

WELCOME

2018-19

DIAA – NFHS

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





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

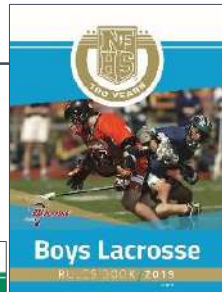
- MISSION

- 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

- 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

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



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/>



NFHS.org



The screenshot shows the top navigation bar of the NFHS.org website. On the left is the NFHS logo, followed by the text "NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS". To the right are links for "NFHS.org", "NFHSLearn.com", "NFHSNetwork.com", and "NFHS.com". Further right are user-specific links: "Terre Taylor", "Dashboard", "My Groups", "Memberships", and "Sign Out". Below this is a secondary navigation bar with "Activities & Sports", "NFHS For You", "#MyReasonWhy", and "Resources", each with a dropdown arrow, and a search icon. The main content area features a blurred background image of a soccer coach talking to players. A dark overlay contains the text "Four Keys for Developing Confident Players" and a red "Read More" button.



Playing Rules, Uniforms,
Diagrams, Articles

NFHS LEARNING CENTER WWW.NFHSLEARN.COM

Professional Development For ALL

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





BASEBALL – BOYS LACROSSE COURSES

■ Courses Available

- Coaching Baseball-\$50
- Coaching Boys Lacrosse - \$50
- Interscholastic Officiating Is FREE
- Introduction to Pitch Smart Is FREE

■ Future Course

- Officiating Baseball





NFHS FREE COURSES

- ACL Injury Prevention
- Appearance and Performance Enhancing Drugs and Substances
- Bullying, Hazing and Inappropriate Behaviors
- Engaging Effectively With Parents
- NCAA Eligibility
- Protecting Students from Abuse
- **Social Media**
- Sportsmanship
- Sports Nutrition
- **Student Mental Health and Suicide Prevention**

Sudden Cardiac Arrest





Welcome To The New NFHS Video Library!
Search For Your Sport Below

Video Library for FREE

Video Filters:

Sort By: [dropdown] Select Categories: [dropdown] Select Sports: [dropdown] Search our videos... [input] [search icon]

Total videos: 373



3-Man Mechanics - Runners At ...

Baseball



UIL Court Coverage - Trail Of...

Basketball



THE FOLLOWING PRESENTATION WAS SHOT AND PRODUCED BY THE NFHS IN COOPERATION WITH BEN DAVIS HIGH SCHOOL (IND.) AND BEEBLER JESUIT PREPARATORY SCHOOL (IND.) IN 2014. WE THANK THEM FOR THEIR PARTICIPATION AND SUPPORT.

Final Run Out Before Start

Cross Country



Football Mechanics: Coin Toss...

Football



Ice Hockey Rules Concepts - B...

Ice Hockey



NFHS Soccer Rules: Referee Me...

Soccer

Arbiter Sports

<https://www.arbitersports.com>

Officials' Information and Testing

Baseball – March 18 – April 15

Boys Lacrosse – March 18 – April 15

Softball – March 18 – April 15

Track & Field – March 18 – April 15



**Part 1 [practice] tests for
Baseball and Softball
are open now**



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 page features a blue header with the NFHS logo and 'OFFICIALS ASSOCIATION' text. Below the header is a navigation menu with links for MAIN, WELCOME, VIDEO, PUBLICATIONS, CONTACT, TESTING, and COURSES. A large banner reads 'NFHS Officiating CENTRAL HUB' with images of officials. A search bar is located below the banner. The main content area includes a 'NFHS Publications Committee' section, an 'In the News!' section with a photo of a baseball game, and a 'Features' section. On the right side, there is a 'Sport Specific Information' sidebar with buttons for Water Polo, Swimming & Diving, Baseball, Basketball, Cross Country, Field Hockey, Football, and Gymnastics. The user's name 'Thomas Neubauer (Official)' and group ID '105431' are visible in the top right corner.

Websites4Sports

Your School Site

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 athlete's 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 contact 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																																															
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																																															
<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"> <thead> <tr> <th></th> <th>PRACTICE</th> <th>EVENTS</th> </tr> </thead> <tbody> <tr> <td>Coach</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> <tr> <td>Student 3</td> <td></td> <td></td> </tr> </tbody> </table>				PRACTICE	EVENTS	Coach			Student 1			Student 2			Student 3			<table border="1"> <thead> <tr> <th></th> <th>PRACTICE</th> <th>EVENTS</th> </tr> </thead> <tbody> <tr> <td>Student 1</td> <td></td> <td></td> </tr> <tr> <td>Student 2</td> <td></td> <td></td> </tr> </tbody> </table>				PRACTICE	EVENTS	Student 1			Student 2					
	PRACTICE	EVENTS																																																			
Closest Phone																																																					
EMS Access Point																																																					
Street Intersection																																																					
Student 1																																																					
Student 2																																																					
	PRACTICE	EVENTS																																																			
Coach																																																					
Student 1																																																					
Student 2																																																					
Student 3																																																					
	PRACTICE	EVENTS																																																			
Student 1																																																					
Student 2																																																					
MEET AMBULANCE at EMS Access Point. Take to victim.			WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS			GET THE ATHLETIC TRAINER																																															
<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			<ol style="list-style-type: none"> Remove clothing from chest. Attach electrode pads as directed by voice prompts. Stand clear while AED analyzes heart rhythm. Keep area clear if AED advises a shock. Follow device prompts for further action. After EMS takes over, give AED to Athletic Administrator for data download. 			<table border="1"> <thead> <tr> <th></th> <th>PRACTICE</th> <th>EVENTS</th> </tr> </thead> <tbody> <tr> <td>Typical location</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	Typical location			Student 1			Student 2																							
	PRACTICE	EVENTS																																																			
Entry Door/Gate																																																					
Student 1																																																					
Student 2																																																					
	PRACTICE	EVENTS																																																			
Typical location																																																					
Student 1																																																					
Student 2																																																					
CALL CONTACTS. Provide location and victim's name.			4 HEAT STROKE TEAM			CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.																																															
<table border="1"> <thead> <tr> <th></th> <th>NAME</th> <th>CELL</th> </tr> </thead> <tbody> <tr> <td>Athletic Trainer</td> <td></td> <td></td> </tr> <tr> <td>Athletic AD</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>				NAME	CELL	Athletic Trainer			Athletic AD			Student 1			Student 2			<table border="1"> <thead> <tr> <th></th> <th>PRACTICE</th> <th>EVENTS</th> </tr> </thead> <tbody> <tr> <td>Tub Location</td> <td></td> <td></td> </tr> <tr> <td>Water Source Location</td> <td></td> <td></td> </tr> <tr> <td>Ice Source Location</td> <td></td> <td></td> </tr> <tr> <td>Ice Towel Location</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	Tub Location			Water Source Location			Ice Source Location			Ice Towel Location			Student 1			Student 2			<table border="1"> <thead> <tr> <th></th> <th>PRACTICE</th> <th>EVENTS</th> </tr> </thead> <tbody> <tr> <td>Student 1</td> <td></td> <td></td> </tr> <tr> <td>Student 2</td> <td></td> <td></td> </tr> </tbody> </table>				PRACTICE	EVENTS	Student 1			Student 2		
	NAME	CELL																																																			
Athletic Trainer																																																					
Athletic AD																																																					
Student 1																																																					
Student 2																																																					
	PRACTICE	EVENTS																																																			
Tub Location																																																					
Water Source Location																																																					
Ice Source Location																																																					
Ice Towel Location																																																					
Student 1																																																					
Student 2																																																					
	PRACTICE	EVENTS																																																			
Student 1																																																					
Student 2																																																					
			<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. 																																																		



