

# **WELCOME**

## **2018-19**

### **DIAA – NFHS**

# **Basketball Rules Clinic**



# DIAA STAFF

**Thomas E. Neubauer, CMAA**  
**Executive Director**

**Donna Polk**

**Coordinator of Interscholastic Athletics**

**Tina M. Bates**  
**Secretary**

**Main Number:**  
**302-857-3365**



# 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



# DIAA-webpage



Rectangular Snap



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 held their 15th Annual Student Leadership Conference



# 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.





# 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

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
  - Publishes 4 million pieces of materials annually.





# 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](http://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
  - **FREE for all DIAA registered Officials**



# Rule Change Process

- **For Coach & Officials**

<http://www.nfhs.org/RuleChangeProposal>

- **NFHS Rule Questionnaire**

- **Yearly input from Coaches/Officials**
- <http://www.nfhs.org/sports-resource-content/nfhs-sport-questionnaires/>

**Look for email from A.D. or Association in March**



# NFHS.org

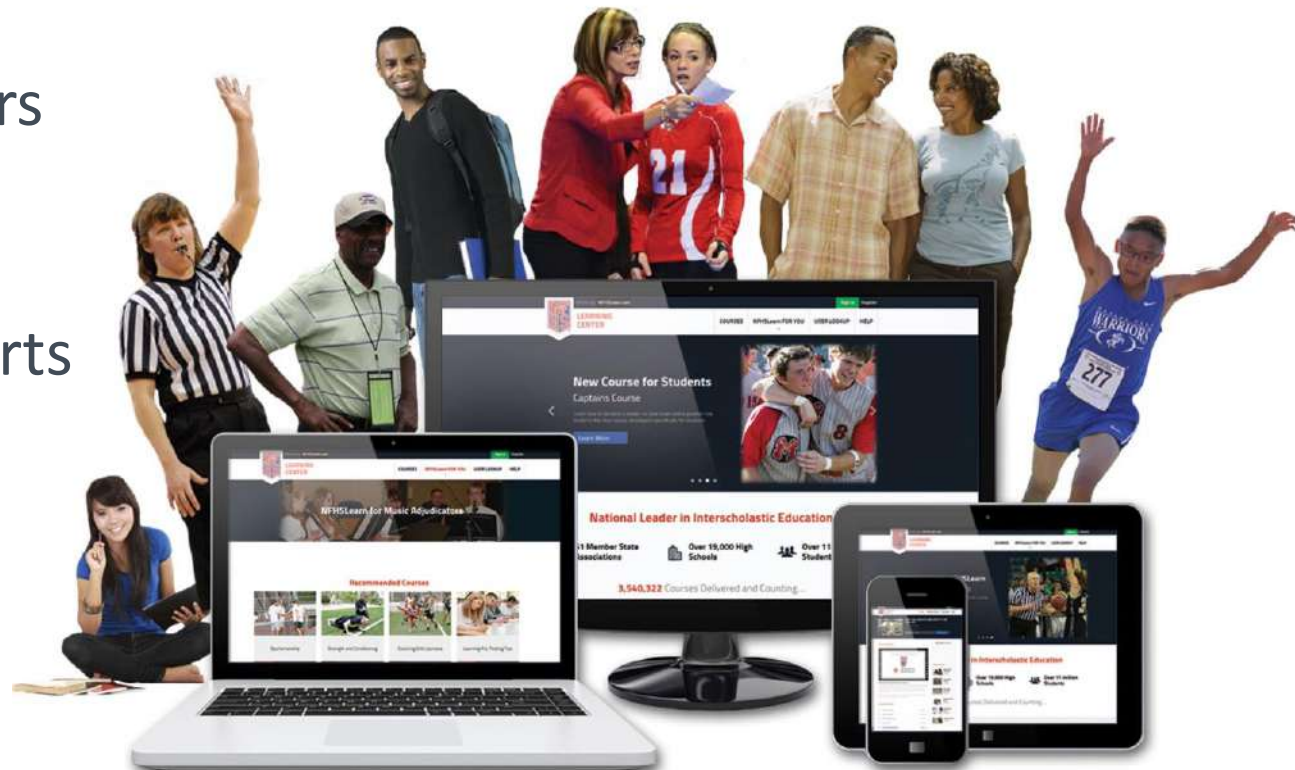


playing rules, uniforms,  
diagrams, articles

# NFHS LEARNING CENTER WWW.NFHSLEARN.COM

## Professional Development For ALL

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



# WWW.NFHSLEARN.COM

FREE courses include:

- **SOCIAL MEDIA**
- **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





# SPORTSMANSHIP

## Code of Conduct

### DIAA Regulations:

1007.1.2.1.5.2 – Coaches

1007.1.2.1.5.3 – Participants

1007.1.2.1.5.4 – Officials

***The use of SOCIAL MEDIA must be CAREFULLY explained, reinforced and monitored.***

***use the NFHS Learn Course***



# 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.



# SPORTSMANSHIP

**Coaches and Officials are strongly reminded that the court is an extension of the classroom.**

***All words, actions and expressions that are inappropriate must be and will be dealt with accordingly.***

**Stop a situation before it escalates.**



# SPORTSMANSHIP

## **The DIAA Sportsmanship Award Application has the following section:**

**Is there a plan for dealing with special situations such as heated rivalries, overflow crowds and unruly spectators.**

- Who is responsible for implementing the plan?
  - Are visiting schools involved in the plan?
  - Cite any special situations and how the school responded to them.
- **I would add that the Officials need to be included in any plans as well.**





## NFHS LEARN SPORT-SPECIFIC COURSES

### ▪ Courses Available

- Interscholastic Officiating

- Free for all registered officials*

- Officiating Basketball

- \$10. for all registered officials*

- Coaching Basketball

- \$50.00 fee*





# Arbiter Sports

<https://www.arbitersports.com>

## Officials' Information and Testing

### Basketball

- Part 1 [practice test]
- 2 person mechanics
- 3 person mechanics

open now until February 22

Part 2 [the 'real' one] open  
November 26 to  
December 26



# NFHS Officials Association Central Hub

- Contains:
  - Sport information
  - Rules information
  - Rules library
  - Searchable rules book
  - Video content on officiating sport, competition situations and interpretations



A screenshot of the NFHS Officials Association Central Hub website. The header features the NFHS logo, the text 'OFFICIALS ASSOCIATION', and 'POWERED BY ArbitratorSports'. A navigation bar includes links for MAIN, WELCOME, VIDEO, PUBLICATIONS, CONTACT, TESTING, and COURSES. The main banner reads 'NFHS Officiating CENTRAL HUB' with a background image of a referee. Below the banner, there are several sections: 'NFHS Publications Committee' with a link to 'NFHS Officials Publication Committee'; 'In the News!' with links to 'Officials Association Membership Benefits', 'The NFHS Interscholastic Officiating Course', and 'NFHS Rules eBooks'; and 'Features' with a 'More &gt;' link. A featured article titled 'MHSA's "Be the Referee" Program Promotes the Correct Call' by Rob Kaminski is displayed, dated 10/23/2017. The article includes a photo of a baseball game and text about the program's goal to educate the public on rules nuances.

