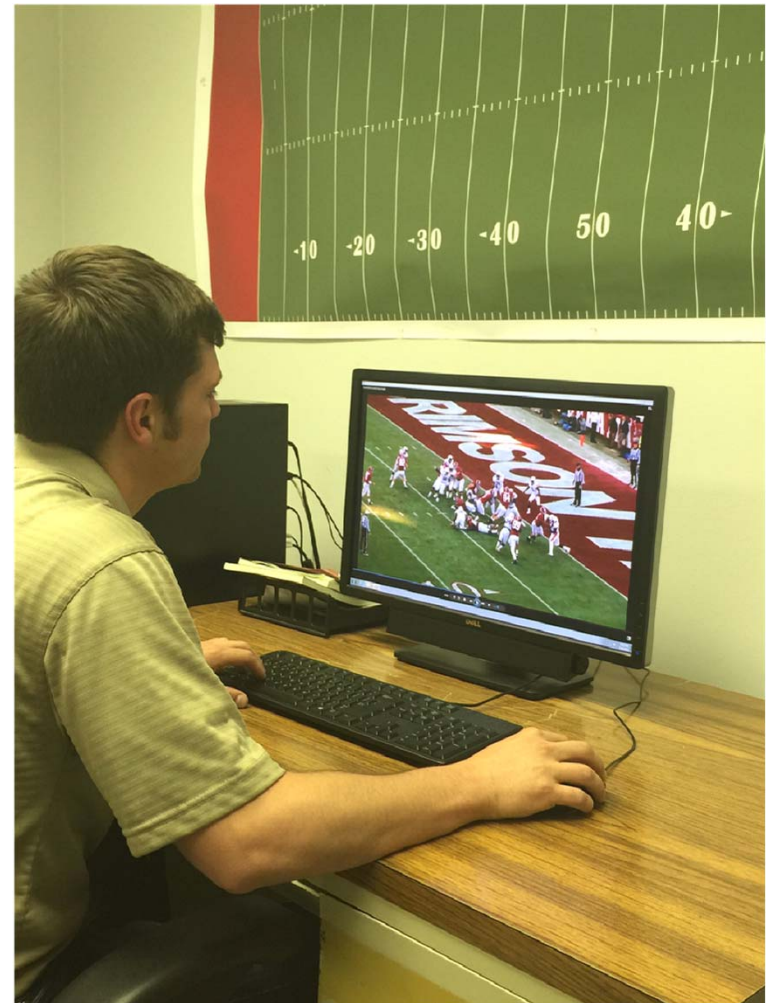


# Video Analysis of a Division I College Football Team and the Conservation of Impact Energies from Modern football Helmets

John Amburgy MD, Blake Feltman,  
Dean Sicking PhD, James Johnston MD



# Accelerometers

Numerous Studies have utilized Accelerometers placed in helmets

The Output from these devices is Acceleration ( $\Delta V/t$ )

# Video Analysis – where from?

- Allows 3D Mapping of the Head in Space
- Allows Analysis of Linear AND Rotational Acceleration
- Gives us helmet hit location, back angles, and velocities and thus the energy of the impact

# Novel idea - Coaching film

- 1080p
- 60Hz
- Multiple camera angles,  
including the Press box film

# VISTA

## Video Impact Study Targeting Athletes

# Project Objective

- Problem: In contact sports, helmet-to-helmet impact conditions are not adequately defined
- Solution: Build a database to identify realistic impact parameters
- Findings will serve to build better standards for athletic safety equipment