Heat Acclimatization

DIAA heat restriction policy is minimally as follows:

1. Go to www.weather.com
2. Enter your zip code
3. Add the numbers of temperature and relative humidity (+/- 10 depending on level of acclimatization)
4. If practice/competition is not on a natural grass or dirt base, add 5 points
5. If the sum of 3 & 4 is:



Heat Acclimatization

DIAA heat restriction policy is minimally as follows:

Greater or equal to 150

**(+/- 10 depending on level of acclimatization) or preferable
WBGT 82-86.7**

Practice Limitations:

- Water breaks:* At least once every 15 minutes, minimum 5 minutes in length in the shade
- Length of continuous play:* 15 minute segments with at least 5 minute break before restarting play
- Length of total play*:* 2 hours
- Equipment:* helmets/shoulder pads only



Heat Acclimatization

DIAA heat restriction policy is minimally as follows:

Greater or equal to 160 (WBGT 82-86.6)

Practice Limitations:

(+/- 5 depending on level of acclimatization) (WBGT90-92)

- Water breaks:* at least once every 15 minutes, minimum 5 minutes in length in the shade
- Length of continuous play:* 15 minute segments with at least 3 minute break before returning to play
- Length of total play*:* 1.5 hours
- Equipment: helmets only*

Competition Limitations

- Water breaks:* At least half way between every half, lasting min. 5 minutes in length, in the shade
- Length of play:* may be shortened at the officials' discretion for health and safety reasons.



Heat Acclimatization

DIAA heat restriction policy is minimally as follows:

Great or equal to 170, or any temperature above 95 degrees Fahrenheit regardless of the relative humidity, or WBGT 92.1+

Practice must be suspended.

Competition Limitations

- Water breaks*: at least half way between each half, lasting minimum 5 minutes, in shade.
- Length of continuous play**: running clock
- Length of total play**: may be shortened or suspended at official's discretion

* Length of continuous or total play means time within the restricted heat period. Total length of competition on any day where heat restrictions occur is maximally 3 hrs. If by rules a full competition has been achieved at the end of allowed time, the competition shall be considered complete. All breaks should occur in shaded area. Cold water immersion tubs should be present to immerse before hospital transport. EAP for heat illness and other emergencies must be performed annually by each sport in each home venue.

The difference in limitations between practice and competition is due to more frequent breaks and more acclimatized participants that competition generally allows.



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 (9-5-2018)
- 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)

	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.



DIAA POLICIES AND PROCEDURES

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

DIAA website → Sports → DIAA Approved Polices
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 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

*E-cigarettes included

NFHS Marked VARSITY Game Balls

- Must have NFHS branded logo
- State Tournament:
 - Baseball: Wilson A1010
 - Boys Lacrosse: Champro – NFHS authenticated



Thunder and/or Lightning Policy

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include

your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
5. Inform student-athletes and their parents of the lightning policy at start of the season.



* - At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be difficult to determine if the lightning is a threat to the event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

Thunder and/or Lightning Policy

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include

your state high school activities association and the nearest office of the National Weather Service.

b. **30-minute rule**. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.

c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will **reset the clock** and another 30-minute count should begin.

d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.

* – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.

5. Inform student-athletes and their parents of the lightning policy at start of the season.

Updated Policy [March 2018 in red]

Baseball – Appendix E, Page 75

Boys Lacrosse – Appendix E, Page 103



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.
- **NOT** be **COMPLETELY** white or **COMPLETELY** clear