# Websites4Sports

**Your School Site**

**[WebSites4Sports.com](http://WebSites4Sports.com)**

**Coaches and A.D.s**

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



# Sports Medicine

## PPE – Medical Card (page 4)

**COACHES:**  
You **MUST** carry every  
athletes' Medical Card  
with you at **ALL** times.

## 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 & answer the 12 AHA approved heart history questions.
- 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**





# 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																																		
<b>CALL 911</b>			<b>START CPR</b>			<b>GET THE AED</b>																																		
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.			PRACTICE      EVENTS Closest AED Student 1 Student 2																																		
<table border="1"> <thead> <tr> <th></th> <th>PRACTICE</th> <th>EVENTS</th> </tr> </thead> <tbody> <tr><td>Closest Phone</td><td></td><td></td></tr> <tr><td>EMS Access Point</td><td></td><td></td></tr> <tr><td>Street Intersection</td><td></td><td></td></tr> <tr><td>Student 1</td><td></td><td></td></tr> <tr><td>Student 2</td><td></td><td></td></tr> </tbody> </table>				PRACTICE	EVENTS	Closest Phone			EMS Access Point			Street Intersection			Student 1			Student 2			<table border="1"> <tbody> <tr><td>Coach</td><td></td></tr> <tr><td>Student 1</td><td></td></tr> <tr><td>Student 2</td><td></td></tr> <tr><td>Student 3</td><td></td></tr> </tbody> </table>			Coach		Student 1		Student 2		Student 3		GET THE ATHLETIC TRAINER <table border="1"> <tbody> <tr><td>Typical location</td><td></td></tr> <tr><td>Student 1</td><td></td></tr> <tr><td>Student 2</td><td></td></tr> </tbody> </table>			Typical location		Student 1		Student 2	
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MEET AMBULANCE at EMS Access Point. Take to victim.			<b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS</b> 1. Remove clothing from chest. 2. Attach electrode pads as directed by voice prompts. 3. Stand clear while AED analyzes heart rhythm. 4. Keep area clear if AED advises a shock. 5. Follow device prompts for further action. 6. After EMS takes over, give AED to Athletic Administrator for data download.			<b>CALL 911 for all medical emergencies.</b> <b>If unresponsive and not breathing normally, begin CPR and get the AED.</b>																																		
<table border="1"> <thead> <tr> <th></th> <th>PRACTICE</th> <th>EVENTS</th> </tr> </thead> <tbody> <tr><td>Entry Door/Gate</td><td></td><td></td></tr> <tr><td>Student 1</td><td></td><td></td></tr> <tr><td>Student 2</td><td></td><td></td></tr> </tbody> </table>				PRACTICE	EVENTS	Entry Door/Gate			Student 1			Student 2			<b>4 HEAT STROKE TEAM </b>			<b>PREPARE TUB DAILY</b>																						
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Student 2																																								

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 (11-30-2018)
- 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**

### **Non-School days**

- A limit of no more than two (2) practices with physical activity
- No practice can be longer than three (3) hours in length
- A grand total of five (5) hours of physical activity daily
- When having 2 practice session in a day; there **MUST** be a one hour minimum cooling period between the two practice sessions





# Season and Week Limits (HS)

## Basketball

Teams may play 20 contests in a season

Teams may play 3 games in a week,

3<sup>rd</sup> contest needs to be on Fri., Sat., or Sun.

Athletes may play on 3 dates in a week

Athletes are limited to 4 quarters of play in a day

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 either website)
- Must be sent to Incident Chair by the 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

## 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.



# DIAA POLICIES & PROCEDURES

## PROHIBITION AGAINST USE OF TOBACCO PRODUCTS

Very Simple:

DON'T SMOKE\*,

DON'T CHEW,

DON'T DIP

Don't Vape\*

\*E-cigarettes included





# DIAA POLICIES & PROCEDURES

## MOUTH GUARD RULE

- must be worn by ALL who have METAL braces.
- must cover top brace and separate biting surfaces.
- must extend to shield lower braces.
- can be white or clear, but CANNOT contain unsportsmanlike images or words



# DIAA POLICIES & PROCEDURES

## Special Accommodations Requests

- Medical, Religious, Other

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.



# GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS

- Player makes Coach aware of request/situation
- Coach notifies the Athletic Director
- School decides to ask for accommodation
- School [A.D.] sends the request to the DIAA office, include a picture if [possible]
- DIAA Executive Director and Rules Interpreter will review request
- DIAA Executive Director will send email either approving or denying the request
- If approved make copies of waiver approval for each game to be played
- Give a copy of the waiver note to the game officials in the pre-game conference.



# DIAA POLICIES & PROCEDURES

## Recommended Contest Assignment Guidelines

- Read the Code of Ethics
- Read and follow the guidelines
- Do NOT put yourself in a situation where your integrity, ethics and character are questioned
- Follow appropriate lines of communication.



# 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.
  
- **BASKETBALL**
  - **Three (3) technical fouls**



# Tournament Manual

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





# NFHS Campaign

## My Reason Why – Year 3



- #MyReasonWhy
- Myreasonwhy.com
- Promote the value of interscholastic athletics
- Celebrate YOUR athletes accomplishments

# Social Media Profile



## Facebook

Page: Delaware Interscholastic Athletic Association

Link: [www.facebook.com/DelawareInterscholasticAthleticAssociation](https://www.facebook.com/DelawareInterscholasticAthleticAssociation)



## Twitter

Page: DIAA

Handle: @DIAA\_Delaware

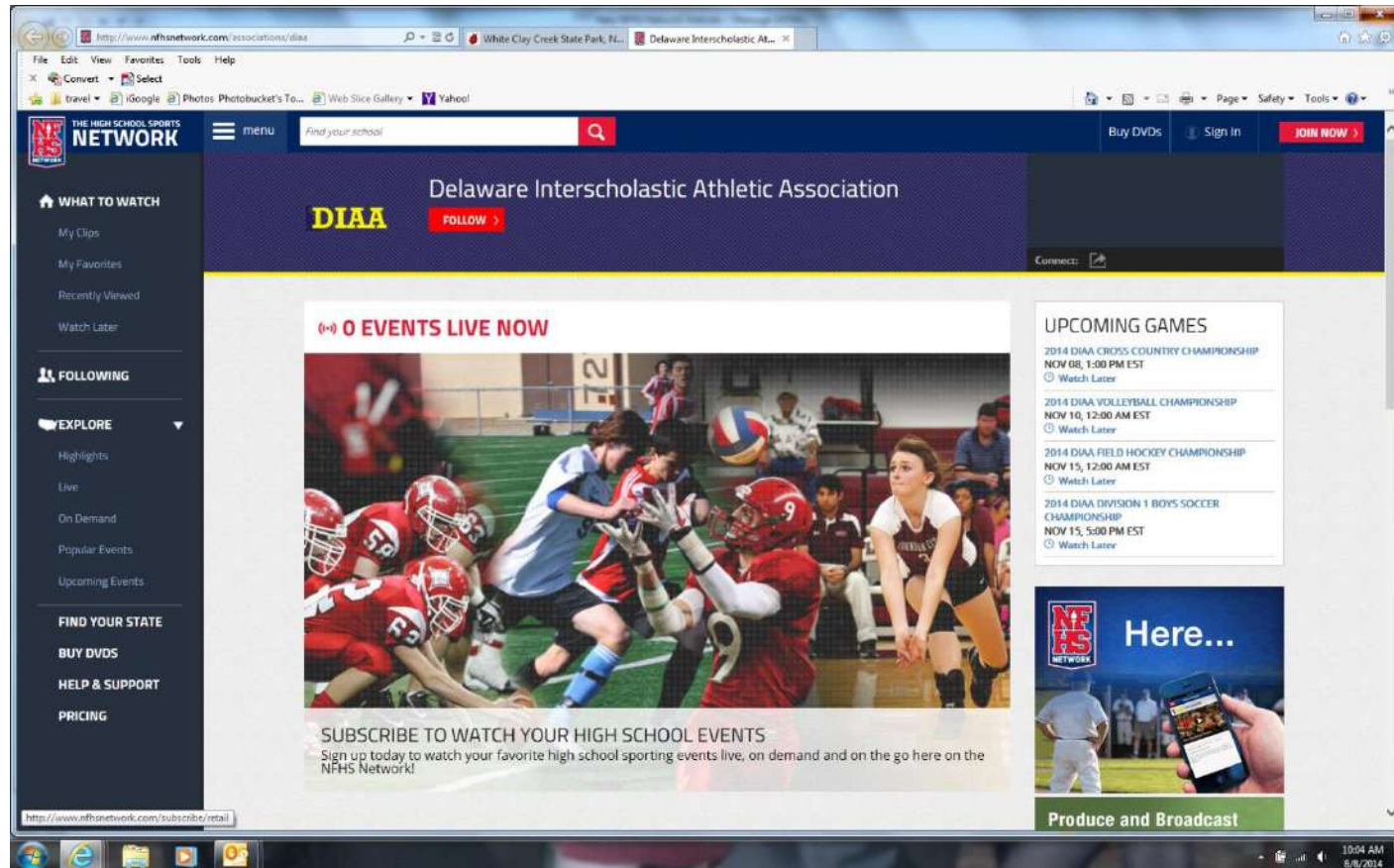


## Instagram

Handle: DIAA\_Delaware

# NFHS Network

**“Live”  
Web streaming  
Of DIAA  
Events  
\$9.95  
per month**







Thank you for your support of  
Interscholastic Athletics!





