

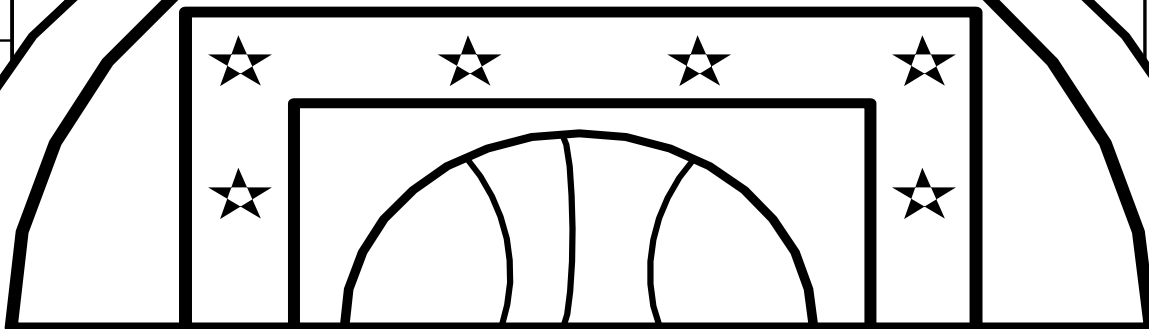


# Minnesota Youth Basketball Association 28th Annual State Championships

*Administered by the Minnesota Sports Federation*



2016 Youth Basketball Guide  
Official Tournament Information



# *Give it your best shot*

## Dear Coaches/Directors:

Introducing the 28th Annual **Minnesota Youth Basketball Association State Championships** administered by the Minnesota Sports Federation! Thanks to our cadre of volunteers, dedicated tournament hosts, and conscientious staff the MSF continues to provide wonderful opportunities for basketball players all across the state. The MSF prides itself on running high-quality state tournaments each year. Once again this season, we will continue our tradition of excellent events.

Again this season the MSF will strive to use terrific facilities, quality registered officials, and helpful tournament staff, all at the lowest possible cost to the participants. The entry fee for **MYBA State Championships** is lower than others available and more games played with most teams getting at least four.

Tournament hosts of **MYBA State Championships** use the event as a fundraiser for their local program, as hosts retain all admission and concessions revenue. Weekend invitational tournaments that do not conflict with the State Championships may advertise their tournaments on the MSF website at no charge.

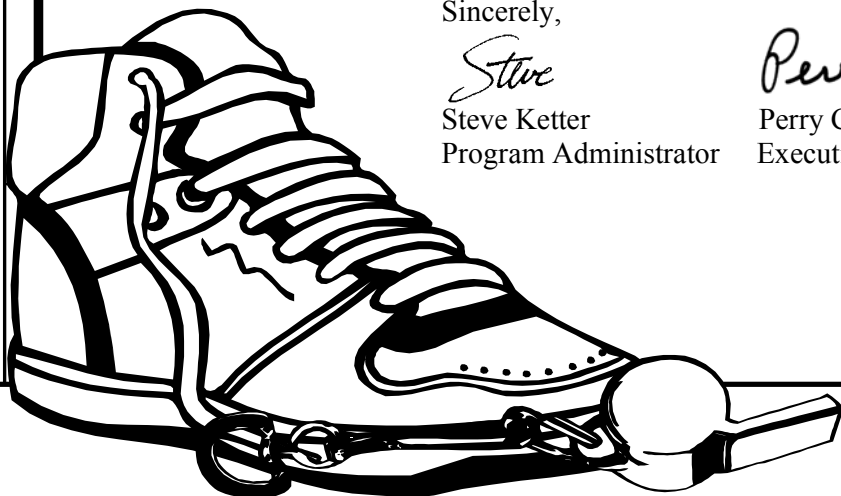
This year the MSF is working hard to make the youth basketball experience easier and more enjoyable for all participants. This year's guidebook features tournament dates, division distinctions, tournament locations, eligibility clarifications and past champions. Also, included in this book for the 2016 season is the inclusion of the **MYBA State Championships** Official Roster. The roster must be completed and sent in prior to or at the seeding meeting to be officially entered in the State Championships.

The MSF is excited to see your team at the **MYBA State Championships** this season. If you have any questions regarding the State Championships contact Steve at [steve@msf1.org](mailto:steve@msf1.org) or (952) 405-6936.

