

REGULATION 10. MEDICAL

10.1 Concussion¹

10.1.1 Concussion must be taken extremely seriously. The IRB Concussion Guidelines set out the procedures for the management of:

- (i) Players diagnosed with concussion by an appropriately qualified person (as applicable in the relevant jurisdiction); or
- (ii) Players suspected of having concussion.

The IRB Concussion Guidelines (available on www.irbplayerwelfare.com) shall be updated from time to time in accordance with best medical practice.

10.1.2 All Players diagnosed with concussion during a Game or training must:

- (i) be removed from the field of play and not return to play or train on the same day; and
- (ii) complete the graduated return to play protocol described in the IRB Concussion Guidelines.

10.1.3 All Players who are suspected of having concussion during a Game or training at which there is no appropriately qualified person (as applicable in the relevant jurisdiction) present to diagnose concussion:

- (i) must be removed from the field of play and not return to play or train on the same day; and
- (ii) should be reviewed by an appropriately qualified person (as applicable in the relevant jurisdiction) and diagnosed as having concussion or not; and
- (iii) in any case must complete the graduated return to play protocol described in the IRB Concussion Guidelines.

10.1.4 The IRB Concussion Guidelines highlight the heightened risk of concussion and its complications in children and adolescent (less than 18 years of age) Players. Extra caution must be taken to prevent such Players returning to play or continuing playing or training if any suspicion of concussion exists.

¹ Concussion is a complex process caused by trauma that transmits force to the brain either directly or indirectly and results in temporary impairment of brain function. A Player can sustain a concussion without losing consciousness. Concussion is associated with a graded set of clinical signs and symptoms that resolve sequentially. Concussion reflects a functional rather than structural injury and standard neuro-imaging is typically normal.