# WELCOME

# 2020-2021 DIAA – NFHS Rules Clinic





# DIAA STAFF

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

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# 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 <u>ALL</u> 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

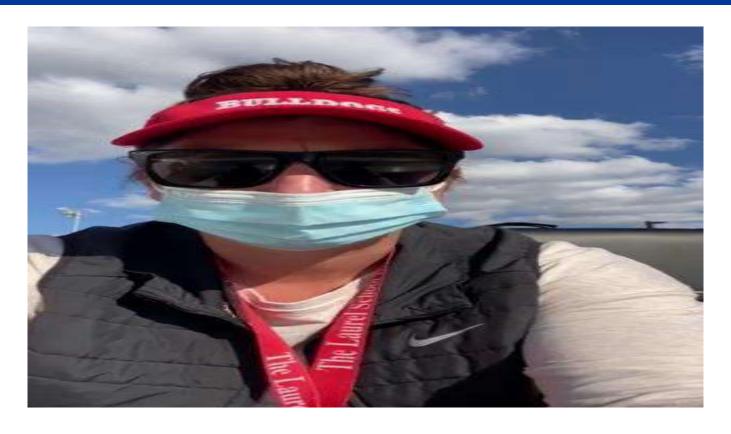




**Reacclimatization of Athletes** 

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 SPORT(S): BIRTH DATE: AGE: GUARDIAN NAME ADDRESS: PHONE: (H) Other authorized person to contact in case of emergency NAME: Preference of Physician (and pennission to contact if needed): HOSPITAL PREFERENCE: INSURANCE: Section 2: MEDICAL INFORMATION MEDICAL ILLNESSES: LAST TETANUS (mo/vr): ALLERGIES: (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, murses, 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.

Section 4: Clearance for Participation

Cleared with the following restrictions:

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 adhletic director's or adhletic trainer's affice. A copy should be kept in the sports' adhletic kits. This card contains personal medical information and should be treated as confidential by the school, its

MD/DO, PA,NP Date:

through June 30, 20

Name of ATC:

Parent/Guardian Signature: \_\_\_\_ Athlete's Signature: \_\_\_\_

\_\_ Cleared without restrictions

Health Care Provider's Signature

employees, agents, and contractors.

Name of School:

For office use only: This card is valid from April 1, 20

### **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</li>
- 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

#### 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.

Edit Page

### **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 <u>NOT CLEARED</u> by QHCP at that time, athlete CANNOT return to play that day.

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

Failure to comply = INELIGIBLE athlete



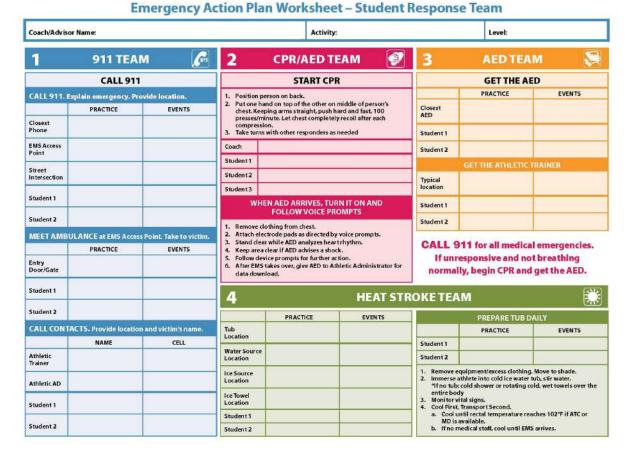


### **Emergency Action Plan [EAP]**

Create an

Action Plan and

practice it.