# 2018-19 NFHS BASKETBALL RULES POWER POINT

National Federation of State  
High School Associations



Take Part. Get Set For Life.®

Welcome to the 2018-19 Basketball Power  
Point Presentation.





**2018-19 NFHS**

# **BASKETBALL RULES CHANGES**





## **RULE 1-12-lc**

The ball shall have a deeply-pebbled, granulated surface, with horizontally shaped panels bonded tightly to the rubber carcass.



NFHS PARTNER



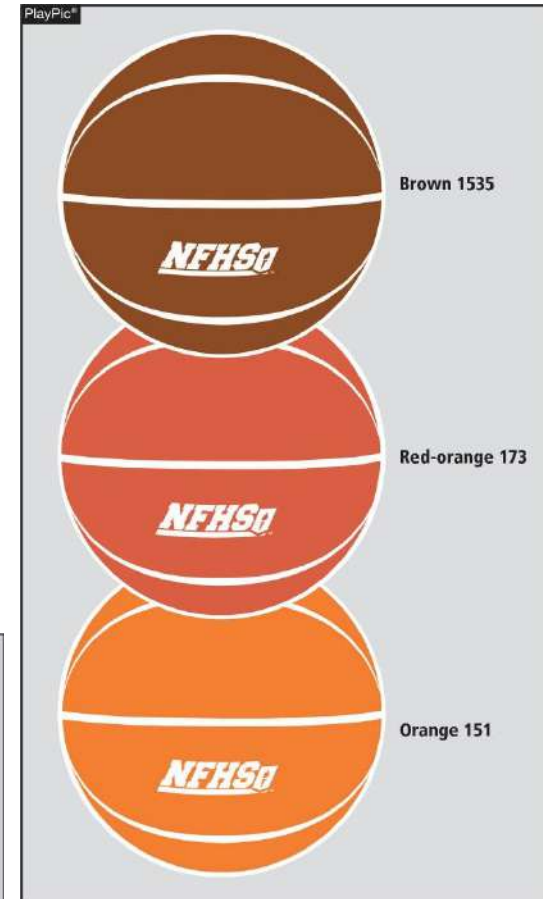
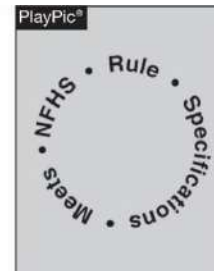
## BALL RULE 1-12-1c

A legal game ball, as shown, shall have a deeply-pebbled, granulated surface with horizontally shaped panels bonded tightly to the rubber carcass.



## BALL RULE 1-12-1c

Reminder: The pebbled, granulated surface shall include the NFHS Authenticating Mark and feature one of three approved colors, effective with the 2019-20 season.



## RULE 9-9-1

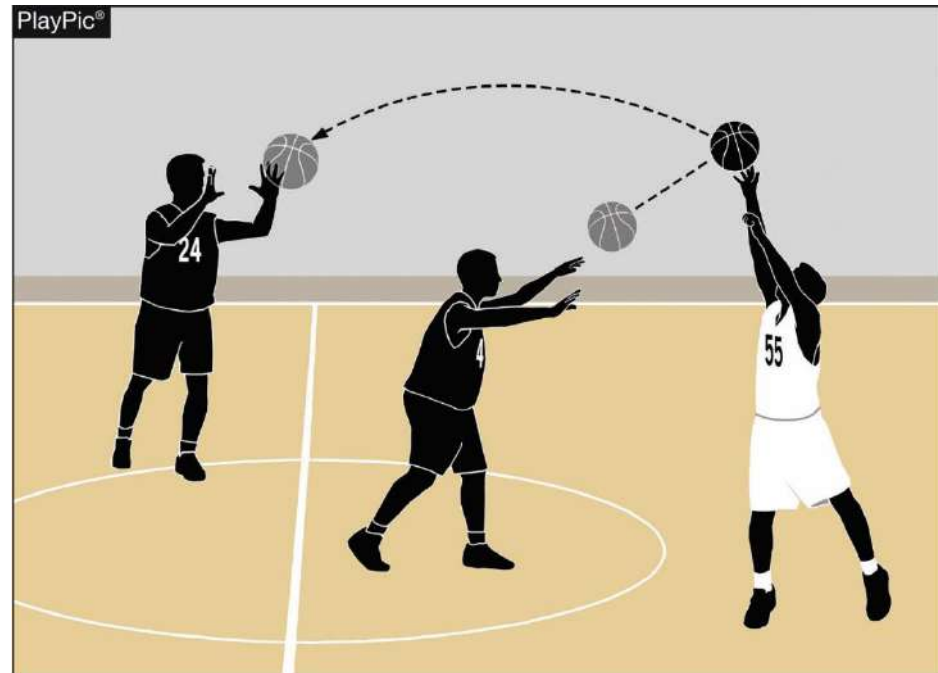
A player shall not be the first to touch the ball after it has been in team control in the frontcourt, if he/she or a teammate last touched or was touched by the ball in the frontcourt before it went to the backcourt.

**EXCEPTION:** Any player located in the backcourt may recover a ball deflected from the frontcourt by the defense.



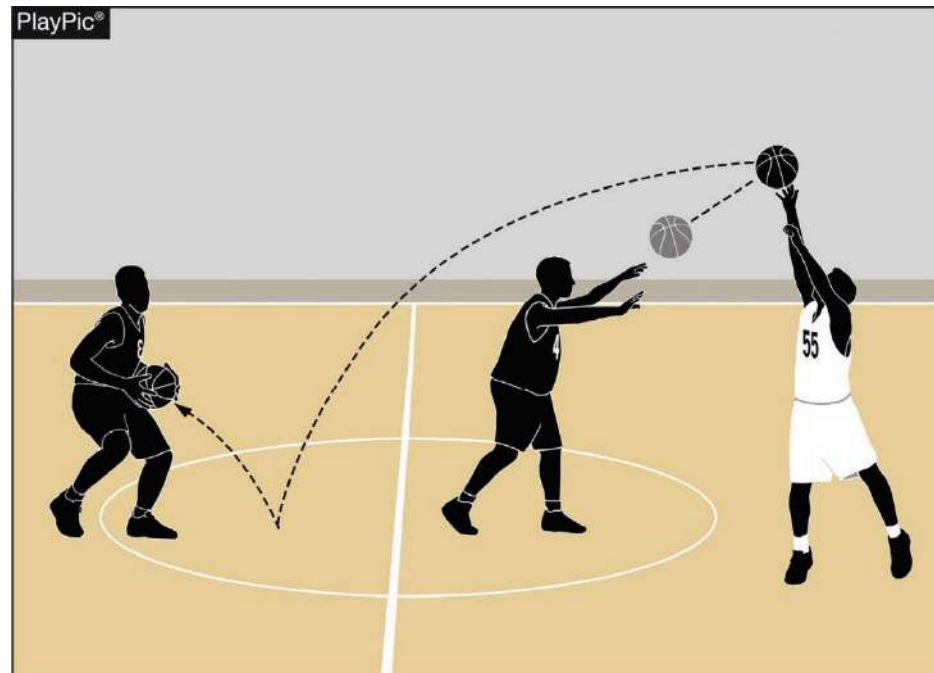
## BACKCOURT RULE 9-9-1

An exception has been added to the rule to clarify that any player located in the backcourt may recover a ball deflected from the frontcourt by the defense even if the ball has not touched in the backcourt following the deflection, as shown in the PlayPic.



# BACKCOURT RULE 9-9-1

It was already legal for an offensive player to be the first to touch the ball in the backcourt, if it was last touched in the frontcourt by a player on the defensive team, and if the ball had obtained backcourt status before the recovery.





## SCREEN RULE 4-40

A new entry in the NFHS Basketball Rules Book clarifies that a player standing on a boundary line cannot set a legal screen because he/she does not have legal position on the playing floor. PlayPic A shows a legal screen as the screener is inbounds with legal position.