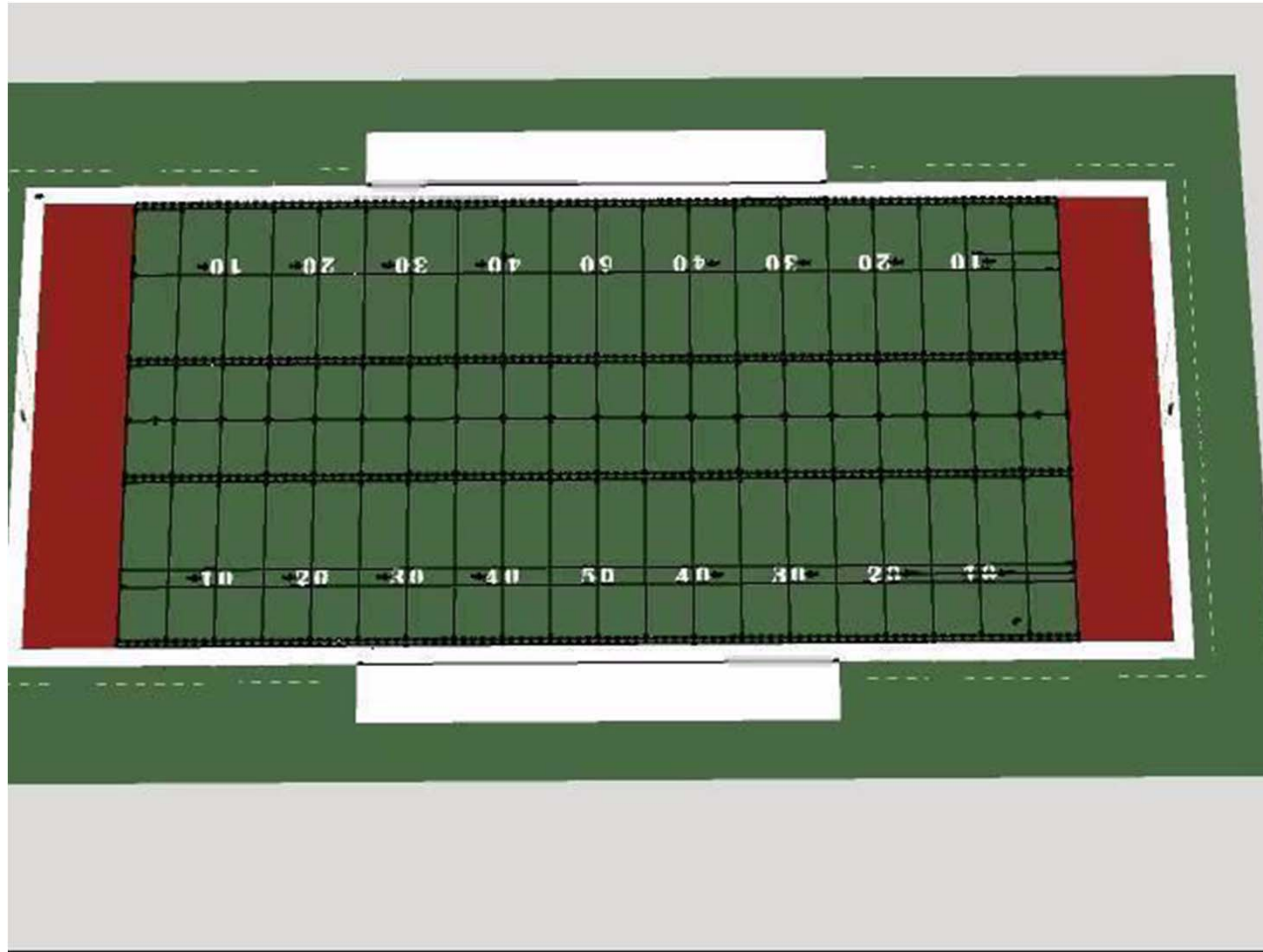
# Football Helmet Impacts

Example of helmet-to-helmet hit:



Helmet Tracking

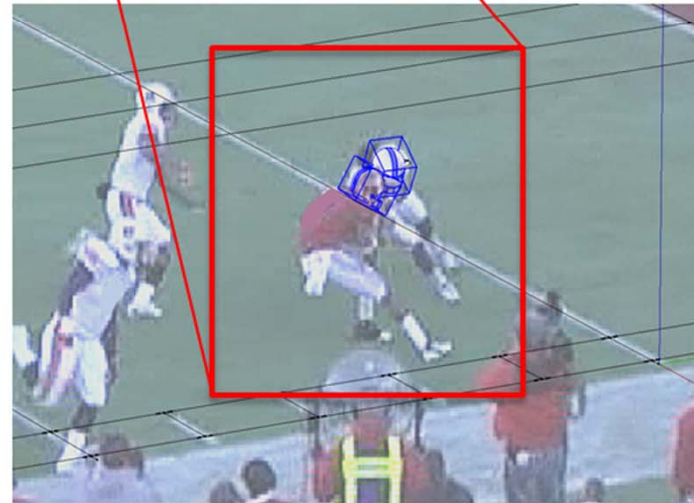
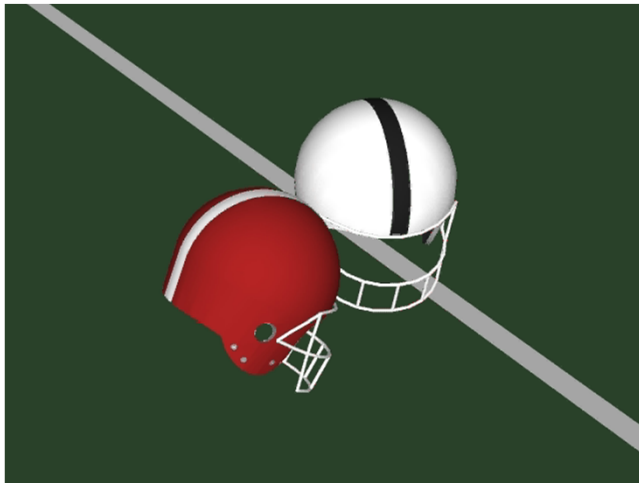
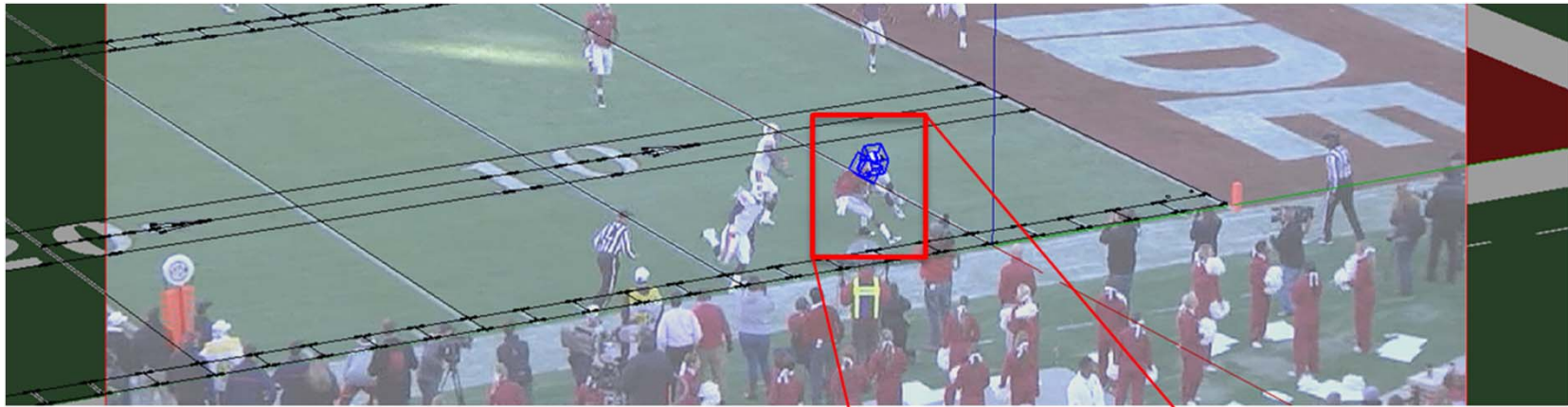
# Impact Reconstruction Using Multiple Views + 3D Model