Sincerely,

Steve Ketter  
Program Administrator

Perry Coonce  
Executive Director



## ★ The Role MSF Plays ★

The Minnesota Sports Federation (MSF) is a non-profit, non-tax supported public service organization which solely conducts recreational-amateur sports activities in the state of Minnesota. Members of the Federation receive many valuable services which enable them to enjoy recreational-amateur sports to their fullest extent.

The MSF mission is to provide wholesome community based amateur-recreational sports opportunities that promote fitness, personal growth, good sports and the development of lifetime leisure skills.

Since 1982, the Sports Federation has become a major organizational force in planning and executing amateur sports events for over 200,000 youth and adults in Minnesota.

To implement and conduct a program of this magnitude, the MSF relies on individuals who dedicate many hours of their time to the benefit of recreational sports enthusiasts throughout the state of Minnesota.

The MSF serves as the local association of the National Softball Federation, Minnesota Youth Basketball Association (MYBA), USA Broomball and the National Sports Federation.

The MSF is governed by a 15-member board which is comprised of players, coaches, program administrators and officials active in the sports community.

League, association, team and player membership in the Minnesota Sports Federation is voluntary and conditional upon members adhering to established rules and regulations and acting in the best interest of the MSF program.

Through the union of all eligible leagues, organizations, groups and affiliations with organizations devoted wholly or partially to the promotion of recreational sports, the MSF hopes to expand programs and services in the future.

The MSF is committed to serving amateur sports enthusiasts in an effort to enhance the quality of life for all Minnesotans regardless of age, gender, race, economic status or handicap.

**SERVING MINNESOTA THROUGH SPORTS<sup>SM</sup>**

**Minnesota Sports Federation  
PO Box 26668  
St. Louis Park, MN 55426**

**(952) 405-6936  
www.msf1.org  
staff@msf1.org**

### Staff

Executive Director      Perry Coonce - perry@msf1.org  
Program Administrator      Steve Ketter - steve@msf1.org

## ★ 2016 Youth Basketball ★

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## ★ General Information ★

The rules and regulations contained in this guide are not intended to limit or restrict play, but to promote fair play and provide a more enjoyable experience for all. Representatives designated by the MSF are empowered to apply the rules found here and also render decisions on situations not specifically covered by rule.

These rules and regulations apply only to those sports communities/leagues sending representative(s) to tournament play. Sports communities/leagues who wish to send representatives to district and/or state tournaments shall adopt and abide by the rules contained in this guide. Sports communities/leagues may augment these rules and regulations with any special rules so long as these rules do not create conflicts which result in ineligibility for MSF play.

If questions arise concerning the rules and regulations contained in this guide, please contact Federation offices for assistance. Questions on playing rules should be directed to the state rules interpreter.

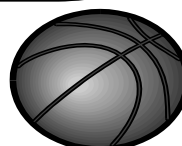
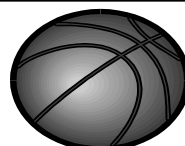
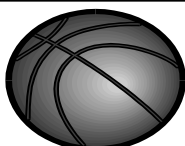
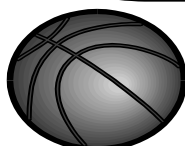
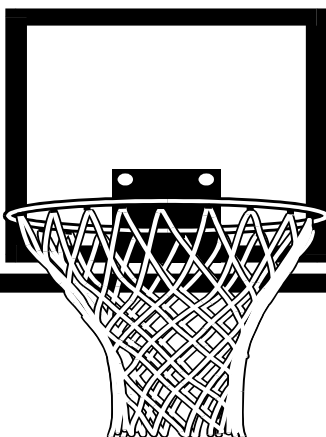
## ★ MSF Board of Directors ★

<b>District One</b>	Open
<b>District Two</b>	Larry Eckel, Long Prairie
<b>District Three</b>	Rich Rakness, South St. Paul, <b>Vice President</b>
<b>District Four</b>	Gary Krause, Montrose
<b>District Five</b>	John McRaith, Hutchinson
<b>District Six</b>	Bob Gustafson, Chisago City, <b>President</b>
<b>District Seven</b>	David Long, Detroit Lakes
<b>Tournament Director</b>	Duke Weisbrod, Cambridge
<b>At-Large Rep</b>	Perry Coonce, MSF, <b>Treasurer</b>
<b>At-Large Rep</b>	Steve Ketter, MSF, <b>Secretary</b>
<b>District I/II UIC</b>	Joe Schaefer, Winona
<b>District I/II UIC</b>	Kevin Voltin, Hayfield
<b>District III UIC</b>	Bob Kuehlwein, Woodbury
<b>District IV UIC</b>	Ron Mead, Rogers
<b>District V UIC</b>	Paul Goebel, Rice
<b>District VI UIC</b>	Duke Weisbrod, Cambridge
<b>District VII UIC</b>	David Long, Detroit Lakes



