

FIBA Concussion Guidelines Summary: Information for National Federations and Players

The FIBA Concussions Guidelines have been revised following review of the current literature and [the 6th International Consensus Statement on Concussion in Sport](#).

The purpose of this summary is to provide high level guidance to Players, professional leagues and National Federations on the recognition and management of concussion in basketball.

National Federations should develop their own concussion guidelines consistent with the FIBA Concussion Guidelines and ensure that all participants are familiar with the appropriate management of concussion.

Players and coaches should be familiar with their obligations under the FIBA Guidelines.

Important points include:

- Appropriate management of concussion is important for the short- and long-term health of players;
- Any player with a diagnosed concussion must not continue to play or train on that day and until an appropriate rehabilitation program has been completed including final clearance by a doctor (preferably the Team Doctor);
- Players should be honest in reporting their symptoms and a Player or coach cannot overrule the clinical decision of a Team Doctor;
- Any player with a suspected concussion must not continue to play or train until assessed by a Team Doctor. Only a doctor can clear a player with of a concussion. If no doctor is available, the player may not return to play/train that day;
- If a Player is cleared of concussion from a head knock during a game or training, they must be regularly monitored for the development of any symptoms for up to 2 days;
- Baseline concussion testing is required (SCAT 6, Cognigram, ImPACT or equivalent);
- All Players with a diagnosed concussion should have 24-48 relative cognitive and physical rest, following which they can enter a graduated Return To Play (GRTP) program;
- Some symptoms are acceptable early in the GRTP, but Players must be symptom free at rest and with high intensity exertion prior to returning to team training;
- All Players must proceed through the entire GRTP program, which will take 5 days (in addition to the initial 24-48 hours relative rest);
- Clearance by the Team doctor is required prior to returning to full contact training and match play;

- Younger Players typically take longer to recover and return to sport may take up to 3 weeks or longer and
- For Players with history of recurrent concussions, slower than anticipated recovery or concussions occurring with lesser force, the Team Doctor should consider a specialist opinion

[6th International Consensus Statement on Concussion in Sport:](#)

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June 2024