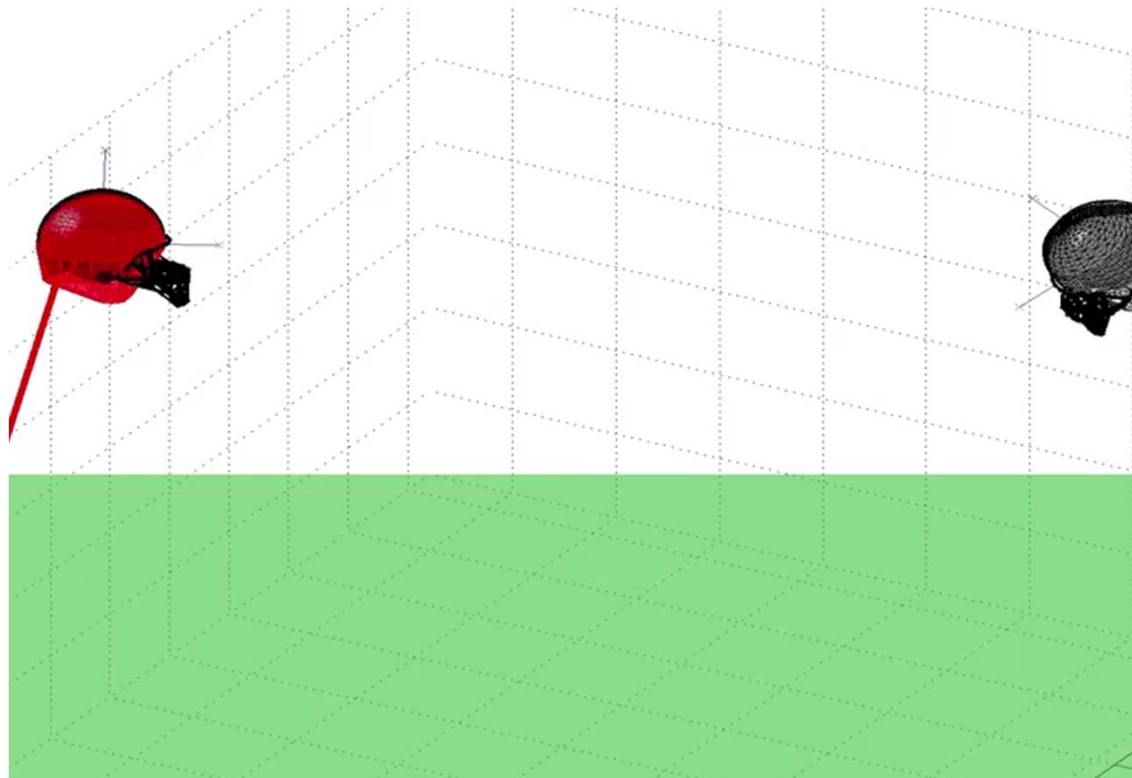
# Helmet to Helmet Impact Locations

Data from video sampled every 0.016 seconds.



# Velocities are Measured with Video Analysis

$v_{\text{closing}} = 28.8 \text{ mph (12.8 m/s)},$   
 $\Delta v_1 = 13.2 \text{ mph (5.9 m/s)}, \Delta v_2 = 13.8 \text{ mph (6.2 m/s)}$



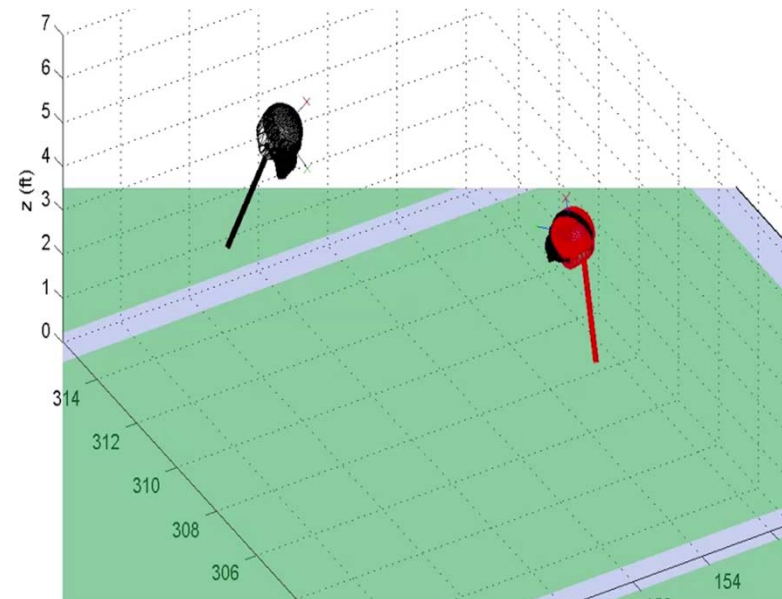
\*(1 m/s = 2.24 mph)