# 2016 MYBA STATE CHAMPIONSHIPS

<u>DIVISION</u>	<u>DATE</u>	<u>SITE</u>
Boys 4th Grade	March 5-6	Buffalo
Boys 5th Grade	March 5-6	Buffalo
Boys 6th Grade	March 5-6	Buffalo
Boys 7th Grade	March 5-6	Roseville
Boys 8th Grade	March 5-6	Roseville
Boys 9th Grade	March 5-6	Roseville
Girls 4th Grade	March 12-13	Columbia Heights
Girls 5th Grade	March 12-13	Columbia Heights
Girls 6th Grade	March 12-13	Columbia Heights
Girls 7th Grade	March 12-13	Columbia Heights
Girls 8th Grade	March 12-13	Columbia Heights



**ENTRY FEE:** \$255

**FORMAT:** *3 games guaranteed. The MSF uses a Pool Play/Championship Bracket format which is more liberal than other organizations use, in that it guarantees that 50% of the teams will play 4 or more games.*

**ENTRY DEADLINE:** Boys State Championships, 4th - 9th Grade  
Girls State Championship, 4th - 8th Grade

**February 10, 2016**  
**February 15, 2016**





**CLASSIFICATION:** Teams will be classified BOYS A, BB, B or C and GIRLS A, B, or C for the 2016 State Championships.

The Coaches Meeting will be held prior to the tournament to: 1) rank the teams and if more teams apply than can be accommodated, select the most qualified teams; 2) classify teams into Division A, BB, B or C; and 3) rank teams within each division to determine pools for pool play. All decisions made at the Coaches Meeting concerning the selection, classification and seeding of teams are final! Teams are strongly encouraged to be represented - 1 vote per team. **Please see additional information below regarding the coaches seeding meeting.**

Division A is for A level teams. Division B for B teams and C for C or non-competitive teams.

**COACHES'  
SEEDING  
MEETING:**

Seeding meetings are held to make sure that MYBA State Championships have the best competition within a division and 24 teams or less. To have a voice in the process, you must attend the meeting. Dates and times will be posted on [www.msfl.org](http://www.msfl.org) and noted in your confirmation letter.

**ROSTER:**

The Official Roster/Waiver form is included in this guidebook. The roster must be completed and submitted prior to or at the seeding meeting. Once a team's first game is started, no players may be added. (15 players can be listed on one roster at the MYBA State Championships)

**PLAYING RULES:**

NFHS and MSHSL rules shall govern play with modifications. Rule modifications will be posted at [www.msfl.org](http://www.msfl.org).

Teams must supply and wear jerseys which have at least 6" high, legible, permanent numbers on the front and/or back. Shirt bodies must be of identical color. Tape numbers are not acceptable. Note: teams with light and dark jerseys available are asked to bring both sets.

**OFFICIALS:**

Registered MSHSL officials will be used on all contests.

**ELIGIBILITY:**

***Please carefully review the eligibility section, as some changes have been made from previous year's requirements.***

***Players must reside or attend school within Minnesota...***

Exception: Minnesota border communities (i.e. Winona, Moorhead, etc.) are limited to no more than five players who reside or attend school in a neighboring state's border community. These players must be original members of the team, not added to the roster for the tournament.

***1. Players must participate on the team nearest to where they reside or attend school...***

If a player fails to make the team nearest to their residence or school they may participate with the team next nearest their residence or school. To qualify for this exception the player must first try-out for the team nearest their residence or school. This exception covers only players who try-out and do not make a team. This rule does not permit players who do not try-out, to play somewhere else. Also, this rule does not apply to players who were dismissed by a team for disciplinary reasons. A player who has been released from a team for disciplinary reasons must petition the MSF to be placed on another team to be eligible for any MYBA tournaments.

**Teams must be based on Community, School district or School attending.**

**Exception:** A player who resides in a community where no traveling team, or association is present may play on the team next nearest to their residence or school.





2. Home-schooled players must participate on the team nearest to their residence or school district.
3. Open-enrolled students may compete on either the team nearest their school or residence but not both.
4. Player from split or joint custody homes can play for their residence or school nearest to either parent, but not both.
5. Players, teams, or coaches who have been disqualified by their local association for unsportsmanlike or other inappropriate acts, provided due process was provided, are not eligible for MYBA State Championship play.