## SCREEN RULE 4-40

- In PlayPic B, the screener is on or outside the boundary line and is therefore not in a legal position to set a screen. Any illegal contact is a foul on the screener.





2018-19 NFHS

# BASKETBALL POINTS OF EMPHASIS



# SPORTS MEDICINE

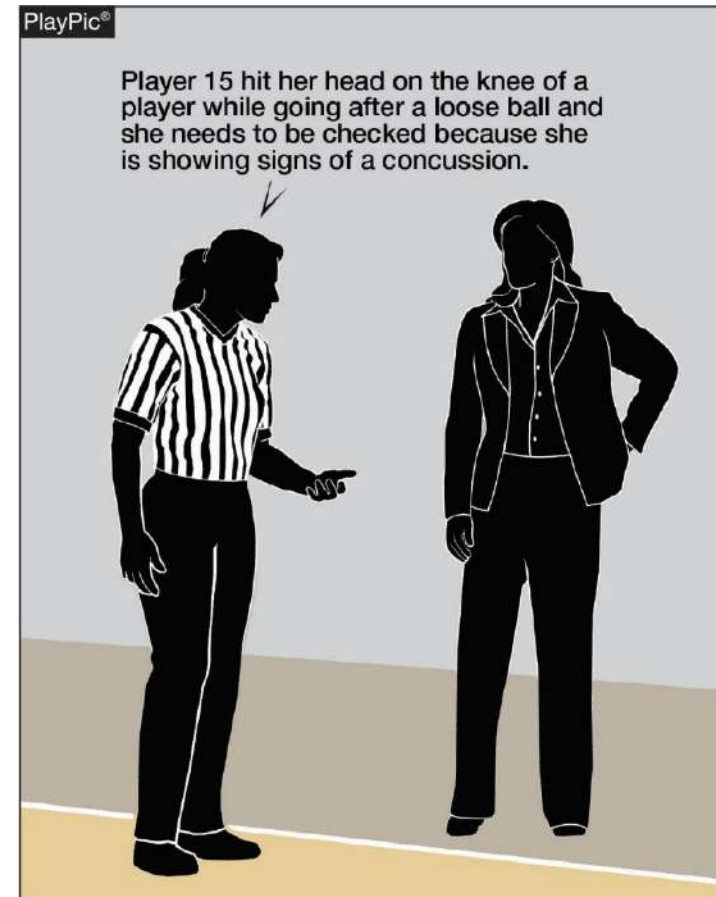
## CONCUSSION RECOGNITION AND RISK MINIMIZATION

Concussions continue to be a focus of attention in contact and collision sports at all levels of athletic competition. The NFHS has been at the forefront of national sports organizations in emphasizing the importance of concussion education, recognition, and proper management. Widespread education on best practices in concussion management has led to the adoption of rules changes and concussion-specific policies by multiple athletic organizations, state associations and school districts.



# SPORTS MEDICINE: CONCUSSION RECOGNITION

- It is important for contest officials to communicate with coaches when they observe action that might have resulted in a possible concussive event for a player(s).
- Officials are not expected to assume the role of medical professionals and attempt to diagnose injuries or concussions.





# CONCUSSION PROTOCOL

---

When it is suspected that a player has a concussion, follow the “Heads Up” 4-step Action Plan.

- **Remove the athlete from play.**
- Ensure the athlete is evaluated by an appropriate health-care professional.
- Inform the athlete’s parents/guardians about the possible concussion and give them information on concussion.
- Keep the athlete out of play the day of the injury until an appropriate health-care professional says the athlete is symptom-free and gives the okay to return to activity.





# CONCUSSION RECOGNITION

- Recent research has shown that early recognition of concussion symptoms and immediate removal from play result in a quicker recovery time. Coaches and game officials must be familiar with the signs and symptoms of a possible concussion so that appropriate steps can be taken to safeguard the health and safety of injured students.



# CONCUSSION RECOGNITION

- There is no evidence that any type of soft headgear will prevent concussions in basketball. However, many concussions result from player to player collisions, or falls onto the court. Therefore, if coaches and officials strive to eliminate rough play through proper instruction and rigorous enforcement of the rules, the opportunity exists to greatly minimize concussion risk in practices and contests.



# SPORTS MEDICINE: INJURY/CONCUSSION

Coaches, officials and game administrators must continue to recognize and follow proper protocols for injuries and concussions.



# ANKLE SPRAINS

- Ankle sprains are the most common injury seen in boys and girls high school basketball, often forcing athletes to miss significant playing time. Upon returning to activity, if not properly treated, an ankle sprain may limit the athlete's ability to play effectively for weeks, months, or even years following the initial injury. Fortunately, many of these injuries can be prevented.



# ANKLE SPRAINS

- The NFHS SMAC strongly advises that all basketball coaches take a proactive role in minimizing the risk of ankle sprains in their athletes. There is a great deal of research that shows a simple series of exercises and the regular use of ankle braces will eliminate 50-60% of all ankle sprains in high school basketball players.



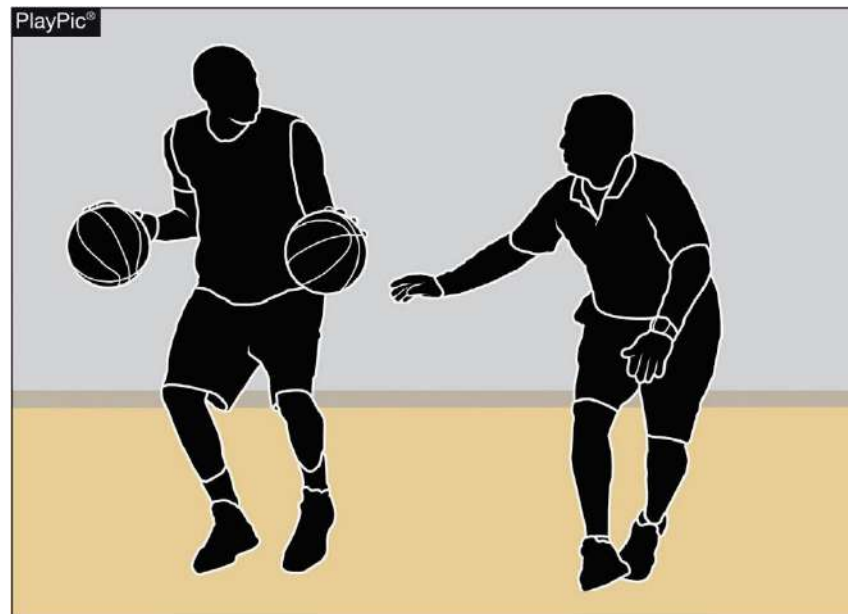
# ANKLE SPRAINS

- An effective exercise program can be performed with minimal equipment in as few as 5-10 minutes a day, 3 days a week, prior to and throughout the season. The program should include a proper warm-up, lower leg stretches, ankle strengthening with elastic bands, and exercises focusing on jumping and balance. Lace up ankle braces should be worn over a single pair of socks and the braces must be used for all practices and games. Wearing ankle braces does not affect an athlete's speed or agility, nor do they "weaken" the ankles or lead to other injuries.



# SPORTS MEDICINE: INJURY RECOGNITION

Coaches should teach and require specific exercises, stretches, drills, etc., appropriate for the sport, to strengthen muscles in injury-prone areas and assist players with learning proper techniques that will minimize injuries when they practice and while competing.







## GENERAL GUIDELINES FOR UNIVERSAL PRECAUTIONS

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NFHS Sports Medicine Advisory Committee (SMAC) has outlined strategies for reducing potential exposure to infectious diseases include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.