DIAA POLICIES & PROCEDURES

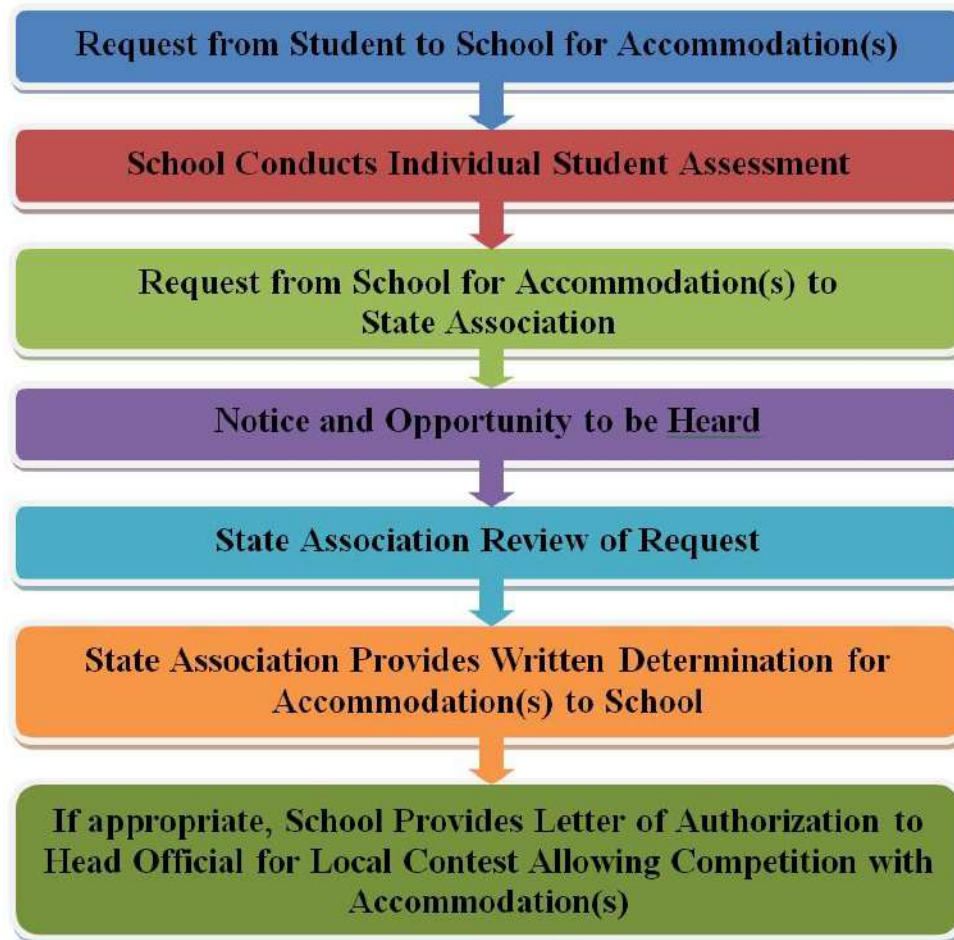
Special Accommodations Requests

- 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



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.
- Baseball - three (3) bench confinements
- Boys' Lacrosse - three (3) unsportsmanlike conduct fouls;
or any combination of five (5) conduct and unsportsmanlike conduct fouls



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 Info



NFHS Campaign

My Reason Why – Year 3



- #MyReasonWhy
- Myreasonwhy.com
- Promote the value of interscholastic athletics

Social Media Profile



Facebook

Page: Delaware Interscholastic Athletic Association

Link: www.facebook.com/DelawareInterscholasticAthleticAssociation



Twitter

Page: DIAA

Handle: @DIAA_Delaware



Instagram

Handle: DIAA_Delaware

NFHS Social Media

NFHS and Coaches Education

@NFHS_Org @NFHSNetwork

NFHS and Coach Education
Public School

Timeline About Photos Reviews More ▾

NFHS
@NFHS_Org

The Official twitter account of the National Federation of State High School Associations.

Indianapolis, IN
nfhs.org
Joined February 2010

Tweets 2,993 Following 221 Followers 10K Favorites 230 Lists 2

Tweets Tweets & replies Photos & videos

NFHS @NFHS_Org · 3h
"It's what you get from games you lose that is extremely important." - Pat Riley

NFHS @NFHS_Org · 3h
NFHS Coach Education+ is out! paper li/NFHSCoachEd/13... Stories via @GavinKempfe @anunabukia @davishighswim

NFHS Network
@NFHSNetwork

The NFHS Network delivers LIVE high school sports and events to fans, whenever and wherever.

Atlanta, GA
@NFHSNetwork.com
Joined December 2018

Tweets 6,613 Following 537 Followers 59K Favorites 1,582 Lists 1

Tweets Tweets & replies Photos & videos

MHSAA @MHSAA · 2h
VIDEO: Great highlights from the 2015 @NFHSNetwork Broadcast Academy! on tv/297y



NFHS Network

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

The screenshot shows a web browser displaying the NFHS Network website. The main content area is for the Delaware Interscholastic Athletic Association (DIAA). At the top, there's a navigation bar with 'THE HIGH SCHOOL SPORTS NETWORK' logo, a search bar, and links for 'Buy DVDs', 'Sign In', and 'JOIN NOW'. Below the navigation, the DIAA logo is prominent with a 'FOLLOW' button. The central focus is a live stream of a football game, with the text '0 EVENTS LIVE NOW' above it. To the right, there's a section for 'UPCOMING GAMES' listing several championships with their dates and times. At the bottom of the main content area, there's a subscription promotion: 'SUBSCRIBE TO WATCH YOUR HIGH SCHOOL EVENTS' with a subtext 'Sign up today to watch your favorite high school sporting events live, on demand and on the go here on the NFHS Network!'. A small inset image shows a hand holding a smartphone displaying the NFHS Network app. The browser's address bar shows 'http://www.nfhsnetwork.com/associations/diaa'. The system tray at the bottom right indicates the time is 10:04 AM on 8/8/2014.





Thank you for your support of
Interscholastic Athletics!





2019 NFHS BOYS LACROSSE RULE REVIEW

National Federation of State
High School Associations



Take Part. Get Set For Life.®



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- VISION

- The National Federation of State High School Associations (NFHS) is the national leader for education-based high school athletics and activities, which prepare tomorrow's leaders for the next level of life through innovative programs, healthy participation, achievement, and development of positive relationships.





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.



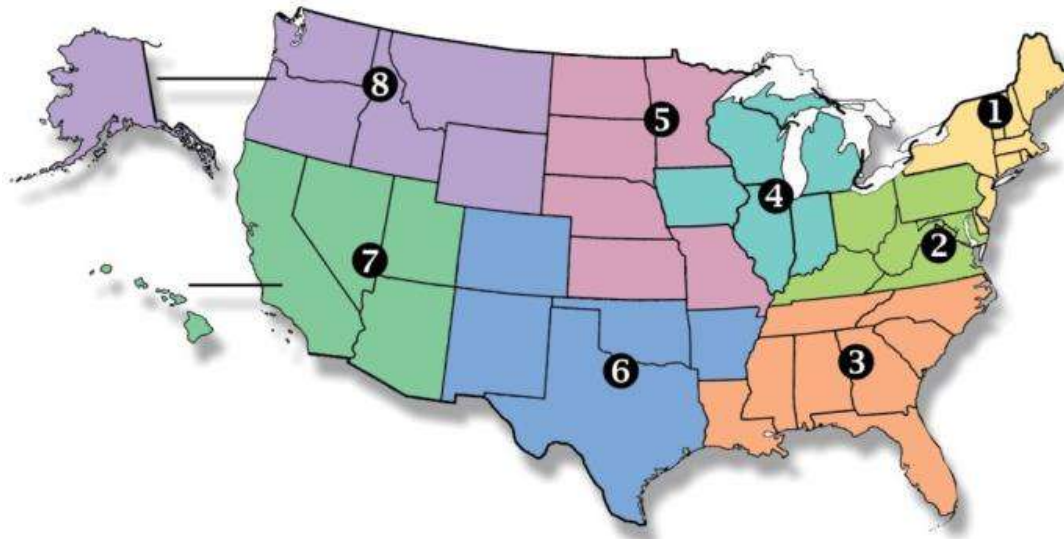
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- 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

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.