*The MSF strongly suggests that community based teams review these eligibility rules thoroughly. The MSF will not tolerate any attempts by any team to circumvent these published rules. Any circumstances not covered in these guidelines will be ruled on by the MSF offices, and all decisions regarding eligibility are final.*

***Prior to the MYBA State Championships, all participants must have competed in four games (league and/or tournament) with the team they are participating with...***

Lack of four games played due to injuries is not an exception. For state championship play, it is permissible for associations with more than one team to combine teams if all players reside or attend school within the jurisdiction of the organizing body. If teams are combined, they must compete in a minimum of four games prior to the MYBA State Championships. The combined team must play at the highest class that either of the teams had played at throughout the season.

***All players must meet one grade or age requirement...***

Documents to verify either grade and age eligibility are required in order to participate. Documents are to be brought to team check-in located at tournament headquarters prior to the team's first game. **Simplified method:** teams are encouraged to obtain a letter from the players' school(s) which lists all player names, grades and birth dates on school letterhead. This letter must be signed by a school official (superintendent, principal, attendance officer, etc.).

- |                             |   |
|-----------------------------|---|
| <b>9<sup>th</sup> Grade</b> | <ol style="list-style-type: none"><li>1. Players who were born on or after September 1, 2000.</li><li>2. Players who are 9th graders during the 2015-16 academic school year and born after 9/1/1999.</li></ol> |
| <b>8<sup>th</sup> Grade</b> | <ol style="list-style-type: none"><li>1. Players who were born on or after September 1, 2001.</li><li>2. Players who are 8th graders during the 2015-16 academic school year and born after 9/1/2000.</li></ol> |
| <b>7<sup>th</sup> Grade</b> | <ol style="list-style-type: none"><li>1. Players who were born on or after September 1, 2002.</li><li>2. Players who are 7th graders during the 2015-16 academic school year and born after 9/1/2001.</li></ol> |
| <b>6<sup>th</sup> Grade</b> | <ol style="list-style-type: none"><li>1. Players who were born on or after September 1, 2003.</li><li>2. Players who are 6th graders during the 2015-16 academic school year and born after 9/1/2002.</li></ol> |
| <b>5<sup>th</sup> Grade</b> | <ol style="list-style-type: none"><li>1. Players who were born on or after September 1, 2004.</li><li>2. Players who are 5th graders during the 2015-16 academic school year and born after 9/1/2003.</li></ol> |
| <b>4<sup>th</sup> Grade</b> | <ol style="list-style-type: none"><li>1. Players who were born on or after September 1, 2005.</li><li>2. Players who are 5th graders during the 2015-16 academic school year and born after 9/1/2004.</li></ol> |



## MSHSL RULES:



For complete set of MSHSL eligibility rules relative to non-school participation, please contact the Minnesota State High School League at (763) 560-2262. Violation of any MSF or MSHSL eligibility rules will result in the disqualification of the team and possible additional penalties.

**MSHSL Rule:** *Students that have appeared on the roster of a high school's B-SQUAD, SOPHOMORE, JV or VARSITY basketball team at any time during the high school basketball season may not participate in the MYBA State Championships until the season of the team they participated on is over.*

## AWARDS:

<u># of Teams in Division:</u>	<u>Awards Go to:</u>
4-7	1st and 2nd Place
8-15	1st, 2nd and 3rd Place
16+	1st, 2nd, 3rd and 4th Place