## GENERAL GUIDELINES FOR UNIVERSAL PRECAUTIONS

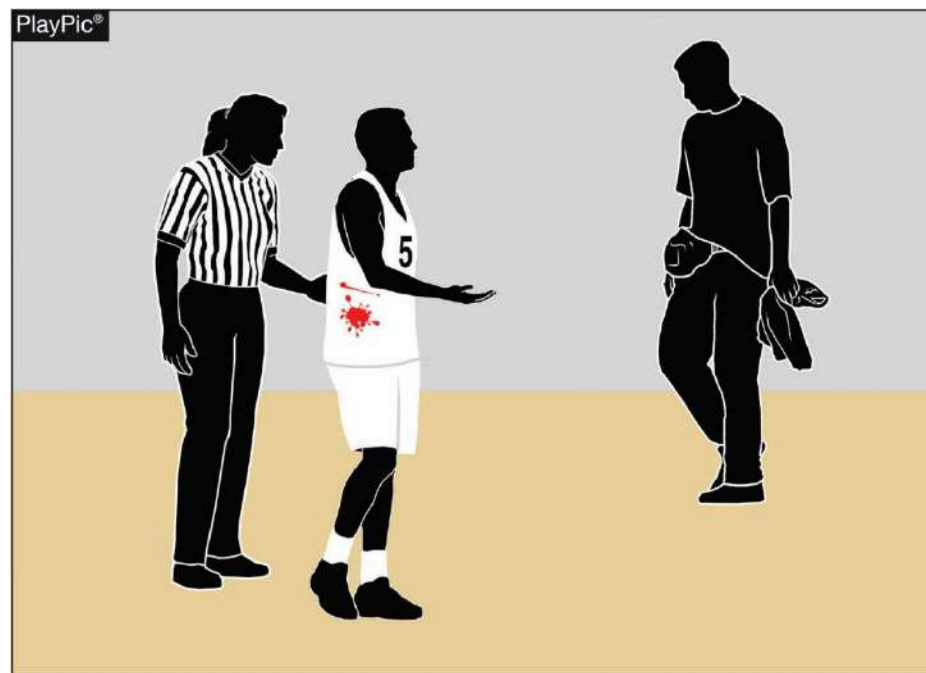
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- Anyone cleaning a uniform or playing surface must wear gloves and use Universal Precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.



# SPORTS MEDICINE: PROPER MANAGEMENT OF BLOOD ISSUES

Rule 3-3-7 specifically details that a player who is bleeding, has an open wound, has any amount of blood on his/her uniform or has blood on his/her person shall be directed to leave the game until the bleeding is stopped, the wound is covered or the uniform is properly cleaned or changed.



# RESPONSIBILITY FOR PROPER UNIFORM AND APPAREL

- The NFHS Basketball Rules Committee remains concerned with the number of reports of improper uniforms, uniform adornments, and non-compliant accessories being worn by players in games. State associations report that an inordinate amount of time is being spent with interpretations, clarifications, and reminders concerning items worn on both the arms and legs that contradict current rule language. At the same time, there is not unified support according to nationwide questionnaires for either more restrictive or less restrictive rule code changes.



# RESPONSIBILITY FOR PROPER UNIFORM AND APPAREL

- The committee is left to conclude that the existing rule code adequately addresses the requirements, but must be understood by coaches and players, and properly applied by contest officials. The responsibilities in this area are clear:
  - It is the coach's role to know the rules, allowances, and restrictions, and to ensure the players are properly informed. The head coach, by rule, shall not permit a team member to participate while wearing an illegal uniform. It is therefore incumbent on the coach to be sure the rules and restrictions have been reviewed by the team including and especially, allowable accessories.





# RESPONSIBILITY FOR PROPER UNIFORM AND APPAREL

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- It is the officials' role to monitor the players and the uniform. This role begins in pre-game warmups, even when all of the uniform and accessories may not be visible. Vigilance, visual monitoring, and communication with both coaches and players during this time may prevent unfortunate situations and their subsequent penalties. Violations cannot be ignored. When preventative monitoring can prevent a player from entering the game with non-compliance items, those steps should be taken. If that isn't possible, then proper penalties must be levied, whether it be against the player or the coach (dependent upon the rule).



# RESPONSIBILITY FOR PROPER UNIFORM AND APPAREL

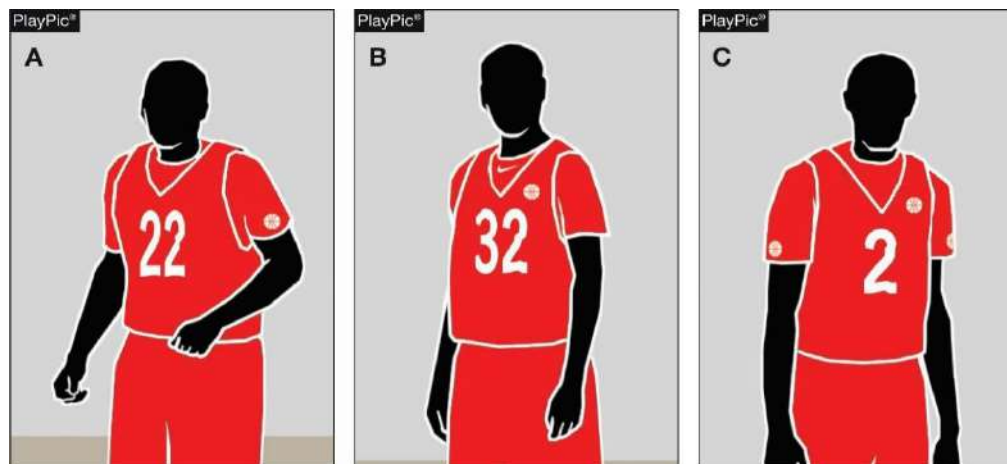
- While it is difficult to stay in front of these issues with an ever-changing marketplace, the rules in place are clear, and if properly applied by all parties, additional measures may not be necessary.





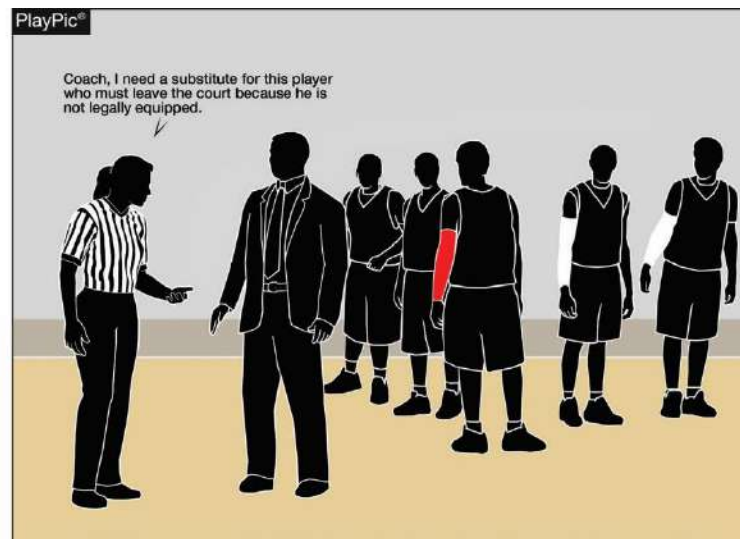
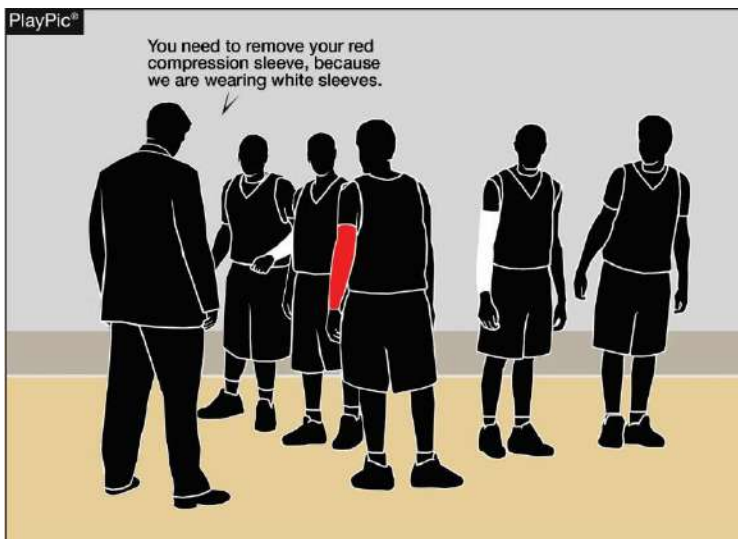
# COACHES RESPONSIBLE FOR DRESS/APPAREL

Officials must reinforce that head coaches are responsible for making sure their players are legally dressed, and are subject to a technical foul per 10-6-4 Pen. if they allow a player to participate while wearing an illegal uniform. PlayPics A and B show a legal undershirt, while PlayPic C shows an illegal undershirt which has multiple manufacturer's logos.



