

WELCOME

2020-2021

DIAA – NFHS

Rules Clinic



DIAA STAFF

Donna Polk, Executive Director
Steph Mark, Coordinator of Athletics
Amoscita Rodriguez, Secretary

Main Number: 302-857-3365

diaa@doe.k12.de.us



DIAA PURPOSE

- to preserve and promote the **educational significance** of interscholastic athletics;
- to ensure that interscholastic sports remain compatible with the **educational mission** of the member schools;
- to provide for **fair competition** between 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 athletes; and
- to promote **healthy adolescent lifestyles**.



DIAA

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

**Starting point for ALL
DIAA information and related links**



Websites4Sports

Your School Site

WebSites4Sports.com

Coaches and A.D.s

**Updated and accurate information:
schedules, rosters, scores, pictures**



Sports Medicine

FOCUS

**Health and Safety of
Student-Athletes, Coaches, Staff,
Fans and Community during
COVID**



Sports Medicine Advisory Committee

Reminders for a Healthy and Safe Season



Reacclimatization of Athletes

Todd Fuhrmann, Med, ATC, CAA, PES
SMAC Committee Member
Athletic Director/Athletic Trainer
Indian River High School

SMAC



Proper Mask Wearing

Kathleen
Athletic Trainer
Laurel HS



SMAC



Student Athlete Safety Reminders **for a Great Season**
Heather Heidel, Athletic Trainer, Sussex Tech HS

Sports Medicine

PPE – Medical Card (page 5)

COACHES:

You MUST carry every athletes' Medical Card with you at ALL times. ATC will prepare and give them to you

PRACTICES & GAMES

This is page 4 from their Physical Forms
[DIAA PPE]

SCHOOL ATHLETE MEDICAL CARD

(Parent/Guardian: please print and complete Sections 1, 2 & 3)

Section 1: CONTACT/PERSONAL INFORMATION

NAME: _____ SPORT(S): _____
 AGE: _____ GRADE: _____ BIRTH DATE: _____ GUARDIAN NAME: _____
 ADDRESS: _____
 PHONE: (H) _____ (W) _____ (C) _____ (P) _____
 Other authorized person to contact in case of emergency:
 NAME: _____ PHONE(s): _____
 NAME: _____ PHONE(s): _____
 Preference of Physician (and permission to contact if needed):
 NAME: _____ PHONE: _____
 HOSPITAL PREFERENCE: _____ INSURANCE: _____
 POLICY #: _____ GROUP: _____ PHONE: _____

Section 2: MEDICAL INFORMATION

MEDICAL ILLNESSES: _____
 LAST TETANUS (mo/yr): _____ ALLERGIES: _____
 MEDICATIONS: _____
 (any medications that may be taken during competition require a physician's note)
 PREVIOUS HEAD/NECK/BACK INJURY: _____
 HEAT DISORDER OR SICKLE CELL TRAIT: _____
 PREVIOUS SIGNIFICANT INJURIES: _____
 ANY OTHER IMPORTANT MEDICAL INFORMATION: _____

Section 3: Consent for Athletic Conditioning, Training and Health Care Procedures

I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare treatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, or other healthcare providers employed directly or through a contract by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. I understand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child.

Parent/Guardian Signature: _____ Date: _____
 Athlete's Signature: _____ Date: _____

Section 4: Clearance for Participation

Cleared without restrictions Cleared with the following restrictions:

Health Care Provider's Signature: _____ MD/DO, PA, NP Date: _____

For office use only: This card is valid from April 1, 20____ through June 30, 20____

Note: If any changes occur, a new card should be completed by the parent/guardian. The original card should be kept on file in the school athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kits. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.

Name of School: _____ Name of ATC: _____

Sports Medicine

Sudden Cardiac Arrest

- All students must have annual PPE
- All students must sign the SCA Fact Sheet on PPE form
- Coaches must hold valid CPR certification.

