

**To:** OHSAA Soccer Officials

**From:** Don Muenz, Former Director of Officiating Development – Soccer; Holly Herrholtz, Current Director of Officiating Development- Soccer

**Re:** Q-Collars and Glucose Monitors

**Date:** Tuesday, August 1, 2023

Good day.

The office has received communication that referees have prohibited the use of the Q-collar and glucose monitors during play. Please read the following to better judge the legality of these two medical devices. Thank you.

### **Q-collar**

Only last year, the state rules meeting contained three slides and written materials authorizing the wearing of a Q-collar during play. The NFHS has gone on record as approving this device. **There is no written permission needed for this device to be worn during play.**

**Please examine the slides and written materials below.**

These slides and written materials are from the 2022 State Rules Meeting PowerPoint.



▪ The FDA has authorized marketing of a new device intended to be worn around the neck of athletes aged 13 years and older during sports activities to aid in the protection of the brain from the potential effects associated with repetitive sub-concussive head impacts. The non-invasive device is called the Q-Collar.

▪ **From a medical perspective, the NFHS SMAC consents to this device being worn by interscholastic athletes.**

▪ **Soccer does not have a rule that prohibits the wearing of the Q-Collar during competition, which makes its use permissible.**



## THE Q-COLLAR: LEGAL



- Helps protect the brain by applying light pressure to the jugular veins, which slightly increases blood volume inside the head and helps reduce the brain's movement
- LEGALIZED BY NFHS



### Glucose Monitors

Contrary advice previously given to you by Don in the state rules meeting concerning glucose monitors should be disregarded as incorrect.

This is a typical glucose monitor.



Glucose monitors are considered medical devices and are covered in the note of NF 4.2.11. Further, there is reference to the interpretation in the situations and rulings section noted below.

*ART. 11 . . . Wearable technology devices must be securely fastened and not present a risk to the player, teammates, or opponents. Devices may be worn on the shoes or on the body under the uniform but not worn on the arm.*

***NOTE: Medical appliances and/or medical devices are not considered wearable technology***

***4.2.11 SITUATION B: A player enters the game wearing a diabetic monitoring patch on the upper-arm. RULING: Legal. Medical appliances/devices are not considered wearable technology and may be worn on the arm so long as they do not pose any risk of injury or hazard to the player, teammates or opponents.***

Therefore, written approval from the state association is not required for glucose monitors to be worn. Per NFHS rules, in cases where the devices may be hazardous, additional padding ensuring the device is securely fastened to the player may be required.