Any player suspected of a concussion by a coach, match official, referee, Rugby Indiana official, trainer, medical provider, athlete, or parent shall be placed in protocols outlined in the policy. The team Head Coach and any on site medical staff should be immediately notified.

Any athlete suspected of a concussion must be removed from the match or practice immediately.

If a suspected concussion occurs **when an athletic trainer is present**, the athletic trainer (ATC) will remove the athlete from the match or practice and notify athlete, parents (if present) & coach that athlete must be sent to doctor for evaluation. The ATC will fill out an online injury report describing the injury, any actions taken by the ATC, and the ATC's recommendations regarding further assessment or treatment of the injury. The ATC shall provide the athlete and parents with a copy of the Rugby Indiana Concussion Return To Play Form. The ATC or the Coach must submit a report of the concussion in the Rugby Xplorer (RX) reporting system as a blue card, providing any related information about the injury."

If a suspected concussion occurs **when an ATC is not present**, the coach must remove the athlete from the match or practice immediately and shall create an online injury report in Rugby Xplorer (RX) reporting system as a blue card, providing any related information about the injury. The coach must ensure appropriate medical care is provided, including calling 911 if necessary. Players should not drive themselves home. Additionally, the coach shall provide the player with a copy of the Rugby Indiana Concussion Return To Play Form to be completed.

Any athlete suspected of a concussion must be not drive themselves home from the match or practice.

Indiana Law...

Requires that student athletes who participate in an interscholastic sport in grades 5-12, and who have a suspected concussion, must be removed from play and cannot return to play until 24 hours have passed and a release, signed by a health care provider who has been trained in the evaluation and management of concussions and head injuries, has been presented to the school (effective as of July 1, 2016)

Upon receipt of the injury report, the Rugby Xplorer (RX) system will contact the parent/guardian and coach listed in the athlete's InjureFree profile by email to notify them of the suspected concussion and provide them with the Return-to-Play Form.

The athlete must be evaluated by a "licensed health care provider trained in the evaluation and management of concussions and head injuries".

If the initial physician's visit results in a diagnosis of no concussion, the diagnosis must be submitted to RI Executive Director using the RI Physician Concussion Clearance Form and the athlete will be cleared.

Following a concussion diagnosis, a full rest and recovery period is required before the athlete will be cleared to play - this is absolutely critical to the athlete's health and safety!

World Rugby and USA Rugby say:

The minimum return to play time for a player (who have completed an appropriate individualized rehabilitation program) returning from a concussion is 21 days.

NOTE: THE DAY OF THE SUSPECTED CONCUSSION IS DAY ZERO (0). THE SOONEST A PLAYER MAY RETURN IS ON DAY 22.

The GRTP incorporates a progressive exercise program to re-introduce athletes to sport following concussion. Each stage lasts 24 hours for children and the athlete must be without any symptoms in order to progress to the next level of activity.

The parent/guardian must submit the RI Physician Concussion Return To Play Form (both sides) to RI's Executive Director. Once all documentation is submitted and verified, the athlete will be cleared to play in the Rugby Xplorer (RX) system.

ATHLETES MUST USE THE RUGBY INDIANA RETURN TO PLAY CLEARANCE FORM COMPLETED BY A LICENSED HEALTH CARE PROVIDER TRAINED IN THE EVALUATION AND MANAGEMENT OF CONCUSSIONS AND HEAD INJURIES, AND THAT FORM (BOTH SIDES) MUST BE SUBMITTED TO THE EXECUTIVE DIRECTOR.

Athletes are not permitted to compete in any match or scrimmage until the RI Executive Director has changed their RTP status in Rugby Xplorer to player is eligible/available to play.

If a coach or parent suspects an athlete has suffered a concussion at any time, they should immediately contact RI's Executive Director.

Baseline Testing

Rugby Indiana currently does not require concussion baseline testing. It does however recommend that teams and/or parents have their athletes take part in annual baseline testing. The Centers for Disease Control and Prevention (CDC) says...

Baseline testing is a pre-season exam conducted by a trained health care professional. Baseline tests are used to assess an athlete's balance and brain function (including learning and memory skills, ability to pay attention or concentrate, and how quickly he or she thinks and solve problems), as well as for the presence of any concussion symptoms. Results from baseline tests (or pre-injury tests) can be used and compared to a similar exam conducted by a health care professional during the season if an athlete has a suspected concussion.

There are multiple types of baseline testing, and some of those include SCAT6 and ImPACT. It is best that the test selection(s) and interpretation are done by a health care provider who has been trained in the evaluation and management of concussions and head injuries.

Concussion Training Requirements

The State of Indiana has new requirements under SEA 234 requiring all school youth sports grades 5-12 to annually provide & document concussion education for athletes, parents, coaches and administrators.

Requires that schools distribute information sheets to parents and student athletes in grades 5-12. These signed information sheets must be returned to the school before the student will be allowed to practice or participate in an interscholastic sport (effective as of July 1, 2016)

Requires that head coaches and assistant coaches of students in grades 5-12 who participate in interscholastic sports must take a concussion certification course (effective as of July 1, 2017)

Currently all parents and student athletes have access to that information on the Rugby Indiana website and during the registration process the player and/or their parent/guardian confirms that they are aware all information is on the website, they have access to it, consider it received, and that they will follow the Rugby Indiana (and World Rugby) policy.

Since 2017 all coaches sign an annual agreement with Rugby Indiana that includes their confirmation to following player welfare polices that include suspected concussions. Since 2023, that agreement has been signed digitally as part of the coach's registration in Rugby Xplorer (RX).

RESOURCES:

- CDC Baseline Testing - https://www.cdc.gov/headsup/basics/baseline_testing.html
- Sports Concussion Institute, "Baseline Testing" - <http://concussiontreatment.com/baseline->

[testing.html](#)

- Indiana Department of Education - <http://www.doe.in.gov/sites/default/files/health/faq-document-concussions.pdf>
- World Rugby Concussion Guidance (2024) - [Concussion Guidance](#)
- World Rugby Regulation 10 - <https://www.world.rugby/organisation/governance/regulations/reg-10>
- USA Rugby Concussion Protocols - <https://usa.rugby/concussion/>

Updated

- 18 May 2026 to adjust clarification around World Rugby 21 Day Return-to-Play period.
- 10 April 2026 to account for the move to from Injure Free to the Rugby Xplorer system for reporting injuries.