# Analysis Results

Automatic Helmet Tracking

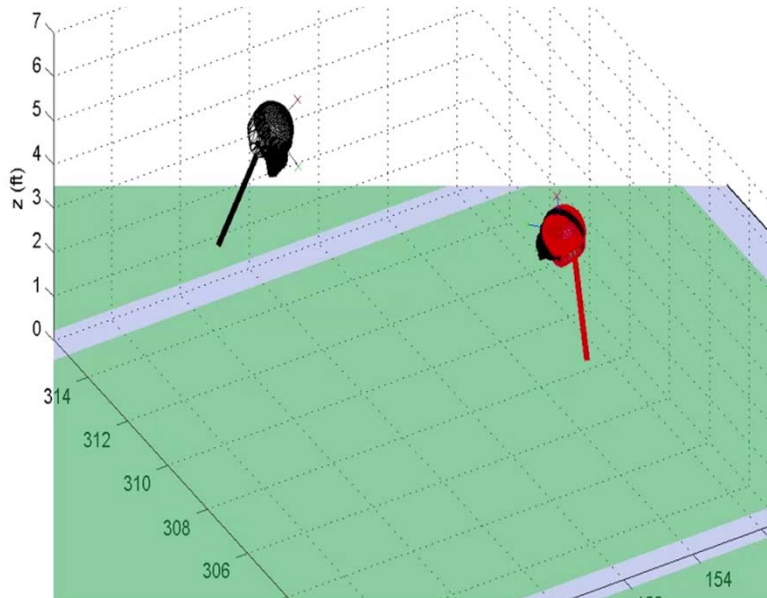


3D Reconstruction



# Football Helmets: Video Analysis to Construct an Impact Database

3D Reconstruction



| $\Delta v_1$ (ft/s) | $\Delta v_2$ (ft/s) | $v_{\text{closing}}$ (ft/s) |
|---------------------|---------------------|-----------------------------|
| 13.2                | 13.8                | 14.4                        |

- Database includes key parameters that effect impact energy:
  - Velocities
  - Neck and back angles
  - Impact locations
- Impact parameters are used to replicate on-field collisions

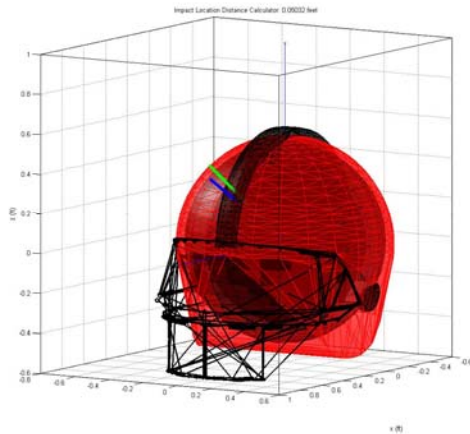
# Accuracy - Velocity

- Golf cart testing
- Who does the testing?
- Speed within 1 foot per second before doing analysis



# Accuracy – Helmet Location

- ArcLengthHad to be within 3 inches
- Many were within 1.5 inches and some were closer than 0.5 inches
- Alpha – back angle must be within 10 degrees



# Interrater Reliability

|                  | Interrater Reliability |             |
|------------------|------------------------|-------------|
|                  | ICC                    | 95% CI      |
| Overall          | 0.89                   | (0.86-0.91) |
| Alpha Player 1   | 0.92                   | (0.9-0.93)  |
| Alpha Player 2   | 0.86                   | (0.83-0.89) |
| Phi Player 1     | 0.93                   | (0.92-0.94) |
| Phi Player 2     | 0.93                   | (0.92-0.95) |
| Theta Player 1   | 0.84                   | (0.81-0.87) |
| Theta Player 2   | 0.85                   | (0.82-0.88) |
| V Closing        | 0.98                   | (0.97-0.98) |
| Delta V Player 1 | 0.86                   | (0.83-0.89) |
| Delta V Player 2 | 0.83                   | (0.79-0.86) |

