

2019-20
DIAA – NFHS
Rules Clinic



Agenda

- Welcome
- DIAA Updates – Donna Polk
- NFHS Rules
 - Baseball – Tom Disharoon
 - Boys Lacrosse – JP Bennett



DIAA Staff

- Donna Polk, Executive Director
 - donna.polk@doe.k12.de.us
- TBA, Coordinator of Interscholastic Athletics
- Amoscita Rodriguez, Administrative Assistant
 - amoscita.rodriguez@doe.k12.de.us

Main Number: 302-857-3365



DIAA

The purpose of the Delaware Interscholastic Athletic Association is

- to preserve and promote the educational significance of interscholastic athletics;
- to ensure that interscholastic athletics remain compatible with the educational mission of the member schools;
- to provide for fair and equitable competition between the member schools;
- **to promote sportsmanship and ethical behavior;**
- to establish and enforce standards of conduct for athletes, coaches, administrators, officials, and spectators;
- **to protect the physical well-being of the athletes; and**
- **to promote healthy adolescent lifestyles.**



DIAA

<http://www.doe.k12.de.us/diaa>

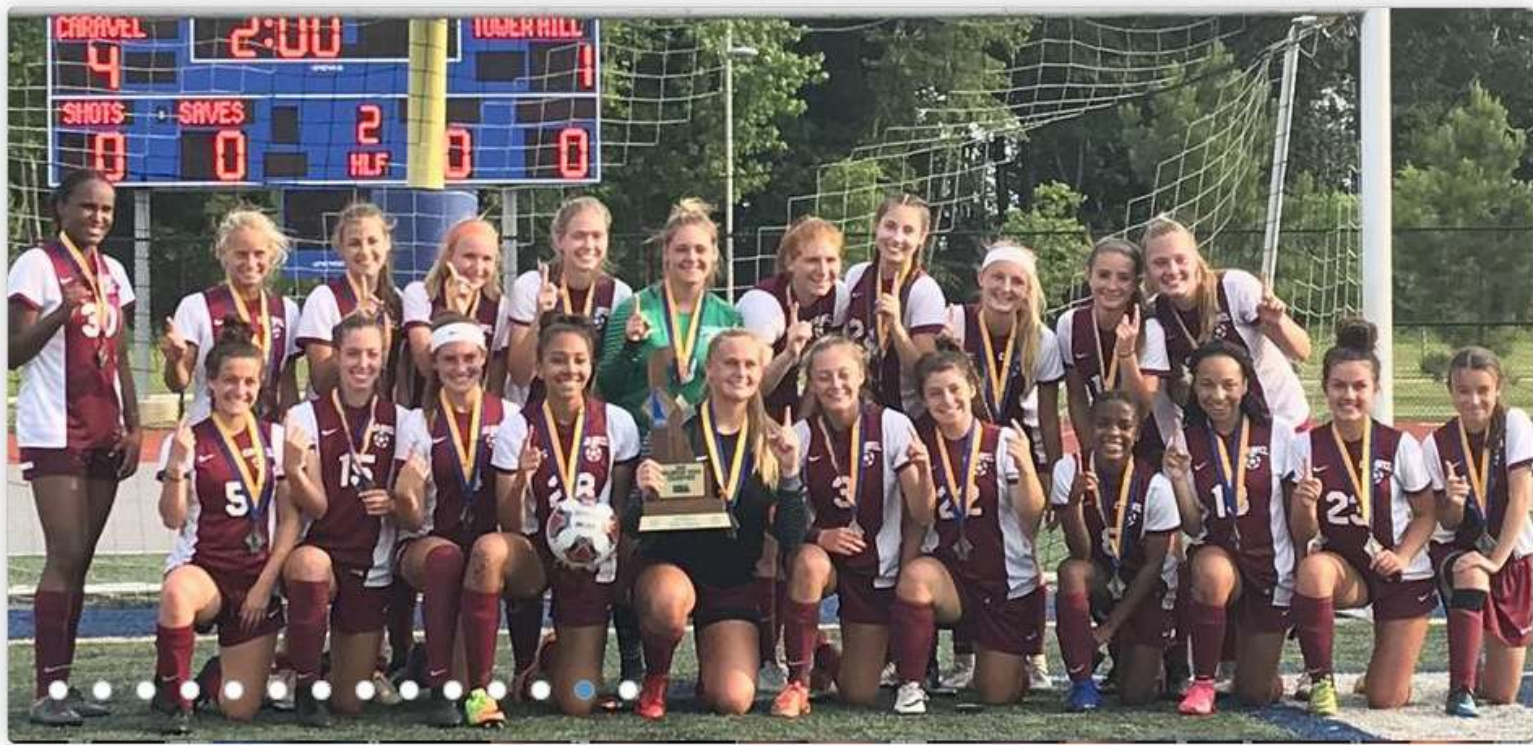
Starting point for ALL
DIAA information
and related links