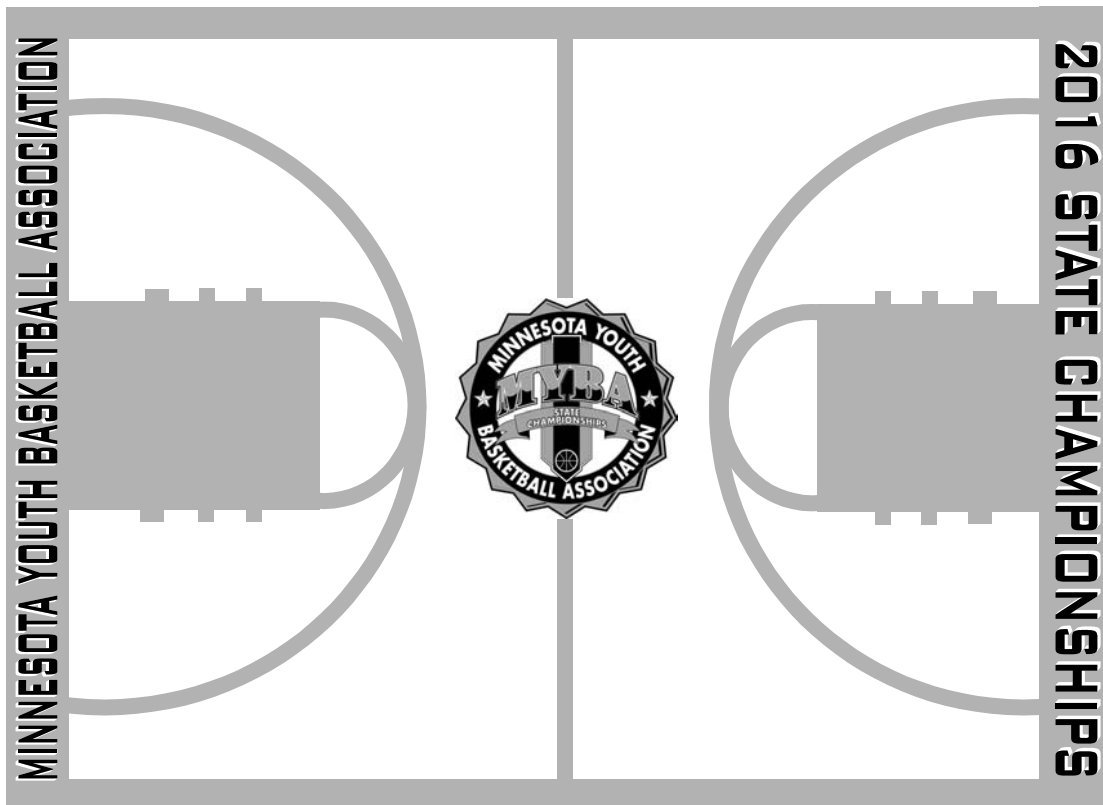


**REFUSAL POLICY:** The MSF reserves the right to refuse entry to any team that has not exhibited good conduct throughout an entire season. This includes, but is not limited to, tournaments, league play and the 2015 State Championships.

## REFUNDS:




A \$10.00 service charge will be assessed when a team cancels prior to the seeding meeting. Teams that cancel after the seeding meeting do not receive a refund.

Any team which desires to participate in the MYBA State Championships must complete the entry application on page 14 and must send it to the MSF offices along with the entry fee of \$255 by the entry deadline. Any team that wishes to enter after the deadline must submit the \$255 tournament fee, and will be put on a waiting list. If the team does not get selected for the tournament, they will receive a refund.

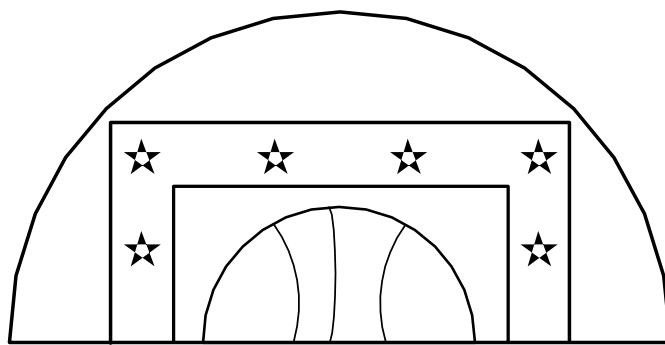




# ***How to enter the 2016 State Championships***

- 1** Before filling out the Official Roster Form please carefully read the information contained in this guidebook. It is very important that coaches are familiar with the eligibility requirements for the tournament.
- 2** In order to be officially entered into the 2016 State Championships, coaches must fill out and return the following items:
  -  Entry form (page 13) & Official Roster (page 10). Both forms are also available at [msf1.org](http://msf1.org). You do not need to hand-carry an additional copy of the roster to the tournament site. This roster must be completed and sent to the MSF to be entered in the tournament.
  -  Team History form - If you are not able to attend the seeding meeting, please fax to MSF office at 952-405-6936 or email to [steve@msf1.org](mailto:steve@msf1.org) prior to meeting.
  -  \$255 Tournament Entry Fee
- 3** Teams who have not completed the proper steps by the entry deadline may not be entered into the State Championships.
- 4** Important Note: Teams will be required to provide age and grade verification upon request at the tournament site.