Concussion:

- Parents and Athletes must read and sign PPE Concussion information sheet
- **Coaches and Officials must take the NFHS Concussion Education Course once every 2 years**
 - **tracked in Dragonfly***



COVID-19

Regulation 1010 - guidelines for DIAA Interscholastic Athletics during COVID-19

- All coaches, support staff, student athletes, and officials shall take the COVID-19 pre-screening questionnaire by the host school & have their temperature taken.
- Any “yes” responses to COVID-19 symptoms - start COVID-19 protocol - temperature <100.4
- Everyone must wear a mask



COVID-19 - DIAA Website

DOE Main	Schools	Instruction and Assessment	Supports	Educators	Accountability and Performance	DIAA	
COVID-19	About DIAA	Sports	Athletic Directors And Coaches	Officials	Sports Medicine	Forms and Manuals	Parents and Guardians

[DIAA](#) / [COVID-19](#) / [Return to Play Plan](#)

RETURN TO PLAY PLAN

[Coronavirus COVID-19](#)
[DIAA Regulation 1010](#)
[FAQ - PPE](#)
[Athletic Director/Admin
Forms](#)
[COVID-19 Resources](#)
[COVID-19 Signage](#)

[Edit Page](#)

Coronavirus COVID-19



The DIAA continues to closely monitor COVID-19 and is taking proactive measures to mitigate the impact of the virus. When it comes to decision-making, our commitment is this: protect the health and safety of interscholastic student athletes.

DIAA Concussion Protocol

Shows Signs or Symptoms

- a. Remove from play - Official or Coach
- b. Evaluated by a Qualified Healthcare Professional

Qualified Healthcare Professional (QHCP) is a MD, DO, School Nurse, Nurse Practitioner, Physician's Assistant or Athletic Trainer (ATC)

IF CLEARED at that time by the QHCP, athlete may return to play that day.



DIAA Concussion Protocol

If NOT CLEARED by QHCP at that time, athlete CANNOT return to play that day.

At this point, athlete must have written clearance from a QUALIFIED PHYSICIAN to return to practice or play.

Failure to comply = INELIGIBLE athlete



Emergency Action Plan [EAP]

Create an
Action Plan and
practice it.



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:			Activity:			Level:																																															
1 911 TEAM			2 CPR/AED TEAM			3 AED TEAM																																															
CALL 911			START CPR			GET THE AED																																															
CALL 911. Explain emergency. Provide location.			1. Position person on back. 2. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression. 3. Take turns with other responders as needed.			Closest AED																																															
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						<ol style="list-style-type: none"> Remove equipment/excess clothing. Move to shade. Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body Monitor vital signs. Cool First, Transport Second. <ol style="list-style-type: none"> Cool until rectal temperature reaches 102°F if ATC or MD is available. If no medical staff, cool until EMS arrives. 																																															

CALL 911 for all medical emergencies.
If unresponsive and not breathing normally, begin CPR and get the AED.

ANYONE CAN SAVE A LIFE

Practice Policies

DIAA Regulation 1008/1009-4.2

ALL practice days (school and non-school day):

- One day of no activity per seven day period
- A minimum of 21 calendar days of practice prior to the first competition date (25 days for football)
- Student must practice at least 7 calendar days prior to participating in a contest



Practice Policies

DIAA Regulation 1008/1009-4.2

School day practices limited to two (2) hours



Season and Week Limits (HS)

Season and competition limits as set forth in Regulation 1010 for 2020-2021, Section 5.3:

- Up to 12 competitions for XC, FH, Soccer, and VB
- 7 game limit for Football
- Fall tournament events will run from 12/6 - 12/19

Limits in a “Non” COVID-19 year for reference:

Team Limitations Sport	Season	Individual Limitations		
		Week	Week	Day
Fall				
Cross Country (B/G)	15 competition dates	3 competition dates	3 competition dates	
Field Hockey (G)	15 contests	3 contests	3 Competition dates	2 halves
Football	10 varsity contests 9 sub varsity contests	1 contest	See Note 1	
Soccer (B)	15 contests	3 contests	3 competition dates	2 halves
Volleyball (G)	15 competition dates	3 competition dates	3 competition dates	See Not



Middle School found in 1008 FAQs on DIAA website.

DIAA POLICIES AND PROCEDURES

- **DIAA is a 100% compliant member of the NFHS**
- **Adoptions/Modifications of NFHS Rules**

DIAA website Sports DIAA Approved Policies

OR

DIAA website Sports Spring Specific Sport



DIAA POLICIES & PROCEDURES

GAME EJECTION PROCEDURE

- Incident Report Form (found on the website)
- Must be sent to Incident Chair by next morning
 - Please censor when sending ejection reports.
ex. – S\$%T, F#\$K etc .
- The DIAA Office must be notified by noon of the next day so the school AD can be notified.