NFHS RULES REVIEW COMMITTEE

The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield
Chief Operating
Officer



Lindsey Atkinson
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball and
Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



Julie Cochran
Cross Country,
Gymnastics, Field
Hockey and
Track & Field



James Weaver
Boys and Girls
Lacrosse and Spirit



Theresa Wynns
Basketball and
Soccer



Dan Schuster
Ice Hockey




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

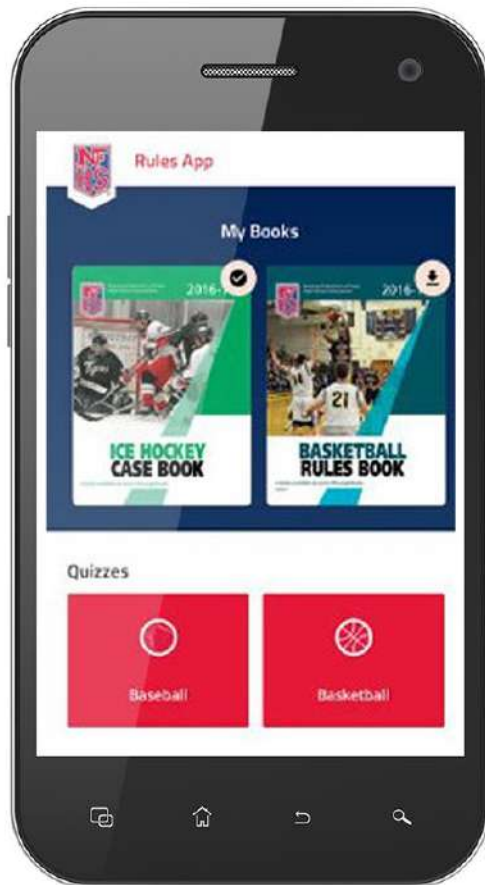
NFHS Rules and Case e-books for \$6.99 each

Download from iTunes or Amazon

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



NEW NFHS RULES APP

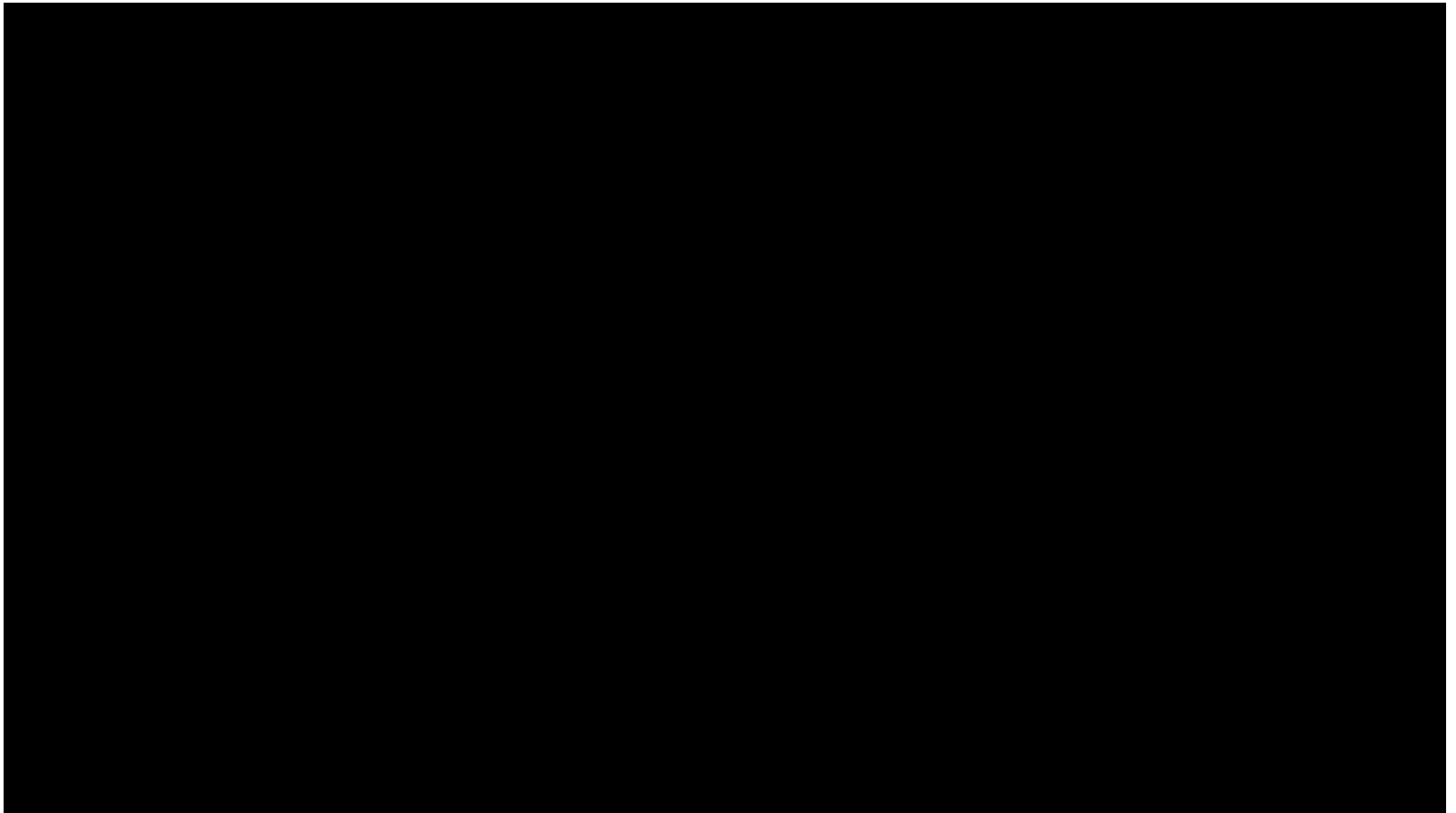


- Rules App features:
 - Searchable
 - Highlight notes
 - Bookmarks
 - Quizzes for all sports
 - Easy navigation
 - Immediate availability
 - Free to paid members of the NFHS Coaches and Officials Associations
 - www.nfhs.org/erules for more information





US LACROSSE INTERP VIDEO





2019 NFHS BOYS LACROSSE

National Federation of State
High School Associations



Take Part. Get Set For Life.®

Major Rules Changes



CROSSE MEASUREMENT RULE 1-6-2

- Measuring the length of the head at the front (face) of the head.