***Give it your best shot***

## 2015-2016 Team History Form

( If not attending seeding meeting, please email to [steve@msf1.org](mailto:steve@msf1.org) or  
fax to 952-405-6936 prior to seeding meeting)

Team Name: \_\_\_\_\_ Coach: \_\_\_\_\_

Phone: \_\_\_\_\_

Gender: Girls Boys Grade: 4th 5th 6th 7th 8th 9th

2014-15 Class: A B C 2013-14 Class: A B C

2015-16 Record vs Competition: A \_\_\_\_\_ B \_\_\_\_\_ C \_\_\_\_\_ Overall Record: \_\_\_\_\_

### 2015-2016 Tournaments and place finished

#1 \_\_\_\_\_ Class of Competition: \_\_\_\_\_ Place Finished: \_\_\_\_\_

#2 \_\_\_\_\_ Class of Competition: \_\_\_\_\_ Place Finished: \_\_\_\_\_

#3 \_\_\_\_\_ Class of Competition: \_\_\_\_\_ Place Finished: \_\_\_\_\_

#4 \_\_\_\_\_ Class of Competition: \_\_\_\_\_ Place Finished: \_\_\_\_\_

#5 \_\_\_\_\_ Class of Competition: \_\_\_\_\_ Place Finished: \_\_\_\_\_

### 2015 Championship Review

Did you participate in the 2015 State Championships? yes or no

2015 State Championship Finish: Grade: \_\_\_\_\_ Class: \_\_\_\_\_ Place Finished: \_\_\_\_\_



# 2016 MINNESOTA YOUTH BASKETBALL ASSOCIATION STATE CHAMPIONSHIPS PLAYER WAIVER, RELEASE OF LIABILITY, INDEMNIFICATION AGREEMENT AND OFFICIAL TEAM ROSTER

(To Be Entered All Must Be Filled Out)



Team Name: \_\_\_\_\_ Grade: 4th 5th 6th 7th 8th 9th Gender: Boys Girls

Division Designation: A B C Email: \_\_\_\_\_

Team Coach: \_\_\_\_\_ Phone Cell ( ) Alt ( )

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

PLAYER STATEMENT: Each player shall read the following statement before signing the roster. I am a member in good standing of the above team and I am eligible under local sports community and MSF eligibility rules to compete with this team in local sports community and MSF tournament play. I understand that my signature may appear on only one tournament roster in the same age division. I agree to abide by the rules and regulations established for local and MSF play.

**HOLD HARMLESS WAIVER OF LIABILITY:** 1. the undersigned player, acknowledge, agree and understand that: 1. Voluntarily and of my own free will, I elect to participate as a member of the basketball team indicated above. 2. I understand that there are certain risks and hazards involved in participating in basketball that may result in injury or death to me or other players, including, but not limited to those hazards associated with playing conditions, equipment and other participants. 3. I understand that the very nature of the game of basketball is hazardous and risky, including, but not limited to, the acts of running, jumping, stretching, diving, and collisions with other players, all of which can cause serious injury or death to me and to other players. Further, 1. the undersigned player, agree that in consideration for the right to play as a member of the team designated above and in consideration for permission to play on the courts arranged for by the team: 1. I voluntarily elect to accept and assume all risks of injury incurred or suffered by me (a) while practicing or playing as a member of the team so designated, (b) while serving in a non-playing capacity as a team member during practice or play by other teams or by both players on my team, and (c) while on or upon the premises of any and all of the courts arranged for by my team for practice or play. 2. I release, discharge and agree not to sue the team designated above, the facility owner or other entity designated above, the Minnesota Sports Federation, or their owners, officers, agents, servants, associations, employees, or any person or entity connected with the team, Minnesota Sports Federation for any claim, damages, costs or cause of action which I have or may in the future have as a result of injuries or damages sustained or incurred by me from whatever cause including but not limited to the negligence, breach of contract or wrongful conduct of the parties hereby released.

Print or Type Player's Name	Parent's or Legal Guardian's Signature	Residence Address	City	Zip	School	Grade in School	Birth date M / D / Y	Uniform Number
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								
13.								
14.								
15.								

**Statement of Team Coach:** I hereby verify that each player appearing on this MSF tournament roster qualifies under the eligibility rules outlined in the MSF program guide. I understand that a violation of MSF eligibility rules will result in automatic disqualification of the team and may result in probation and/or suspension of our sports community from future MSF participation.

