

# Football

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You might think football is safe while watching it on T.V. But if you go put a uniform on and play Quarterback you'll see the difference.

## Injuries

"I think football is one of the most dangerous sports because you can get a lot of injuries," says football enthusiast Justin Kaufman. Injuries like broken bones, fractured body parts, and one really big one; head injuries (concussions) are common. Head and spinal injuries are really bad. One time a Rutgers player, Eric LeGrand, hit the shoulder of an opponent and injured his

C3 and C4 vertebrae and is now paralyzed.

Another instance is college player, Devin Walker, got a concussion and he could not walk, he was almost paralyzed. As you can see concussions are very dangerous. So next time you go and play football wear protection or play safe.



## **PENALTIES**

Sometimes a player is rougher than necessary, causing penalties for their team and injuries for the players on the other team.

"I think if you get a certain amount of penalties you should be kicked out of the game," says a football enthusiast Ryan Aizer. Here are some types of penalties: Holding, illegal use of hands, arms, or body by offense; Incidental grasp of facemask; or running into the kicker. For most of these penalties you can cost your team a 5 to 15 yard back penalty, but more importantly you can cause harm to another player.

## **PROTECTION**

According to NFL data obtained by The Associated Press, 154 concussions that happened in practices or games were reported from the start of the preseason through the eighth week of the 2010 regular season. That is an increase of 21 percent over the 127 concussions during the same span in 2009, and a 34 percent jump from the 115 reported through the eighth week of the 2008 season. WOW! "We're trying to make sure that players have the

message... Playing through pain is good; playing through pain is what sports are about. But that's leg pain. That's arm pain. Not brain injury. Because a brain injury and spine injury can threaten their future," say some doctors at the Brain and Spine Center.

## **PADDING**

There are five main pieces of padding in the NFL. Cleats, helmets, facemasks, eye shields, and shoulder pads. Other pads that are sometimes optional include a mouth guard, shock pads, rib vests, forearm pads, hip pads and tailbone pads. The extra pieces of padding can protect a player against some more dangerous plays.