POCKET ATTACHMENTS

RULE 1-7-1

- The pocket/net must be completely attached to the head and the side walls, leaving no gaps large enough for a ball to pass through.





GOALKEEPER CHEST PROTECTOR RULE 1-9-1J

- Beginning January 1, 2021, a goalkeeper chest protector designed for lacrosse that incorporates the NOCSAE ND200 at the time of manufacture shall be used by all goalkeepers.





SLOW WHISTLE SHOT

RULE 4-5-9

- Shot is considered a ball propelled toward the goal by an offensive player with the intent of scoring a goal. A shot can only be made when the ball is parallel to or above the goal line extended. Additionally, it can be either thrown from a crosse, kicked, or otherwise physically directed.





DISALLOWING A GOAL RULE 4-9-3

- If any of the following occur between the end of the period and the shot entering the goal, the goal will be disallowed:
 - a. The ball makes contact with any member of the attacking team or his equipment;
 - b. The ball is touched by a player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts or crossbar.





OVER AND BACK RULE 4-14-3

- If the ball does not touch the center line or something over the center line, no infraction has occurred. A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team's offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot or any other part of his body excluding his gloved hand wrapped around his crosse. If he does so, it shall be a turnover.





BODY CHECK RULE 5-4-4

- A player shall not initiate a body check legally but slides up into or follows through to an opponent's head or neck.





DEFENSELESS BODY CHECK RULE 5-4-5

- A player shall not body-check a player in a defenseless position. This includes but is not limited to: (a) body-checking a player from his "blind side;" (b) body checking a player who has his head down in an attempt to play a loose ball; and (c) body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.





TARGETING RULE 5-4-6

- A player shall not initiate targeting, which is intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent.

PENALTY: Three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.





TARGETING A DEFENSELESS PLAYER

RULE 5-4-7

- A player shall not initiate targeting that intentionally takes aim at a player in a defenseless position.

PENALTY: Three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.





COACH OBSTRUCTION RULE 5-10E

- A coach who is on the field and obstructs play.





EJECTED COACH RULE 5-12-1 PENALTY

- Three-minute non-releasable penalty for a player, substitute or non-playing team member or a one-minute non-releasable penalty for a coach and ejection for the remainder of the game. The ejected coach shall be removed from the premises (bench and field area). The ejected player, substitute or non-playing team member shall be removed from the premises if there is authorized school personnel present to supervise the ejected student. If no authorized school personnel is available, the student shall be confined to the bench area. The sponsoring authority is responsible for notifying the appropriate school of the ejection.





HOLDING

RULE 6-3-2A AND RULE 6-3-3E

- A player shall not use the portion of the handle that is between his hands to hold an opponent, when his hands are more than shoulder-width apart.
- Holding is permitted if a player uses the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.



CROSSE EXCHANGE DURING PLAY

- A player shall not exchange his crosse with that of a teammate during live play while the ball is in either crosse.





WARDING RULE 6-11-2

- A player in possession of the ball with both hands on his crosse shall not use his hand or arm to push the body of the player applying the check. NOTE: Illegal body checks (5-3), "spearing" (5-4-3) and unnecessary roughness (5-9-3 SITUATION E) shall be strictly enforced as personal fouls.





WARDING RULE 6-11-2

- A player in possession of the ball with both hands on his crosse shall not use his hand or arm to push the body of the player applying the check. NOTE: Illegal body checks (5-3), "spearing" (5-4-3) and unnecessary roughness (5-9-3 SITUATION E) shall be strictly enforced as personal fouls.





National Federation of State
High School Associations



Take Part. Get Set For Life.®

Rule Corrections



RULE CORRECTIONS

Penalty in 5-3, page 59

- Remove penalty in 5-3, editorial error.
- During the last two minutes a shot that hits the goalie or pipes does not remove the stall warning.





National Federation of State
High School Associations



Take Part. Get Set For Life.®

Situations and Rulings

5.4.2 SITUATION

- A1 attempts to check B1's stick but instead A1's stick (a) makes slight contact with B1's head or neck or (b) strikes B1's head or neck area.

Ruling: In (a), no foul, this is a brush. In (b), slashing, a one-minute releasable foul. If the slash was excessive, violent or uncontrolled, at least a two-minute non-releasable foul shall be called.



5.4.5 SITUATION

- A1 posts-up in front of the goalkeeper with his back to the goalkeeper. Before or as a pass arrives to the player, the goalkeeper jumps out and illegally body-checks or cross-checks A1 in the back of the neck or head area.

Ruling: A three-minute, non-releasable penalty for a check to the head/neck area, may result in an ejection



5.4.6 SITUATION

- A1 passes the ball to A2. While the ball is in flight, B1 targets a body check on A2, who does not see the hit coming.

Ruling: Three-minute non-releasable foul, may result in an ejection.



6.11 SITUATION C

- A1, with both hands on his crosse, raises his forearm and directs B1's (a) crosse or (b) body away from himself, creating space.

Ruling: (a) legal play. (b) warding off; award the ball to Team B.



7.8.2 SITUATION

- A1, in the attack area, is slashed by B1, flag-down, and A1 drops the ball as a result of the slash. During the resulting loose ball, B2 pushes A2.

Ruling: The whistle is blown upon the second foul unless a scoring play is imminent. B1 serves one-minute for slashing, and B2 serves 30 seconds for pushing.





National Federation of State
High School Associations



Take Part. Get Set For Life.®

Points of Emphasis



National Federation of State
High School Associations



Take Part. Get Set For Life.®

Rule Corrections



RULE CORRECTIONS

4-5 Art 9. A shot can only be made when the ball is parallel to or above the goal line extended.