Team Coach's Signature

**\* TEAM COACH CHECKLIST FOR TOURNAMENT PLAY \***

- \* Signatures of all players and parents/guardians must be on this official tournament
- \* Players appearing on this official tournament roster shall be prepared to prove their eligibility upon request of an MSF tournament representative.
- \* Age/grade verification requirements can be found in current Youth Basketball Guidebook
- All of the above requirements must be met at team check-in and throughout tournament play**

**IMPORTANT:** After completing this roster, make several copies for your files.

# 2015 STATE TOURNAMENT RESULTS

## BOYS CHAMPIONS



4th Grade Division A  
**BRainerd**



4th Grade Division B  
**SHAKOPEE RED**



4th Grade Division C  
**WHITE BEAR LAKE**



5th Grade Division A  
**MPLS NORTH POLARS**



5th Grade Division B  
**DELANO**



5th Grade Division C  
**PRIOR LAKE**



6th Grade Division A  
**SHAKOPEE BLACK**



6th Grade Division B  
**SHAKOPEE RED**



6th Grade Division C  
**PRIOR LAKE**



7th Grade Division A  
**WAYZATA**



7th Grade Division BB  
**CHAMPLIN PARK**



7th Grade Division B  
**STILLWATER**





7th Grade Division C  
**MOUNDS VIEW BLACK**



8th Grade Division A  
**WAYZATA**



8th Grade Division B  
**BENILDE ST. MARGARET'S**



8th Grade Division C  
**EDEN PRAIRIE**

## 2015 STATE TOURNAMENT RESULTS GIRLS CHAMPIONS



5th Grade Division B  
**LADY GAMBLES**



6th Grade Division A  
**SPRING LAKE PARK**



6th Grade Division B  
**CHANHASSEN BLUE**



7th Grade Division A  
**BURNSVILLE**



7th Grade Division B  
**BRAINERD**



8th Grade Division A  
**STILLWATER RED**



8th Grade Division B  
**STILLWATER WHITE**

# 28th Annual MINNESOTA YOUTH BASKETBALL ASSOCIATION State Championships

Administered by the Minnesota Sports Federation

Boys State	Dates	Site
4th Grade	March 5-6	Buffalo
5th Grade	March 5-6	Buffalo
6th Grade	March 5-6	Buffalo
7th Grade	March 5-6	Roseville
8th Grade	March 5-6	Roseville
9th Grade	March 5-6	Roseville



Girls State	Dates	Site
4th Grade	March 12-13	Columbia Heights
5th Grade	March 12-13	Columbia Heights
6th Grade	March 12-13	Columbia Heights
7th Grade	March 12-13	Columbia Heights
8th Grade	March 12-13	Columbia Heights

## Divisions Offered

Boys and Girls, 4th-9th Grade, ABC and as needed

## Format

Pool play into brackets, 3 games guaranteed

## Seeding Meeting

Seeding meetings are held to make sure that the MYBA tournaments have the best competition within a division and 24 teams or less. To have a voice in the process, you must attend the meeting. Dates and times will be posted at [www.msf1.org](http://www.msf1.org) website and noted in your confirmation letter.

## Game Officials

MSHSL Certified Referees, Trained scorekeepers

## Tournament Schedules

Tournament schedules will be posted on our web site 7-9 days prior to the tournament at [www.msf1.org](http://www.msf1.org).

## Directions/Hotel Accommodations

Directions/addresses to the playing sites and hotel options will be posted at [www.msf1.org](http://www.msf1.org).

## Declination Policy

The right is reserved to decline entry to any team that has not exhibited good conduct throughout the season. This includes, but not limited to: tournaments, league play and the 2015 MYBA State Championships.

## Awards

8+ teams in division, top 4; 4-7 teams, top 2

## Serving Minnesota's Youth Through Sports<sup>sm</sup>

### 2016 MINNESOTA YOUTH BASKETBALL ASSOCIATION State Championship Entry Form (Important - one team per form)

Team Name \_\_\_\_\_ Association \_\_\_\_\_

Head Coach \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Cell Phone (\_\_\_\_\_) \_\_\_\_\_ Alternate Phone H/W (\_\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_

Circle Boys or Girls: Boys Girls Circle Grade: 4 5 6 7 8 9

Please circle the division you are applying for: A B C

### 2015-2016 Record (THIS SECTION MUST BE COMPLETED)

Record vs. A teams \_\_\_\_\_ Record vs. B teams \_\_\_\_\_ Record vs. C teams \_\_\_\_\_

**TEAMS MAY ALSO ENTER USING PAYPAL OR CREDIT CARD AT MSF1.ORG**

#### TOURNAMENT CONTACT

Steve Ketter | [steve@msf1.org](mailto:steve@msf1.org) | 952-405-6936

#### ENTRY DEADLINES

Boys - Wednesday, February 10, 2016

Girls - Monday, February 15, 2016



Register online or return entry form and \$255 to:  
MSF Basketball • PO Box 26668 • St. Louis Park, MN 55426



# Concussion Management Guidelines

A concussion is an injury to the brain and any injury to the brain is serious. It is caused by a blow to the head or a blow to the body resulting in an injured brain. Even a seemingly minor blow or jolt can cause a brain injury.

