

THE REFEREE SPOTLIGHT BLUE CARD

SA RUGBY CONCUSSION REGULATIONS

https://www.springboks.rugby/en/pages/BokSmart-Legislation

BLUE CARD CONCUSSION PROCESS

- Referee or Medical professional recognises a potential concussion event
- 2. Referee then signals Blue Card to the player
- 3. Visual cue to all watching -> Concussion or suspected concussion
- 4. Player is permanently removed from the field of play
- 5. Player is logged onto the Club or School's submitted Team Sheet as a Concussion
- 6. Referee to submit Blue Card report to the Provincial Rugby Union
- 7. Referee, Coach, Team management, Player, Parent or Family member logs the Blue Card onto the SA Rugby Online software www.sarugby.online/bluecard
- 8. All contact persons listed when logging the Blue Card on the App will receive emailed advice on the required GRTS processes to follow with the player
- 9. All Blue Card concussion events recorded on the App will be stored on a national database
- 10. Sport Concussion SA's information: 011-3047724, 0825746918, Email: sportsconcussion@mweb.co.za will also be emailed to them should they wish to access Medical Doctors who are sufficiently knowledgeable in

Concussion management for rugby union

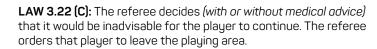
The following are 11 OBVIOUS SIGNS & SYMPTOMS that you as a referee, coach or medical support staff simply cannot miss, and cannot allow players presenting with any of these to continue in a match or practice. THESE ARE IMMEDIATE BLUE CARDS!

THOSE SIGNS AND SYMPTOMS TYPICALLY SEEN ON-FIELD:

- Confirmed loss of consciousness; this is clear and obvious, the player was knocked out
- 2. Suspected loss of consciousness, or from what you saw happen on the field, where you have a strong suspicion of the player having lost consciousness
- 3. Convulsions or fits after making contact
- 4. Tonic posturing, abnormal muscle contractions or muscle stiffening
- 5. Balance disturbance, ataxia, stumbling or falling over
- 6. Clearly dazed, dinged or unable to think or react properly

THOSE ADDITIONAL SIGNS AND SYMPTOMS TYPICALLY IDENTIFIED DURING AN ON-FIELD ASSESSMENT:

- The player is clearly not orientated in time, place or person or doesn't know what time it is, where they are or who they are talking to
- 8. Definite signs of confusion in the player
- 9. Definite changes in behaviour for that player
- 10. Oculomotor signs for e.g. spontaneous nystagmus or rapid involuntary eye movements
- 11. On-field identification of regular signs or symptoms of concussion as highlighted in your pocket BokSmart Concussion Guides



LAW 3.24: 'If, at any point during a match, a player is concussed or has suspected concussion, that player must be immediately and permanently removed from the playing area. This process is known as "RECOGNISE AND REMOVE".'