Clarification: A shot that is taken from behind the goal line extended does not satisfy the criteria for ending a stalling situation as described in 6-10 Art 2, unless that shot results in a goal.

Penalty in 5-3, page 59

- Remove penalty in 5-3, editorial error.





RULE CORRECTIONS

Situations 5.4.1a, page 60

§ Remove situation due to duplication.

Situations 5.4.1b, page 60

§ Remove situation due to duplication.

Situation 5.5b, page 61

- Change situation to 6 inches
 - Editorial error with the old 6 ½ inch measurement

Situation 5.9.3b, page 64

- Clarification: Shall be a three-minute non-releasable if targeting a defenseless player.



RULE CORRECTIONS

Situation 6.2.1e, page 68

- § A second flag should create an immediate whistle
- § Correction due to rule change

Situation 6.5.2a, page 73

- Clarification: Upon a second foul the penalty shall be a personal foul

6-10, Page 77

During the last two minutes a shot that hits the goalie or pipes does not remove the stall warning.

Situation 7.3b, page 84

- Ruling change: The second penalty on team B results in the slow whistle being stopped by the official



POINTS OF EMPHASIS

- 2019 Points of Emphasis Page 95
 - Stalling
 - Targeting
 - Holding
 - Warding





NFHS OFFICIALS EDUCATION



SPORTS-SPECIFIC OFFICIATING COURSES

WWW.NFHSLEARN.COM

The screenshot shows the NFHS Learn for Officials website. At the top, there is a navigation bar with the NFHS Learning Center logo and links for Dashboard, Courses, NFHS Learn for You, User Lookup, and Help. Below this is a dark banner with the text "NFHS Learn for Officials". The main content area is divided into two sections: "Resources" and "Recommended Courses".

Resources

- Video Library
- High School Today
- Articles
- NFHS Rules Books

Recommended Courses

- Interscholastic Officiating**: 3,008 Completions | \$20
- Heat Illness Prevention**: 3,008 Completions | Free
- Concussion In Sports**: 3,008 Completions | Free
- Sportmanship**: 3,008 Completions | Free
- Sports Nutrition**: 3,008 Completions | Free
- Sudden Cardiac Arrest**: 3,008 Completions | Free

The footer contains a grid of links: Home, Courses, Resources, and Our Organization. The "Our Organization" section includes links for NFHS.org, About NFHS, Partners, History Photo, Help Desk, and Advertisers. Social media icons for Facebook, Twitter, and YouTube are also present. The copyright notice at the bottom reads "Copyright © 2017 NFHS. All rights reserved."

- Introduction to mechanics and techniques used in each sport
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics vary based on the needs of the officials in the sport
- NFHS Officials Association members cost is \$10
- Non-members - course is \$20
- API available to state associations to collect results





NFHS OFFICIALS EDUCATION SPORT-SPECIFIC COURSES

▪ Courses Available

- **Officiating Football**
- **Soccer – Fouls and Misconduct**
- **Swimming and Diving**
- **Officiating Wrestling**
- **Officiating Basketball**
- **Umpiring Softball**
- **Officiating Volleyball – Ball Handling**

▪ Future Courses

- **Officiating Baseball**
- **Basketball – Three-Person Mechanics**
- **Field Hockey**
- **Track and Field**
- **Volleyball – Overlapping**
- **Softball – Mechanics**
- **Communication Among Officials and Coaches**
- **Soccer - Offside**



INTERSCHOLASTIC OFFICIATING

WWW.NFHSLEARN.COM

Interscholastic Officiating

1 2 3 4 5 6 7 8 9 10 PREVIOUS NEXT PAUSE

Introduction

Unit 1: Basics

Unit 2: Science

Objectives

Rules Knowledge

Mechanics

Fitness and Conditioning

Key Points

Checkpoint

Unit 3: Art

Unit 4: Balance

Course Close

Mechanics: Nuances

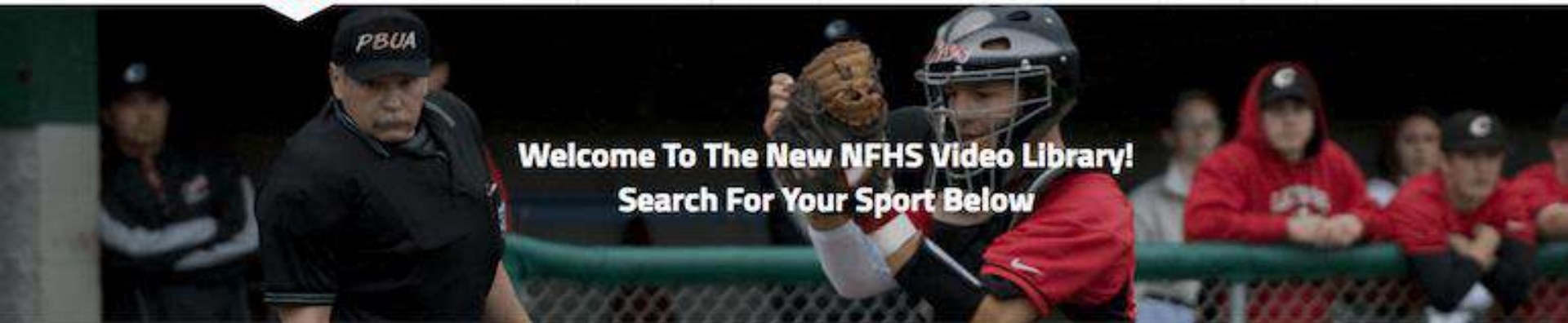
Every sport offers specific nuances to the game and every game has a flow. As you gain experience, hopefully you will tune into this and help the game unfold naturally.

Continue >

TRANSCRIPT RESOURCES

- Introduction to skills and concepts used as an official
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: basics of becoming and staying an official, science of officiating, art of officiating, how to combine these skills for successful officiating
- Course is **FREE** to any **NFHS Officials Association** member
- Non-members course is \$20
- API available to state associations to collect results





Welcome To The New NFHS Video Library! Search For Your Sport Below

Video Filters:

Sort By ▼ Select Categories ▼ Select Sports ▼ Search our videos... 🔍

Total videos: 373



3-Man Mechanics - Runners At ...

Baseball



UIL Court Coverage - Trail Of...