# Intrarater Reliability

|                  | Rater 1 |             | Rater 2 |              | Rater 3 |             | Rater 4 |             | Rater 5 |              | Rater 6 |              | Rater 7 |             | Rater 8 |             |
|------------------|---------|-------------|---------|--------------|---------|-------------|---------|-------------|---------|--------------|---------|--------------|---------|-------------|---------|-------------|
|                  | ICC     | 95% CI      | ICC     | 95% CI       | ICC     | 95% CI      | ICC     | 95% CI      | ICC     | 95% CI       | ICC     | 95% CI       | ICC     | 95% CI      | ICC     | 95% CI      |
| Overall          | 0.94    | (0.86-0.98) | 0.84    | (0.28-0.98)  | 0.91    | (0.72-0.98) | 0.85    | (0.69-0.94) | 0.86    | (0.57-0.97)  | 0.83    | (0.23-0.99)  | 0.93    | (0.88-0.96) | 0.91    | (0.77-0.97) |
| Alpha Player 1   | 0.97    | (0.92-0.99) | 0.3     | (-1.0-0.91)  | 0.95    | (0.85-0.99) | 0.94    | (0.87-0.97) | 0.84    | (0.49-0.96)  | 0.89    | (0.35-0.99)  | 0.93    | (0.89-0.96) | 0.96    | (0.89-0.99) |
| Alpha Player 2   | 0.92    | (0.81-0.97) | 0.65    | (-1.0-0.96)  | 0.88    | (0.6-0.97)  | 0.94    | (0.87-0.97) | 0.8     | (0.39-0.95)  | 0.31    | (-1.0-0.95)  | 0.92    | (0.86-0.95) | 0.96    | (0.89-0.99) |
| Phi Player 1     | 0.98    | (0.94-0.99) | 0.94    | (0.7-0.99)   | 0.99    | (0.96-1.0)  | 0.89    | (0.76-0.96) | 0.97    | (0.91-0.99)  | 0.68    | (-1.0-0.98)  | 0.97    | (0.95-0.98) | 0.97    | (0.93-0.99) |
| Phi Player 2     | 0.93    | (0.84-0.97) | 0.7     | (-0.99-0.97) | 0.99    | (0.95-1.0)  | 0.93    | (0.84-0.97) | 0.98    | (0.94-1.0)   | 0.95    | (0.75-1.0)   | 0.98    | (0.97-0.99) | 0.96    | (0.89-0.99) |
| Theta Player 1   | 0.96    | (0.9-0.98)  | 0.83    | (0.25-0.98)  | 0.85    | (0.51-0.97) | 0.81    | (0.61-0.92) | 0.49    | (-0.49-0.87) | 0.84    | (-0.28-0.99) | 0.92    | (0.87-0.95) | 0.94    | (0.84-0.98) |
| Theta Player 2   | 0.92    | (0.81-0.97) | 0.997   | (0.99-1.0)   | 0.55    | (-0.39-0.9) | 0.9     | (0.79-0.96) | 0.95    | (0.83-0.99)  | 0.999   | (0.99-1.0)   | 0.83    | (0.72-0.9)  | 0.89    | (0.72-0.96) |
| V Closing        | 0.97    | (0.93-0.99) | 0.98    | (0.9-1.0)    | 0.99    | (0.95-1.0)  | 0.97    | (0.94-0.99) | 0.98    | (0.95-1.0)   | 0.99    | (0.95-1.0)   | 0.99    | (0.98-0.99) | 0.99    | (0.98-1.0)  |
| Delta V Player 1 | 0.83    | (0.61-0.94) | 0.83    | (0.12-0.98)  | 0.94    | (0.81-0.99) | 0.88    | (0.76-0.95) | 0.97    | (0.9-0.99)   | 0.79    | (0.09-0.99)  | 0.94    | (0.9-0.96)  | 0.95    | (0.89-0.99) |
| Delta V Player 2 | 0.89    | (0.75-0.96) | 0.94    | (0.7-0.99)   | 0.92    | (0.75-0.98) | 0.82    | (0.72-0.92) | 0.78    | (0.25-0.95)  | 0.97    | (0.85-1.0)   | 0.88    | (0.8-0.93)  | 0.95    | (0.88-0.98) |



# Hits Evaluated By Game

|         | Overall |         | Player Impact Weight Class |        |          |        |          |        |
|---------|---------|---------|----------------------------|--------|----------|--------|----------|--------|
|         |         |         | 50 vs 50                   |        | 50 vs 95 |        | 95 vs 95 |        |
|         | N       | (%)     | N                          | (%)    | N        | (%)    | N        | (%)    |
|         | 263     | (100.0) | 55                         | (20.9) | 155      | (58.9) | 53       | (20.2) |
| Game 1  | 12      | (4.6)   | 3                          | (25.0) | 5        | (41.7) | 4        | (33.3) |
| Game 2  | 10      | (3.8)   | 3                          | (30.0) | 3        | (30.0) | 4        | (40.0) |
| Game 3  | 28      | (10.7)  | 4                          | (14.3) | 21       | (75.0) | 3        | (10.7) |
| Game 4  | 16      | (6.1)   | 3                          | (18.8) | 8        | (50.0) | 5        | (31.3) |
| Game 5  | 16      | (6.1)   | 4                          | (25.0) | 9        | (56.3) | 3        | (18.8) |
| Game 6  | 21      | (8.0)   | 4                          | (19.1) | 13       | (61.9) | 4        | (19.1) |
| Game 7  | 23      | (8.8)   | 6                          | (26.1) | 12       | (52.2) | 5        | (21.7) |
| Game 8  | 23      | (8.8)   | 3                          | (13.0) | 16       | (69.6) | 4        | (17.4) |
| Game 9  | 18      | (6.8)   | 4                          | (22.2) | 10       | (55.6) | 4        | (22.2) |
| Game 10 | 17      | (6.5)   | 5                          | (29.4) | 9        | (52.9) | 3        | (17.7) |
| Game 11 | 16      | (6.1)   | 3                          | (18.8) | 11       | (68.8) | 2        | (12.5) |
| Game 12 | 21      | (8.0)   | 4                          | (19.1) | 13       | (61.9) | 4        | (19.1) |
| Game 13 | 20      | (7.6)   | 5                          | (25.0) | 12       | (60.0) | 3        | (15.0) |
| Game 14 | 22      | (8.4)   | 4                          | (18.2) | 13       | (59.1) | 5        | (22.7) |