DIAA POLICIES & PROCEDURES

APPEAL OF GAME EJECTION

- Cannot appeal ejection for Sportsmanship
- Can appeal non-Sportsmanship related removals or disqualifications
 - when technical violations occur (not many of these)



DIAA POLICIES & PROCEDURES



DOE Main	Schools	Instruction and Assessment	Supports	Educators	Accountability and Performance	DIAA	
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DIAA / Officials / Information for Officials

Edit Page

INFORMATION FOR OFFICIALS

Officials Main
Rules Clinic Information
OFFICIALS – FORMS

All ejection and sportsmanship incidents will be reported using the forms below. This form is to be completed by the official/officials association following an ejection. This form must be submitted to DIAA within 24 hours of completion of the contest. If you have questions regarding reportings, please contact Stephanie Mark stephanie.mark@doe.k12.de.us

[DIAA Ejection Report Form](#)

[Sportsmanship Incident Report Form](#)

Last Modified on July 16, 2020

DIAA POLICIES & PROCEDURES

BENCH PERSONNEL RULE

- Players are never to leave the bench (or playing area) to enter playing area to get involved in a confrontation.
- Only the **HEAD COACH** may enter unsolicited to break up an altercation.
 - **PRACTICE WHAT TO DO IF A FIGHT BREAKS OUT**



DIAA POLICIES & PROCEDURES

Cumulative Unsportsmanlike Conduct Rule

- A **coach** who is guilty of repeated acts of unsportsmanlike conduct during a season shall be ineligible for the next contest.



Sportsmanship

The practice of good sportsmanship is one of the primary goals of interscholastic athletics.

1007.1.2.1.5.2 The function of the coach is to educate students through participation in interscholastic athletics. (.1) Demonstrate high ideals, good habits and desirable attitudes...

1007.1.2.1.5.4 Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility.



Tournament Manual

- DIAA website: Forms and Manuals
 - DIAA Manuals
- Review General Information and Sport Specific Information
- Pay attention to important dates
 - Team report deadline
 - Website Information deadline



Social Media Profile

Facebook



Page: Delaware Interscholastic Athletic Association

Link: www.facebook.com/DelawareInterscholasticAthleticAssociation

Twitter



Page: DIAA

Handle: @DIAA_Delaware

Instagram



Handle: DIAA_de

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs;
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- MISSION

- The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.



The screenshot shows the NFHS.org website. The browser address bar displays "www.nfhs.org". The website header includes the NFHS logo and the text "NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS". Navigation links include "Activities & Sports", "NFHS For You", "Resources", and "#BecomeAnOfficial". A "Sign In" and "Register" link is also present. The main content area features a large black banner with the text "NFHS Adopts New Logo as it Leads into Next 100 Years" and a red "Read More" button. To the right of the banner is a large version of the new NFHS logo. The Windows taskbar at the bottom shows the search bar and various application icons.

NFHS.org – all NFHS information

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
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 - Easy navigation
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 - Immediate availability



NFHS LEARNING CENTER

WWW.NFHSLEARN.COM

Professional Development For ALL

- Coaches
- Officials
- Administrators
- Parents
- Students
- Performing Arts



WWW.NFHSLEARN.COM

FREE courses include:

- Bullying, Hazing and Inappropriate Behaviors
- Understanding Copyright and Compliance
- Hazing Prevention for Students
- **Concussion in Sports**
- Concussion for Students
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Sportsmanship
- Coaching Unified Sports
- Positive Sport Parenting
- NCAA Eligibility



Dragonfly - COS

<https://www.dragonflymax.com>

Center for Officials Services (COS)

DIAA Officials - Registration, Tracking of DIAA Requirements and Payments, Local Association Requirements



One central hub for all Officials Information

**Less manual input of information -
easier for everyone!**

Dragonfly

Officials Registration Checklist:

- Create a profile
- Join DIAA & local association
- Upload concussion certificate
- NFHS Sport Exams
- NFHS & DIAA payments
- Local association requirements



Dragonfly

Troubleshooting:

- Email Association Contact
- CC: Steph Mark -
DIAA Coordinator
- www.dragonflymax.com
 - use HELP chat feature



Arbiter

- Being used this season **only** for contest assigning
- ALL Officials registration done exclusively in DRAGONFLY



www.nfhslearn.com

Courses include:

- COVID-19 Course for Administrators and Coaches
- Bullying, Hazing and Inappropriate Behaviors
- Student Mental Health and Suicide Prevention
- Understanding Copyright and Compliance
- Protecting Students from Abuse
- Hazing Prevention for Students
- Coaching Unified Sports
- ACL Injury Prevention
- Sportsmanship





Thank you for your support of
Interscholastic Athletics!