# COACHES RESPONSIBLE FOR DRESS/APPAREL

- Coaches shall not allow players to wear illegal equipment or apparel. Should a team member participate while wearing illegal equipment or apparel, the penalty is a technical foul charged to the head coach as described in Rule 10-6-3 Pen. upon discovery.





# RULES REVIEW AND AREAS OF EMPHASIS

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- The NFHS Basketball Rules Committee has identified three areas where it feels the rules in place are appropriate for this level of play but need renewed emphasis as the skill level, and the ability of players continues to improve, and players attempt to duplicate actions performed on other levels.





# ESTABLISHING PIVOT FOOT AND TRAVELING

- The strategies for properly enforcing the traveling rule requires officials to first and foremost, determine that player's options for the use of a pivot foot. Officials must be in the proper position with a good, wide-angle view of the player's feet and body.
- With the advent of popular moves such as the "euro step," officials at times appear to call infractions that are not violations because they "look funny" and at the same time, miss violations that should be called. A great deal of this can be solved by reminders concerning what is allowed by the player with his/her pivot foot.



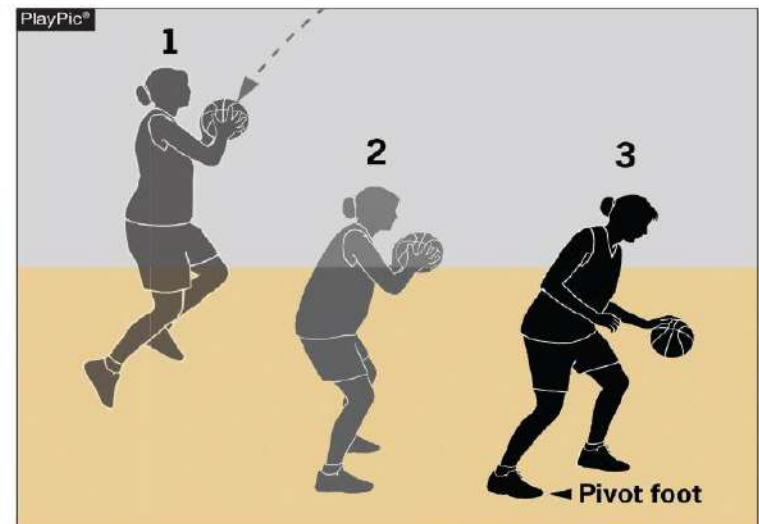
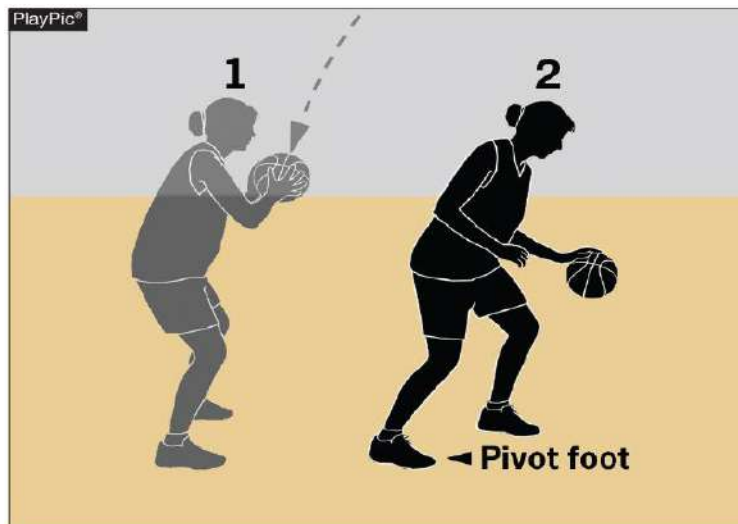
# ESTABLISHING PIVOT FOOT AND TRAVELING

- After coming to a stop and establishing a pivot foot, a pivot foot may be lifted, but not returned to the floor, before the ball is released on a pass or try for goal. If the player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for goal. The pivot foot may not be lifted before the ball is released to start a dribble.
- Knowing the rules will better allow the officials to administer the rules related to traveling.



# ESTABLISHING PIVOT FOOT

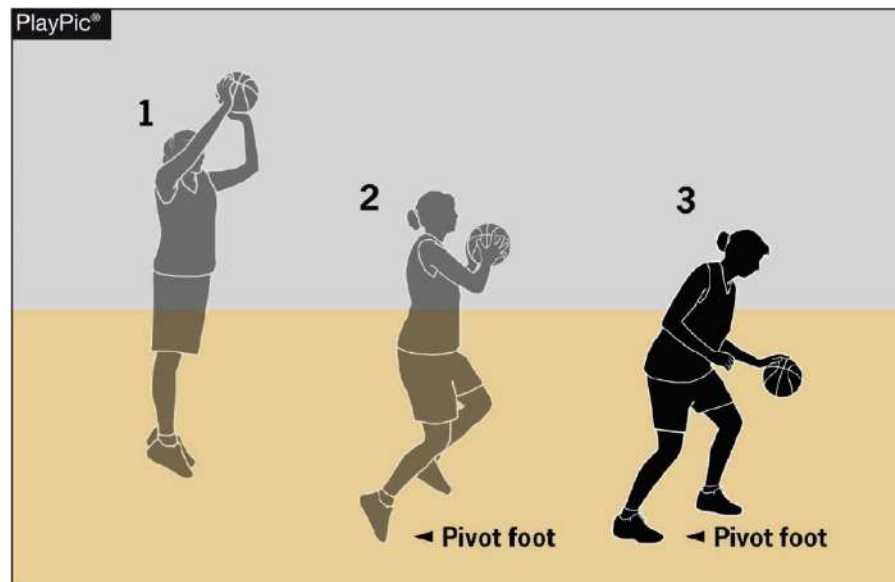
- A player who catches the ball with both feet on the floor may pivot using either foot.
- A player who catches the ball in the air and lands on both feet may pivot using either foot.





# ESTABLISHING PIVOT FOOT

If a player catches a pass in the air and lands with one foot touching the floor prior to the other foot touching, the foot touching the floor first becomes the pivot foot.





## LEGAL GUARDING POSITION, BLOCK/CHARGE, SCREENING, VERTICALITY

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- For 2018-19, the NFHS Basketball Rules Committee feels it imperative to remind coaches, officials and players about the restrictions in specific contact situations. Fundamental to each of these is the establishment of a legal guarding position with these reminders: Rule 4-23 defines guarding position.
  - Once established, the defense can adjust to absorb contact or react to play while maintaining that position.





## LEGAL GUARDING POSITION, BLOCK/CHARGE, SCREENING, VERTICALITY

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- Once established and maintained legally, block/charge must be ruled when occurring.
- Many times, a no call is not appropriate as a determination must be made.
- A defender does NOT have to remain stationary for a player control foul to occur. After obtaining a legal position, a defender may move laterally or obliquely to maintain position but may NOT move toward an opponent.
- Blocking is illegal personal contact with impedes the progress of an opponent with or without the ball.





## LEGAL GUARDING POSITION, BLOCK/CHARGE, SCREENING, VERTICALITY

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- Charging is illegal personal contact caused by pushing or moving into an opponent's torso.
- There must be reasonable space between two defensive players or a defensive player and a boundary line to allow the dribbler to continue in her path.
- If there is less than 3 feet of space, the dribbler has the greater responsibility for the conduct.
- A player with the ball is to expect no leniency regarding space.
- A player without the ball is to be given distance to find and avoid the defender (two strides by rule).