# Δ Velocity by Position

|                   | Overall |         | Player Impact Weight Class |        |          |        |          |         |
|-------------------|---------|---------|----------------------------|--------|----------|--------|----------|---------|
|                   |         |         | 50 vs 50                   |        | 50 vs 95 |        | 95 vs 95 |         |
|                   | N       | (%)     | N                          | (%)    | N        | (%)    | N        | (%)     |
|                   | 263     | (100.0) | 55                         | (20.9) | 155      | (58.9) | 53       | (20.2)  |
| Center            | 13      | (2.5)   | 0                          | (0.0)  | 0        | (0.0)  | 13       | (100.0) |
| Cornerback        | 93      | (17.7)  | 35                         | (37.6) | 58       | (62.4) | 0        | (0.0)   |
| Safety            | 24      | (4.6)   | 19                         | (79.2) | 5        | (20.8) | 0        | (0.0)   |
| Defensive End     | 32      | (6.1)   | 0                          | (0.0)  | 17       | (53.1) | 15       | (46.9)  |
| Defensive Tackle  | 28      | (5.3)   | 0                          | (0.0)  | 15       | (53.6) | 13       | (46.4)  |
| Fullback          | 10      | (1.9)   | 0                          | (0.0)  | 1        | (10.0) | 9        | (90.0)  |
| Linebacker        | 132     | (25.2)  | 1                          | (0.8)  | 106      | (80.3) | 25       | (18.9)  |
| Offensive Lineman | 28      | (5.3)   | 0                          | (0.0)  | 4        | (14.3) | 24       | (85.7)  |
| Quarterback       | 12      | (2.3)   | 4                          | (33.3) | 8        | (66.7) | 0        | (0.0)   |
| Running Back      | 98      | (18.7)  | 25                         | (25.5) | 73       | (74.5) | 0        | (0.0)   |
| Tight End         | 19      | (3.6)   | 1                          | (5.3)  | 11       | (57.9) | 7        | (36.8)  |
| Wide Receiver     | 35      | (6.7)   | 25                         | (71.4) | 10       | (28.6) | 0        | (0.0)   |

# Δ Velocity by Position

|               | Overall |         | Player Impact Weight Class |         |          |         |          |         |
|---------------|---------|---------|----------------------------|---------|----------|---------|----------|---------|
|               |         |         | 50 vs 50                   |         | 50 vs 95 |         | 95 vs 95 |         |
|               | N       | (%)     | N                          | (%)     | N        | (%)     | N        | (%)     |
|               | 263     | (100.0) | 55                         | (20.9)  | 155      | (58.9)  | 53       | (20.2)  |
| WR vs LB      | 10      | (3.8)   | 0                          | (0.0)   | 10       | (100.0) | 0        | (0.0)   |
| RB vs DL      | 33      | (12.6)  | 0                          | (0.0)   | 33       | (100.0) | 0        | (0.0)   |
| RB vs LB      | 38      | (14.5)  | 0                          | (0.0)   | 38       | (100.0) | 0        | (0.0)   |
| QB vs LB/DL   | 9       | (3.4)   | 1                          | (11.1)  | 8        | (88.9)  | 0        | (0.0)   |
| CB/S vs LB/TE | 67      | (25.5)  | 1                          | (1.5)   | 66       | (98.5)  | 0        | (0.0)   |
| OL/TE vs DL   | 24      | (9.1)   | 0                          | (0.0)   | 0        | (0.0)   | 24       | (100.0) |
| OL/TE vs LB   | 20      | (7.6)   | 0                          | (0.0)   | 0        | (0.0)   | 20       | (100.0) |
| FB vs DL/LB   | 9       | (3.4)   | 0                          | (0.0)   | 0        | (0.0)   | 9        | (100.0) |
| WR vs CB/S    | 25      | (9.5)   | 25                         | (100.0) | 0        | (0.0)   | 0        | (0.0)   |
| RB vs CB/S    | 25      | (9.5)   | 25                         | (100.0) | 0        | (0.0)   | 0        | (0.0)   |
| QB vs CB/S    | 3       | (1.1)   | 3                          | (100.0) | 0        | (0.0)   | 0        | (0.0)   |