All umpires in Minnesota who officiate games in which 18-under players participate, must undergo concussion training at the website provided below.

## Common Concussion Symptoms

Headaches  
Balance Off  
Sensitive to Light  
Numbness and Tingling  
Difficulty Concentrating  
Nervousness

Nausea  
Dizziness  
Sensitive to Sound  
Visual Problems  
Difficulty Remembering  
Drowsiness

Vomiting  
Fatigue  
Ear Ringing  
Mentally Foggy  
Confusion  
Slurred Speech

## Return to Participation

Athletics should not return to play until:

Evaluation and clearance by Health Care Professional

Athletes must be symptom free at rest and during progressively demanding exercises.

Athletes must remain symptom free upon returning to practice/play.

Detailed Concussion Training is available at [www.cdc.gov/concussion/headsup/youth.html](http://www.cdc.gov/concussion/headsup/youth.html)

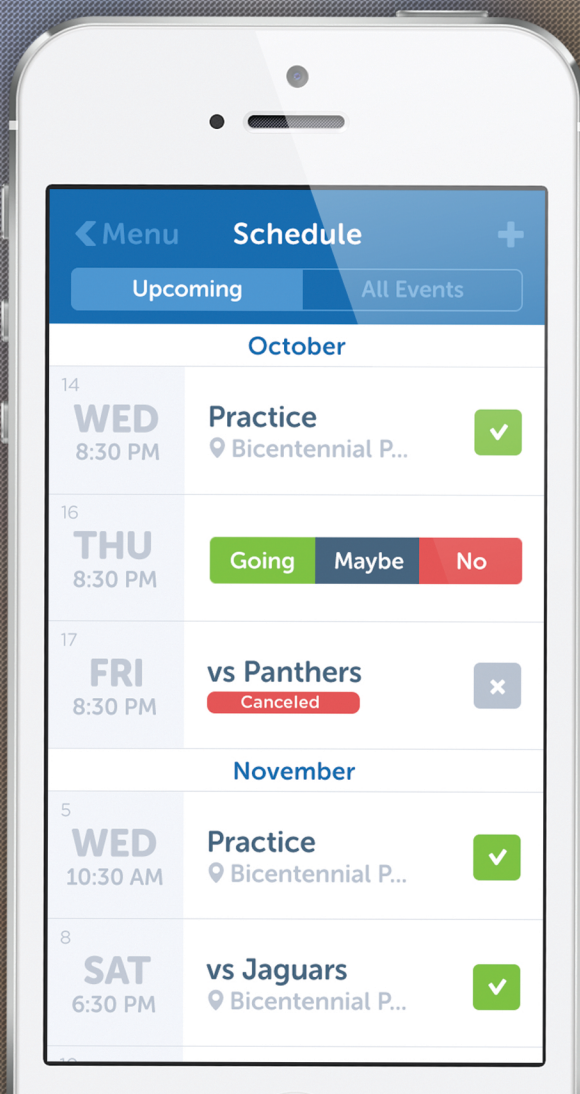
Additional resources available at [www.mnata.com](http://www.mnata.com) or [www.braininjurymn.org](http://www.braininjurymn.org)





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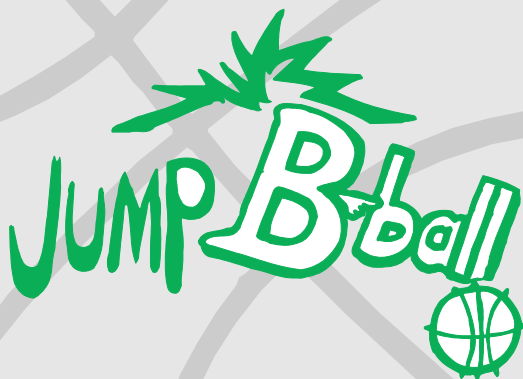
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