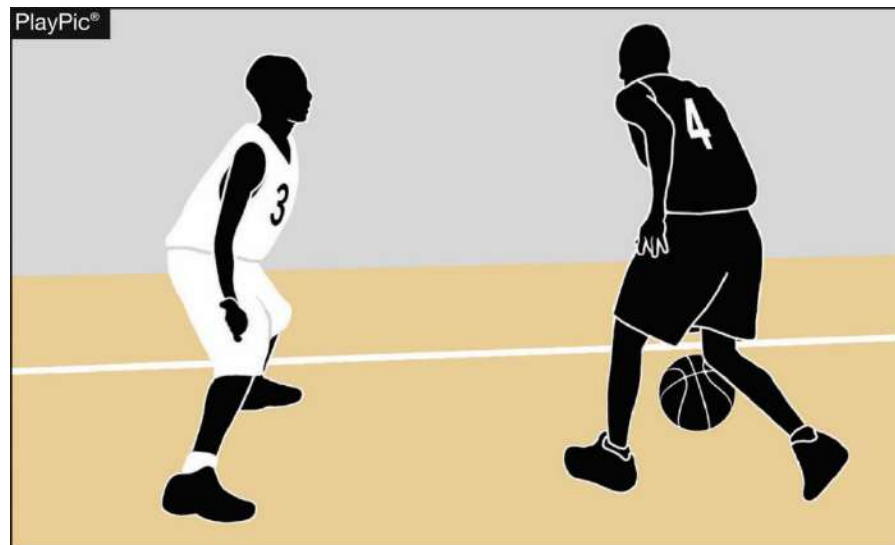
# LEGAL GUARDING POSITION, BLOCK/CHARGE, SCREENING, VERTICALITY

- A player must be in-bounds to have a legal guarding position.
- If an opponent is airborne (whether or not he/she has the ball), legal guarding position must be obtained before the opponent left the floor
- Diligence and constant review of game video and the rules code will help officials be consistent in the application of these rules.



# LEGAL GUARDING POSITION

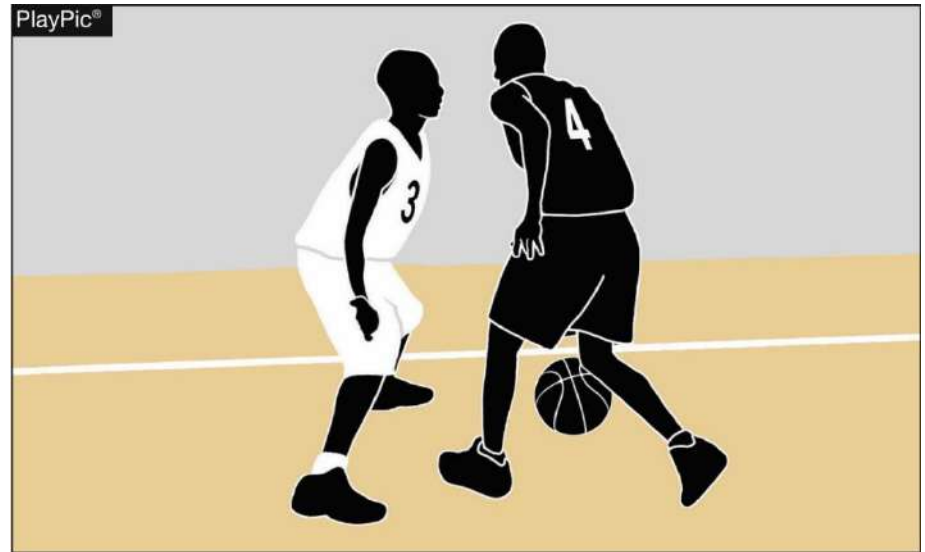
Player 3 has obtained a legal guarding position with both feet touching the playing court and he is facing the opponent.





# LEGAL GUARDING POSITION

Once a legal guarding position is established, a defensive player may move laterally or obliquely to maintain the guarding position provided it is not toward the player when contact occurs.



# GUARDING PLAYER WITH BALL

The guard may raise hands or jump within his or her own vertical plane.



# LOOSE BALL RECOVERY

- The final rules reminder emphasis deals with contact recovering a loose ball and options for the person recovering the ball. The committee feels that with these reminders, excessive physical contact while recovering a loose ball can be properly administered and prevent situations from escalating into more egregious acts. Also, the rules about recovery of the ball require constant review to ensure that acts are not deemed as violations that are in fact legal.



# LOOSE BALL RECOVERY

- Officials need to concentrate on possession of the ball and the players being hindered or obstructed from their legal path to the loose ball in determining infractions. If the loose ball is possessed by opponents, blow the whistle immediately. If a player is impeded by an opponent, rule a foul immediately.
- A fumble is the accidental loss of player control when the ball unintentionally drops or slips from a player's grasp. After losing control of the ball, distance is not a factor in going to recover the ball.



# LOOSE BALL RECOVERY

- If a player dives for a loose ball, gets control of it and his or her momentum causes the player to slide with the ball, there is no violation. It does not matter how much distance the slide covered. Once the sliding player has stopped, the player may sit up, but the player cannot roll over or attempt to rise from the floor while holding the ball.
- A defender trying to recover the ball from the player in possession has a responsibility to avoid illegal contact. If there is illegal contact, then the appropriate foul should be ruled.



# LOOSE BALL RECOVERY

- If a player is going for a loose ball and an opponent dives or throws his or her body which changes the direction of the player going for the loose ball, this must be considered illegal contact and a foul ruled. If a player is in possession of a loose ball and an opponent dives on top of that player, a foul must be ruled.





# LOOSE BALL RECOVERY

- Without question, incidental contact is part of the judgment in loose ball situations. However, much contact is not incidental to getting the ball, but rather is violent contact with no chance to get the ball. The loose ball situation with players diving or rolling on the floor is a situation where the potential for injury increases in proportion to the number of players involved and the amount of time the ball is loose. The player who gains possession while on the floor is often fouled two or three times before passing the ball or before a held ball is called.



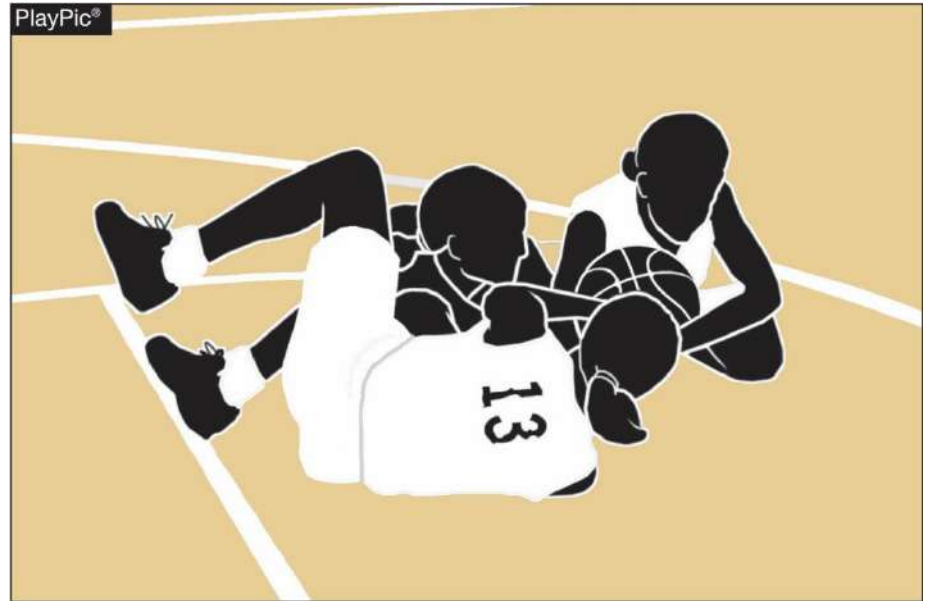
# LOOSE BALL RECOVERY

- A review of past situations shows that in some cases, officials have also erroneously called a "held ball" prematurely to stop action rather than calling the contact foul before a player gains possession. A player going after a loose ball should not expect to be pushed, grabbed, elbowed, blocked or tackled as a penalty for going after the ball.



# LOOSE BALL

- A loose ball requires contest officials to be on alert for how players position themselves to go after the ball.
- Jumping or piling onto players on the floor during a loose ball situation is a foul.





# SUMMARY

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- The constant review of establishing a pivot foot, legal guarding, proper uniform, loose ball recovery will allow for consistent understanding by players and coaches, and consistent application by contest officials.





# OFFICIATING PROFESSIONALISM AND USE OF PROPER TERMINOLOGY

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- The final point of emphasis by the committee deals with professionalism by officials. In an era where officials are more needed than ever, it is important that officials maintain professionalism that leaves no one questioning their motivations. Key in this professionalism is the use of proper terminology.
- In an era of round-the-clock commentators using today's latest lingo to describe game situations to entertain, officials cannot be caught up in that shift to less than professional terminology.