# Data by Weight Class

|                  | Overall |           |        |               | Player Impact Weight Class |           |        |               |          |           |        |               |          |           |        |               | p-value |
|------------------|---------|-----------|--------|---------------|----------------------------|-----------|--------|---------------|----------|-----------|--------|---------------|----------|-----------|--------|---------------|---------|
|                  |         |           |        |               | 50 vs 50                   |           |        |               | 50 vs 95 |           |        |               | 95 vs 95 |           |        |               |         |
|                  | Mean    | Std. Dev. | Median | IQR           | Mean                       | Std. Dev. | Median | IQR           | Mean     | Std. Dev. | Median | IQR           | Mean     | Std. Dev. | Median | IQR           |         |
| Alpha Player 1   | 42.09   | 12.76     | 42.28  | (34.54-49.4)  | 37.95                      | 13.84     | 36.89  | (29.74-47.23) | 43.82    | 13.00     | 44.97  | (36.18-51.04) | 41.33    | 9.65      | 41.09  | (35.1-47.98)  | 0.006   |
| Alpha Player 2   | 51.16   | 13.82     | 50.59  | (43.1-61.45)  | 49.46                      | 13.66     | 48.83  | (41.41-56.53) | 53.01    | 14.42     | 51.65  | (43.85-63.93) | 47.50    | 11.19     | 47.77  | (41.02-54.89) | 0.020   |
| Phi Player 1     | 62.55   | 29.30     | 61.72  | (41.04-80.07) | 57.02                      | 25.70     | 52.71  | (38.63-72.36) | 64.79    | 31.75     | 63.58  | (41.04-85.5)  | 61.75    | 24.65     | 65.37  | (46.15-77.15) | 0.271   |
| Phi Player 2     | 60.60   | 29.85     | 59.61  | (39.32-81.81) | 59.84                      | 29.40     | 62.73  | (35.09-79.59) | 64.17    | 32.12     | 63.44  | (40.23-90.19) | 50.95    | 20.03     | 49.18  | (39.84-63.28) | 0.020   |
| Theta Player 1   | 191.48  | 135.88    | 239.10 | (40.02-322.4) | 200.89                     | 133.15    | 267.30 | (55.98-321.3) | 189.46   | 133.71    | 233.20 | (37.03-318.6) | 187.61   | 146.79    | 264.50 | (37.98-334.5) | 0.956   |
| Theta Player 2   | 196.30  | 137.27    | 253.60 | (43.17-328.3) | 202.41                     | 127.00    | 253.60 | (60.83-305.1) | 189.20   | 139.47    | 234.80 | (36.8-328.9)  | 210.72   | 142.04    | 299.10 | (41.04-330.6) | 0.720   |
| V Closing        | 16.99   | 6.40      | 15.93  | (12.61-43.68) | 20.09                      | 7.63      | 19.31  | (13.68-26.07) | 16.66    | 5.84      | 15.98  | (12.36-20.64) | 14.74    | 5.42      | 14.09  | (12.07-16.43) | 0.0004  |
| Delta V Player 1 | 8.82    | 4.29      | 8.18   | (5.65-11.51)  | 9.77                       | 5.31      | 8.77   | (5.23-12.57)  | 8.78     | 3.96      | 8.10   | (5.86-10.99)  | 7.96     | 3.91      | 6.74   | (4.9-10.0)    | 0.137   |
| Delta V Player 2 | 8.75    | 4.23      | 8.44   | (5.59-10.98)  | 10.06                      | 4.83      | 9.37   | (6.26-12.2)   | 8.72     | 4.16      | 8.32   | (5.75-10.98)  | 7.50     | 3.33      | 7.49   | (4.51-9.77)   | 0.019   |

# Conservation of Energy

$$v_{\text{closing}} = 16.99 \text{ m/s,}$$

$$\Delta v_1 = 8.82 \text{ m/s, } \Delta v_2 = 8.75 \text{ m/s}$$

**Implication = New  
Football Helmet Design**

# Future Projects

- Future seasons
- Comparison of our Video Analysis with the Accelerometer data from Virginia Tech game
- Helmet Design support
- Injury Modeling