Basketball



THE FOLLOWING PRESENTATION WAS SHOT AND PRODUCED BY THE NFHS IN COOPERATION WITH BEN DAVIS HIGH SCHOOL (IND.) AND BEEBEUR JUNIOR PREPARATORY SCHOOL (IND.) IN 2014. WE THANK THEM FOR THEIR PARTICIPATION AND SUPPORT.

Final Run Out Before Start

Cross Country



Football Mechanics: Coin Toss...

Football



Ice Hockey Rules Concepts - B...

Ice Hockey



NFHS Soccer Rules: Referee Me...

Soccer

NFHS OFFICIALS ASSOCIATION CENTRAL HUB

<https://nfhs-fieldhockey.arbitersports.com/front/105408/Site>

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



The screenshot displays the NFHS Officials Association website. The header includes the NFHS logo, 'OFFICIALS ASSOCIATION', and 'Arbitersports'. A navigation bar contains links for 'NFHS HOME', 'FIELD HOCKEY', 'VIDEO', 'PUBLICATIONS', 'GROUP INFO', 'FORUM', and 'CONTACT'. The main banner features a field hockey player and the text 'NFHS FIELD HOCKEY OFFICIATING | THE CIRCLE'. Below the banner is a search bar. The content area is divided into three columns: 'Field Hockey Rules Information' with links to 2015, 2014, and 2013-14 rules changes; 'Field Hockey Resources' with links to a field diagram, officiating course, and concussion management; and a 'Welcome' message from Mark A. Koski, Director of Sports, Events and Development. A right-hand sidebar titled 'Sport Specific Information' lists various sports: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, and Track & Field.





NFHS LEARNING CENTER



NFHS LEARNING CENTER WWW.NFHSLEARN.COM

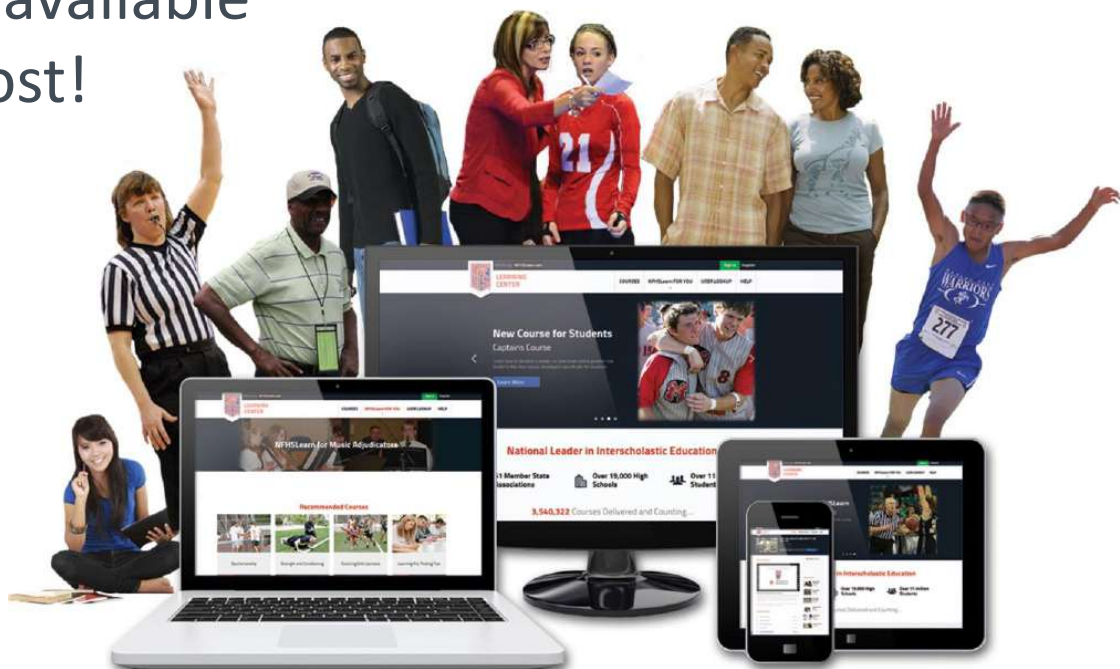
- Professional Development For ALL
 - Coaches
 - Officials
 - Administrators
 - Parents
 - Students
 - Performing Arts



NFHS LEARNING CENTER

WWW.NFHSLEARN.COM

- Over 1.3 Million courses delivered in 2017
- Over 6.7 Million courses since 2007 launch
- Over 55 courses available
- Over 25 at No Cost!