# USE OF PROPER TERMINOLOGY

- A few examples of using the proper terminology include-
  - Backboard (NOT Glass)
  - Division Line (NOT Center, Mid-Court, or Time Line)
  - End Line (NOT Baseline)
  - Fumble (NOT a Muff)
  - Goal (NOT Basket)
  - Grant Time-Out (NOT Call Time-Out)
  - Held Ball (NOT Jump Ball)
  - Obtain (NOT establish)





## USE OF PROPER TERMINOLOGY

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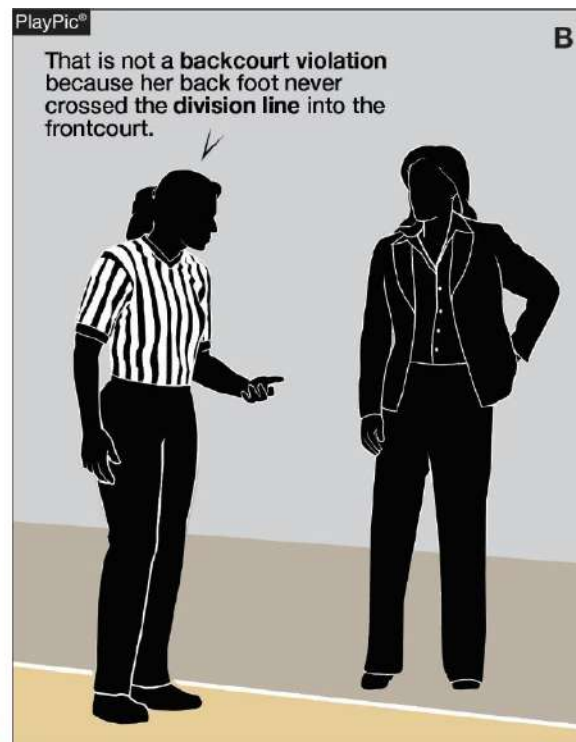
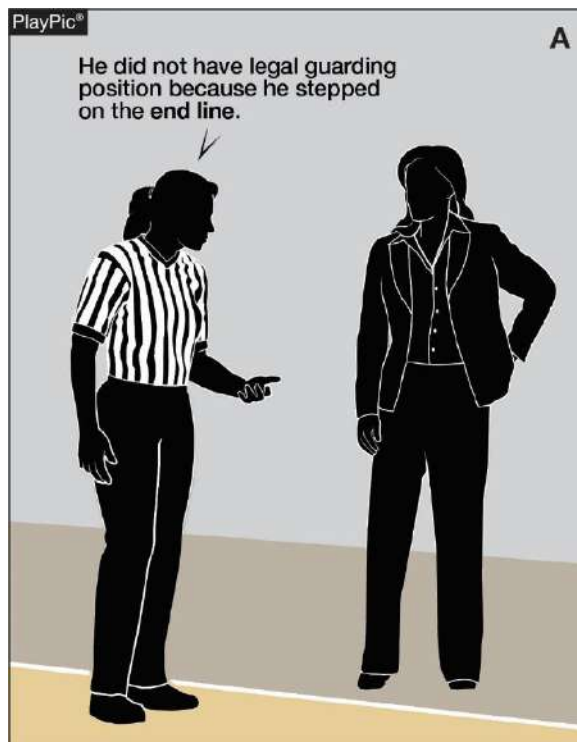
- Officiate Game (NOT Call, Control, Manage, Ref, Work; Officials Officiate the Game)
  - Request Time-Out (NOT Call Time-Out)
  - Ring (NOT Rim)
  - Screen (NOT Pick)
  - 60-Second Time-Out (NOT Full Time-Out)
  - Traveling (NOT Walk)
- The use of proper terminology is one of many steps to ensure that the perception of game officials and the reality of their actions, remains on a higher plane and a critical part of the game.





# OFFICIATING PROFESSIONALISM

Officials need to maintain professionalism by using proper terminology while on the court, as shown in PlayPics A and B.



## OFFICIATING PROFESSIONALISM

- Also, wearing the proper uniform is critical. A neatly groomed official instantly has more credibility with the coaches, game administration, and even the patrons at the game. This includes the proper uniform, properly maintained shoes, a neatly maintained pre-game jacket if worn, and the wearing of only approved items by all contest officials.



## OFFICIATING PROFESSIONALISM

- Lastly, this professionalism is always on display when the officials interact with others at the site. Professional interaction with the other contest officials while on the court, with the game management and table crew, and with the coaches involved in the game are a vital step in “selling” yourself as an official. As the saying goes, you never get a second chance to make a first impression.



## OFFICIATING PROFESSIONALISM

- Maintaining a level tone of voice in all conversations, professionally addressing and interacting with the table crew are very visible signs of your professionalism. Those individuals are key to your maintaining a good game atmosphere and will help ensure the accuracy of all of the necessary elements in managing the games.



# OFFICIATING PROFESSIONALISM

- All interactions with coaches must be professional, and the conduct of the officials during these situations must be above reproach. Game officials must ensure that no matter the situation, professional actions carry the day!





# OFFICIATING PROFESSIONALISM AND USE OF PROPER TERMINOLOGY

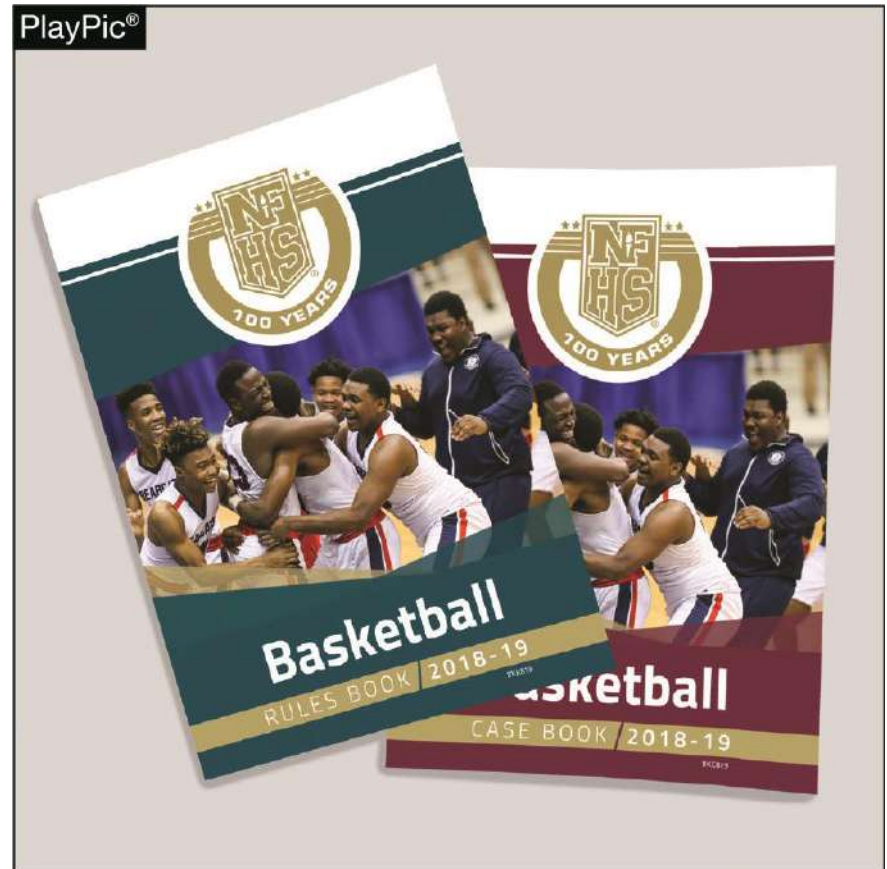
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- A good relationship with game management is also critical. Officials must identify their “go to” person in the event of a situation such as the need to address a conduct situation involving fans. Officials should not, as a rule, have any dealings with fans but must rely on the game administration to intercede in these cases. Therefore, the development and nurturing of that positive relationship with game management are essential to the conduct of a contest.



# RULES REVIEW

Game officials must fully understand certain rules pertaining to traveling, legal guarding position and loose ball recovery.





# THANK YOU

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