# 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:

<b>Team Limitations</b>		Individual Limitations	<b>X</b>	
<u>Sport</u>	Season	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	1 contest	See Note 1	
	9 sub varsity contests			
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 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



#### **GAME EJECTION PROCEDURE**

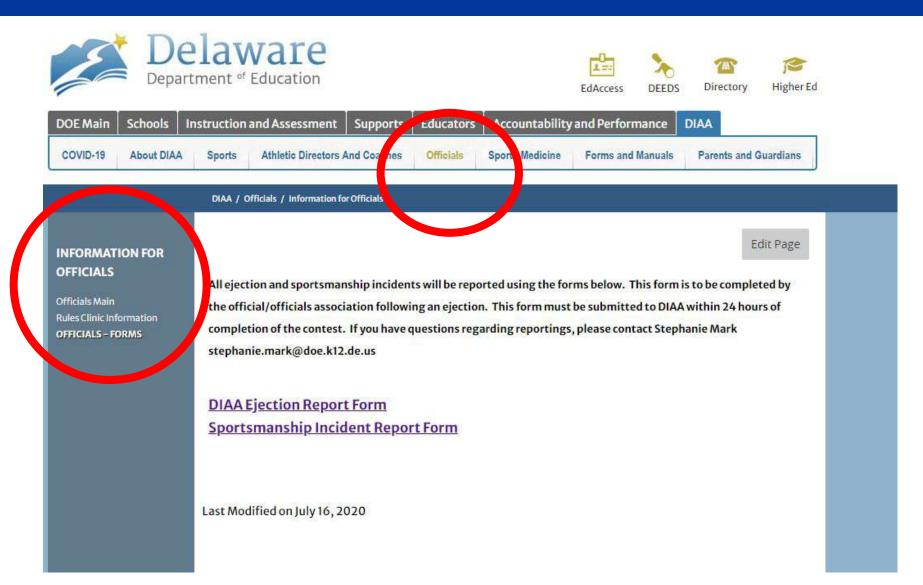
- Incident Report Form (found on the website)
- Must be sent to Incident Chair by next morning
  - Please censor when sending ejection reports.
    - ex. S\$%T, F#\$K etc.
- The DIAA Office must be notified by noon of the next day so the school AD can be notified.



#### **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)





#### **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

### **Cumulative Unsportsmanlike Conduct Rule**

 A <u>coach</u> 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.



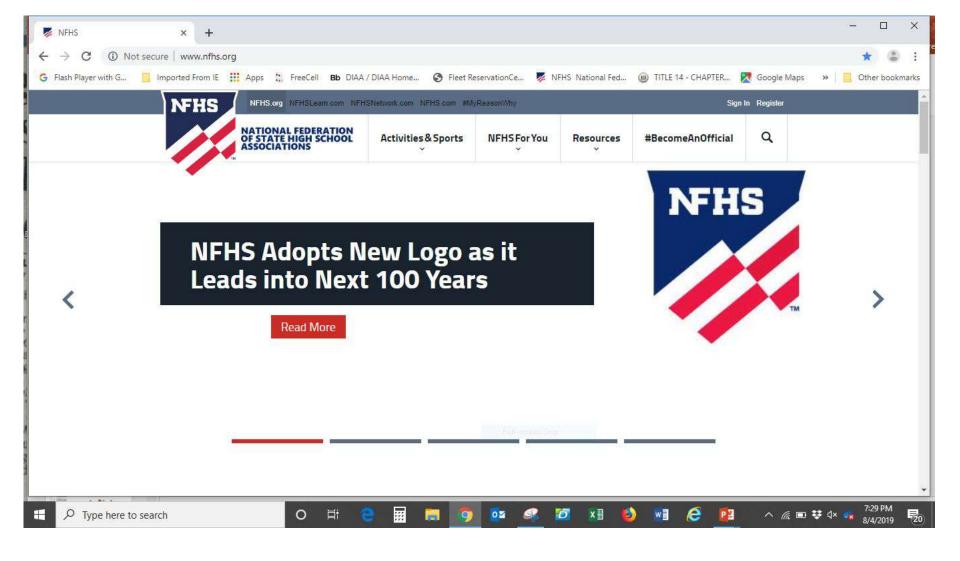


# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

#### 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.





### **NFHS.org** – all NFHS information



### **NFHS RULES BOOK AS E-BOOKS**



- E-books features:
  - Searchable
  - Highlight areas of interest
  - Make notes
  - Easy navigation
  - Adjustable viewing size
  - 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
- 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!