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





NFHS NETWORK



NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



www.NFHSnetwork.com



27 DIFFERENT SPORTS AND ACTIVITIES

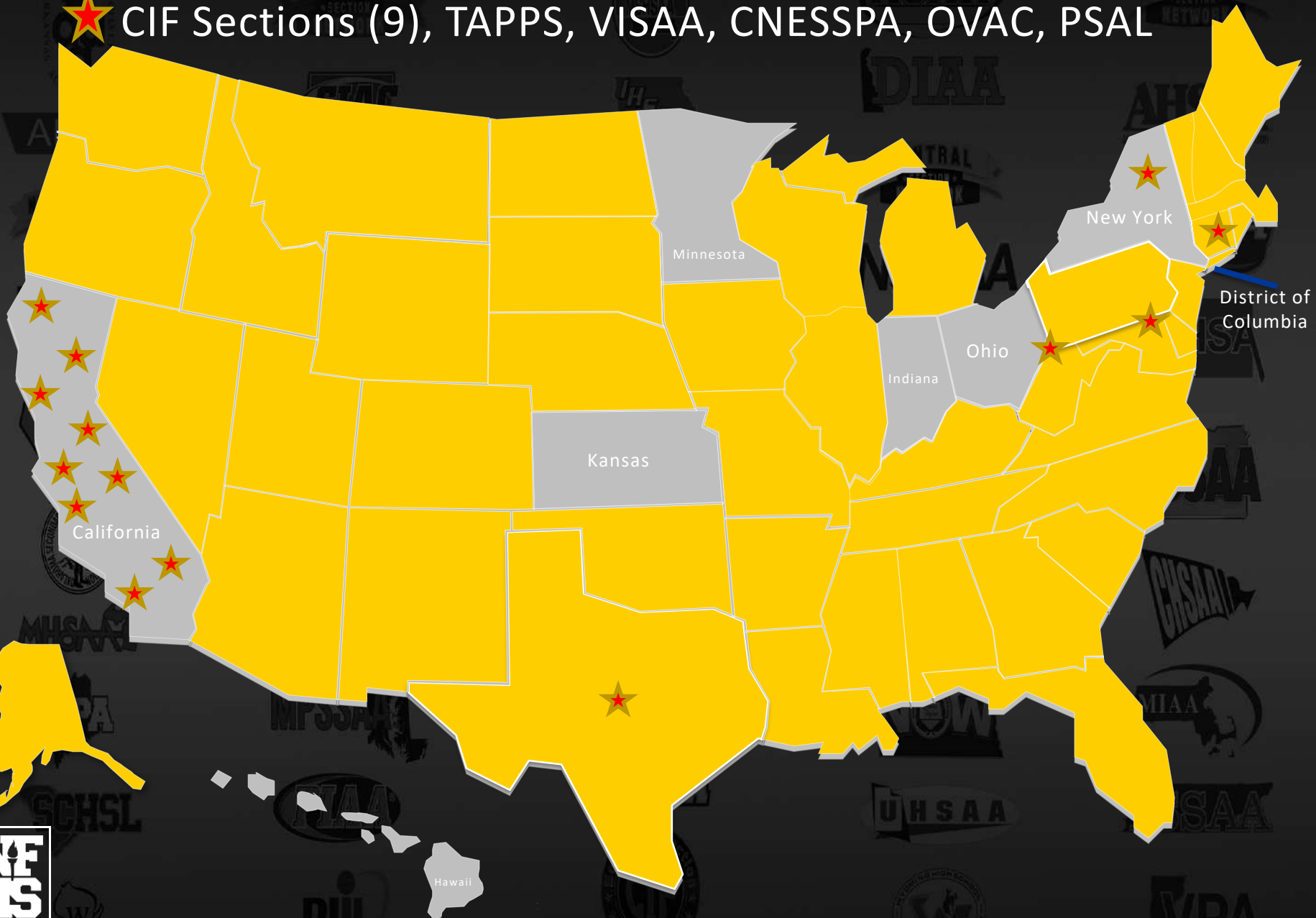


3 MILLION UNIQUE VIEWERS



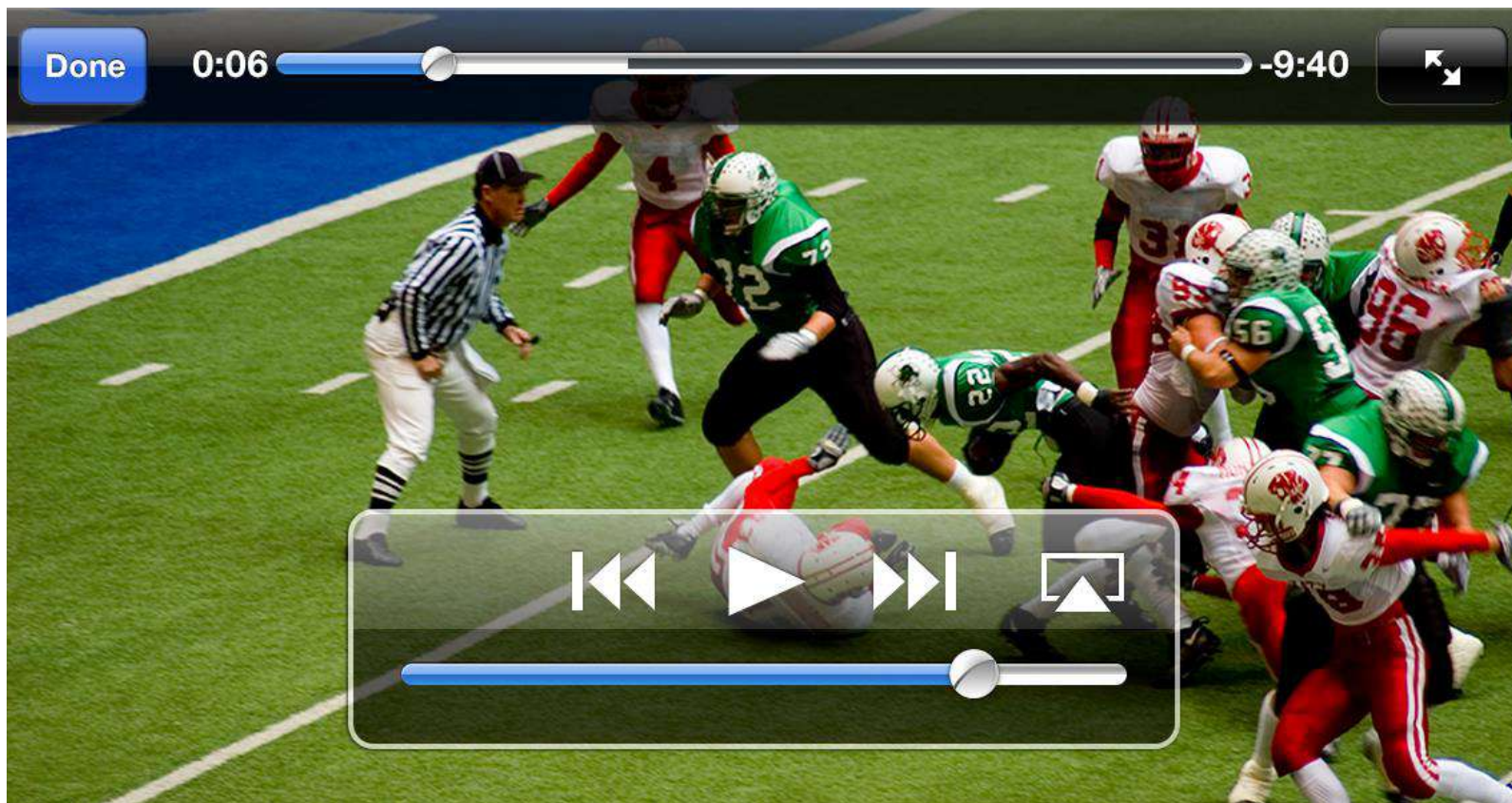
NFHS Network Media Rights States (43)

★ CIF Sections (9), TAPPS, VISAA, CNESSPA, OVAC, PSAL



NFHS NETWORK

- View from mobile...



THANK YOU

National Federation of State High School Associations

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax: 317.822.5700

www.nfhs.org | www.nfhslearn.com

