



## EYSA Rest and Recovery Guidelines for Tournaments & Multi-Match Weekends

In order to decrease fatigue accumulation, improve fitness benefits and ensure that EYSA players (as well as coaches and managers) understand and are being offered a higher level of protection to their bodies as athletes, EYSA has adopted a set of Rest and Recovery Guidelines.

**These guidelines are highly recommended (but not mandatory) in order to optimize and promote the continued health and safety of our EYSA athletes.**

### 1. Background:

- a. Increased Risk of Injury: Research shows that when players are fatigued, the central nervous system is slowed down. Messaging from the brain to the body parts (ligaments, joints, muscles, etc.) is delayed so when the brain tells the body to prepare to turn, the message and turning event is delayed and there is higher likelihood of injury (soft tissue, ACL, MCL, ankle, etc.). Fatigue is the primary cause of non-contact injuries. It is also a factor in many contact injuries as a result of delayed tackles or delayed ability to avoid contact.
- b. Common fatigue-accumulation causes in our Association:
  - The current “weekend tournament” model, where teams play 3-6 games in 2-3 days
  - Insufficient recovery time between and after multiple-game events
  - Auxiliary training (e.g. speed and agility classes) on top of regular practices and games
- c. Solution: The only way to avoid the accumulation of fatigue is rest. To limit the amount of fatigue going into a Tournament or Multi-Match Weekend players need to maximize freshness and try to enter the event, rested. To help decrease the impact after the event, it is equally as important to ensure full recovery and to increase the likelihood that fatigue accumulation has been avoided.

### 2. Implementation:

- a. Tournaments: Teams (and/or individual players) should never compete in back to back weekend tournaments. A minimum interval of 10 days should be provided between any multiple-games-per-weekend tournament participation.
- b. Multi-Match Weekends: If teams (or individual players) participate in 2 or more matches in 48 hours, or 3 or more matches in 72 hours, it is recommended that teams provide the following days OFF prior to/after the first/last match to be fully fresh and fully recover. The rest period prior to new activity will work to eliminate any lingering fatigue and increase freshness; and after activity, it will allow for more significant recovery and elimination of fatigue.

Matches	Rest Prior	Recovery After
2+ Matches / 48 hours	72 hours prior	72 hour after
3+ Matches / 72 hours	72 hours prior	96 hours after

**NOTE:** During rest periods teams can still offer chalk talks (video sessions) and/or stretching sessions, if there is a desire to maintain a regular team practice schedule.