DOE Main Schools Instruction and Assessment Supports Educators Accountability and Performance DIAA

About DIAA Sports Athletic Directors And Coaches Officials Sports Medicine Forms and Manuals Parents and Guardians



DIAA News Notifications and Alerts Purpose of DIAA

Check out our latest news!

- DIAA 2019 Volleyball Championship Teams Announced

Quick Links

DIAA Handbook and Manuals



DOE Main	Schools	Instruction and Assessment	Supports	Educators	Accountability and Performance	DIAA
About DIAA	Sports	Athletic Directors And Coaches	Officials	Sports Medicine	Forms and Manuals	Parents and Guardians

DIAA / Athletic Directors And Coaches / Athletic Directors and Coaches

ATHLETIC DIRECTORS AND COACHES

- Athletic Directors and Coaches
- Handbooks, Manuals and Media
- Eligibility Forms
- Athletic Director Forms
- Reports



Athletic Directors and Coaches

[Directory of Athletic Directors and Member Schools](#) - 1/27/20

[Division I and II Schools](#) - for the 2018-2019 school year

[2019-2020 DIAA Calendar of Events](#) - 1/27/20

[DIAA Season Start Dates](#) - 1/27/20

Athletic Director Surveys

[2020 Graduation, Prom and Baccalaureate Dates](#)

[2020 Coaches Tournament Pass Request](#) (Deadline: Dual Wrestling)



Delaware
Department of Education



IMS



DEEDS



Directory



Higher Ed

DOE Main

Schools

Instruction and Assessment

Supports

Educators

Accountability and Performance

DIAA

About DIAA

Sports

Athletic Directors And Coaches

Officials

Sports Medicine

Forms and Manuals

Parents and Guardians

DIAA / Forms and Manuals / DIAA Manuals

DIAA MANUALS

Handbooks & Manuals

Handbooks and Manuals

[Official Handbook](#)

2019 [Fall Sports Tournament Manual](#)

2018-2019 [Winter Sports Tournament Manual](#) (to be updated 11/1/19)

2019 [Spring Tournament Manual](#) (to be updated 12/1/19)

DIAA Approved Policies

[Fall Sports](#)

[Winter Sports](#)

DIAA Updates - Coaches

- Sports Season/Practice Sessions – 1008/1009 4.0
 - Spring First date of Practice – 3/2/20
 - First date of Competition – 3/23/20
 - Must practice 7 days prior to contest
 - School Days
 - 2 hours a day (anything at the direction of the coach)
 - One Day of **NO** activity per week (Mon – Sun)
 - Non-School Days
 - No more than 3 hours in length
 - Two-A-Day Practices: 3 hr limit / 1 hr between / max 5 hrs
 - Practices on holidays and weekends left up to the school



DIAA Updates - Coaches

- Documentation
 - Practice/Game Attendance
 - Practice/Game Hour Activity



DIAA Updates - Coaches

- Physicals – 1008/1009 3.1
 - Prior to the first practice
 - Make sure you have with you for practices/games
- Concussion Protocol – 1008/1009 3.2
- CPR/AED and Concussion Requirement 1008/1009 7.0
- Sudden Cardiac Arrest
- Emergency Action Plan – KNOW!
- Heat Acclimatization Policy



