

**Massachusetts Interscholastic Athletic Association
Sports Medicine Committee Meeting
May 20, 2019**

Call to order: 4:10 PM

Attendance: By separate sheet

Review of minutes:

The minutes of the last sports medical meeting held on February 11 2019, were reviewed and accepted by a vote of 7 -0.

Skin disease update:

Mr. Pearson reported information received from the wrestling committee and Dr. Beaudoin indicated that there were no issues with skin disease screening or implementation of the rules for the 2018- 2019 interscholastic wrestling season. The Sports Medicine committee will continue to monitor the skin disease needs of the Association.

Informational literature: Mr. Pearson passed out 3 pieces of informational literature.
#1 - data brief sports related concussion among Massachusetts youth 2009 2017.
#2 - A report from morbidity and mortality weekly report, self-reported concussion from playing a sport or being physically active among high school students United States 2017.
#3 - Agenda for the SMAC of the NFHS - April 27-29, 2019 Indianapolis Indiana.

Syncing the language MIAA Rule 56 with MIAA rule 84.4.3 (wrestling specific rule.).

Currently the MIAA requires a maximum weight control certificate for interscholastic wrestling competition. In the past the signature of the physician parent and the wrestler where required prior to the first competition, over the years physicians have been unavailable or unwilling to sign these forms at a number of schools. This role has fallen to physician assistants or nurse practitioners. Since the physician assistant or nurse practitioner can certify an athlete to compete, the sports medical committee would like to keep the wording similar that physician assistants and nurse practitioners may sign and stratify the weight control certificate. Also added to this is a line where a person during the assessment and body fat percentage will be listed. This will keep the wording similar and the process an easier flow. Two proposals were offered to address the similar language (#1) and (#2) the identification and signature of the person making the Weight Assessment.

- Moved and 2nd 10-0. Proposal #1

- Moved and 2nd 10-0. Proposal #2

Massachusetts concussion management correlation: The MCMC continues to assist member schools in the process of concussion management recognition and treatment. There have been several additional schools to sign onto the free impact type testing. The MCMC continues to work with the sports medical committee in this manner. A grant from the national hockey league retired player's Association is responsible for this program.

Female athlete conference 2019: On June 6 through June 8 Babson College will host Female Athlete Conference for 2019. Dr. Katherine Ackerman, a member of our committee will host this annual event. It is a 3-day meeting with several topics related to the female athlete. Participants will be from all aspects of sports, coaches, players, parents, medical personal and administrators.

Gender equity: The MIAA has continued a blue ribbon committee on gender equity. Sports medical committee would like to recommend that Dr. Catherine Ackerman be a member of that committee. Dr. Ackerman is a sports endocrinologist at Children's Hospital in Boston. This committee has been working on all phases of gender equity within the Association and as listed in the MIAA Handbook.

Student athlete safety bill: The athletic trainers of Massachusetts had a bill before the Massachusetts legislature H408. This is an act relative to student safety in interscholastic athletic activities. The bill is presented by Representative David Biele and Michael Rush. The first bill will align Massachusetts generalized laws chapter 71 section 54 and the MIAA role for medical coverage in a high school football. Dr. Ashare will write a letter on behalf of this bill from the sports medical committee.

Adjourned: 5:25 PM.

Next meeting: Fall 2019

Addendum (email sent 5:50 PM 05/20/19):

The MIAA Baseball Pitch Count Proposal was not included in the meeting agenda or discussed during the meeting. The proposal was sent out to members following the meeting asking for their approval in order to have the proposal sent to the MIAA BOD for Weds., May 22. Members responded affirmatively to approve the proposal via email response.

MIAA Pitch Count Proposal 2019-21

Maximum Pitches Per Day – 115 pitches for Varsity Pitchers & 95 pitches for Sub Varsity

Breakpoints & Required Rest:

Varsity

1-25 pitches	0 days rest
26-40 pitches	1 days rest
41-55 pitches	2 days rest
56-70 pitches	3 days rest
71-115 pitches	4 days rest

Sub Varsity

1-25 pitches	0 days rest
26 -40 pitches	1 days rest
41-55 pitches	2 days rest
56-70 pitches	3 days rest
71-95 pitches	4 days rest

*These rules apply to both regular and post season play

***If a pitcher has thrown 71-90 pitches on the day he last pitched, on his fourth day of rest, he would be eligible to throw a maximum of 25 pitches.**

Respectfully submitted:

Robert G McQuaid PA-C

Secretary Sports Medical Committee.