Season and Week Limits (HS)

	Season	Week	Athlete - Week	Athlete-Day
Spring				
Baseball	18 contests	3 contests	3 contests	See Note 4
Softball (G)	18 contests	4 contests	4 contests	See Note 5
Golf	15 competition dates	3 competition dates	3 competition dates	
Tennis (B/G)	15 contests	3 contests	3 contests	
Outdoor Track (B/G)	16 competition dates	3 competition dates	3 competition dates	
Lacrosse (B/G)	15 contests	3 contests	3 competition dates	See Note 6
Soccer (G)	15 contests	3 contests	3 competition dates	2 halves

Note 5: Four games in a week are permitted only if two are part of a doubleheader played on a non-school day

Note 6: The daily individual limit for boys' lacrosse is 4 quarters and for girls' lacrosse is 2 halves.



Pitching Regulation (HS)

There is a 105 pitch limit in any one day. The pitcher may finish the batter if the 105 pitch count is reached during the at bat.

A maximum of 205 pitches may be thrown in a 7 day period.

There is a maximum of 85 pitches for the first six games of the season.

And a maximum of 170 pitches per week during that time.

All teams become eligible for the 105 pitch count after one team finishes their sixth contest.

DOUBLEHEADERS

A player is ineligible to pitch in the second game of the day if during the first game he does any one of the following:

1. Throws 25-39 pitches in two (2) consecutive innings, and/or
2. Throws more than 40 pitches in any one inning

The pitcher starting the second game of the day will be held to the 105 pitch limit.

Any pitches thrown during the first game will be counted towards this 105 pitch limit for the day.



Pitches Thrown	Rest Period
1-25	None (no days)
26-50	1 day
51-80	2 days
81-105	3 days

Pitching Regulation (MS)

BASEBALL PITCH LIMIT PROPOSAL Middle School per NFHS Rule 6-2-6

PITCHES THROWN

REST PERIOD

1-20

0 DAYS

21-35

1 DAY

36-50

2 DAYS

51-65

3 DAYS

66-90

4 DAYS

70 maximum pitches for the first four games of the season. A maximum of 140 pitches during this time period.

All teams become eligible for the 90 pitch count after one team finishes their fourth contest.

*90 pitch limit in any one day, pitcher may finish the batter if the 90 pitch count is reached during the at bat.

A maximum of 175 pitches may be thrown in a 7-day period.



Sportsmanship

- Points of Emphasis

- Behavior
 - Student-athlete
 - Coach
 - Respect
- Student-Athlete Inappropriate Responses
- Team Management/Expectations/Documentation
- School Responsibility
 - Action Taken





THE PARENT SEAT

Parent Meeting Video



WATCH VIDEO

Filter Courses

[Reset](#)

Recommended For

- Everyone
- Student
- Coach
- Parent
- Administrator
- Official
- Performing Arts

Category

- All

Courses

Search for Courses



Featured



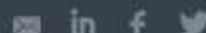
Coaching Field Hockey: Goalkeeping

Sport Specific Course

Coach

\$20

NEW



Officiating Basketball: Crew of Three

Sport Specific Course

Official

\$20

NEW



DIAA - Officials

- Game Ejection
 - Incident Report
 - Must notify school by noon next day
- Testing Date
 - NFHS Part I Exam Baseball/Softball open Wednesday
 - NFHS Part II Exam opens 3/23/20 – 4/20/20



NFHS Rules Book as e-Books

National Federation of State High School Associations



GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an obscure rule quickly, make a note or highlight a rule?

E-books Features:

- Searchable
- Highlight Areas of Interest
- Make Notes
- Easy Navigation
- Adjustable Viewing Size
- Immediate Availability



www.nfhs.org/ebooks

NFHS Rules and Case e-books for \$6.99 each

Download from iTunes or Amazon

■ E-books features:

- Searchable
- Highlight areas of interest
- Make notes
- Easy navigation
- Adjustable viewing size
- Immediate availability



Questions

?



DIAA

**GOOD LUCK
2019-20 SEASON**

