

# WELCOME

## 2019-20

### DIAA – NFHS

### Rules Clinic



# DIAA STAFF

-Thomas E. Neubauer, [ **retires August 16<sup>th</sup>** ]

-Gary P. Cimaglia, Sr. [ **starts September 3<sup>rd</sup>** ]

**Executive Director**

-Donna Polk

**Coordinator of Interscholastic Athletics**

-***Vacant*** [ ***Interviews are August 6<sup>th</sup>*** ]

**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

- 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.



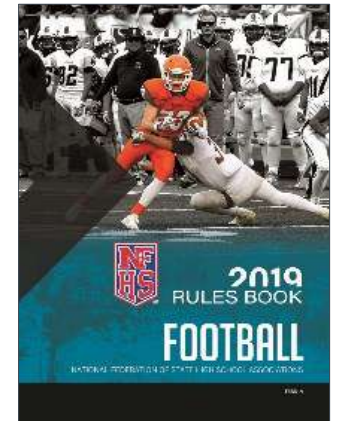
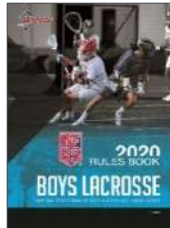
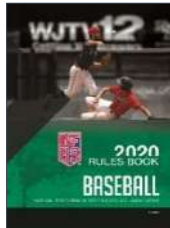
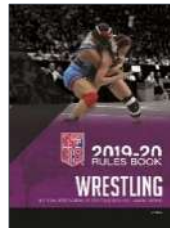
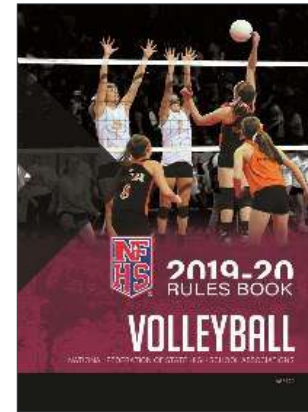
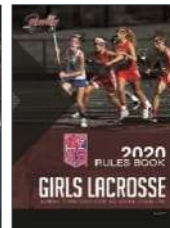
The image is a screenshot of a web browser displaying the NFHS.org website. The browser's address bar shows the URL "www.nfhs.org" and the status "Not secure". The website's header features the NFHS logo (a shield with "NFHS" and a red and white checkered pattern) and the text "NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS". Navigation links include "Activities & Sports", "NFHS For You", "Resources", and "#BecomeAnOfficial". A "Sign In" and "Register" link is also present. The main content area features a large dark blue banner with the text "NFHS Adopts New Logo as it Leads into Next 100 Years" and a red "Read More" button. To the right of the banner is a larger version of the NFHS logo. The Windows taskbar at the bottom shows the search bar, task view, and various application icons, with the system tray displaying the time "7:29 PM" and date "8/4/2019".

**NFHS.org – all NFHS information**



# 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)

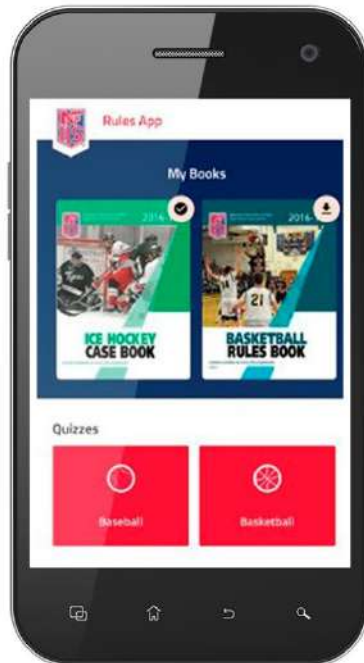
**NFHS Rules and Case e-books for \$6.99 each**

Download from iTunes or Amazon

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



# 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](http://www.nfhs.org/erules) for more information



# Rule Change Process

- **For Coach & Officials**

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

- **NFHS Rule Questionnaire**

**Yearly input from Coaches/Officials**

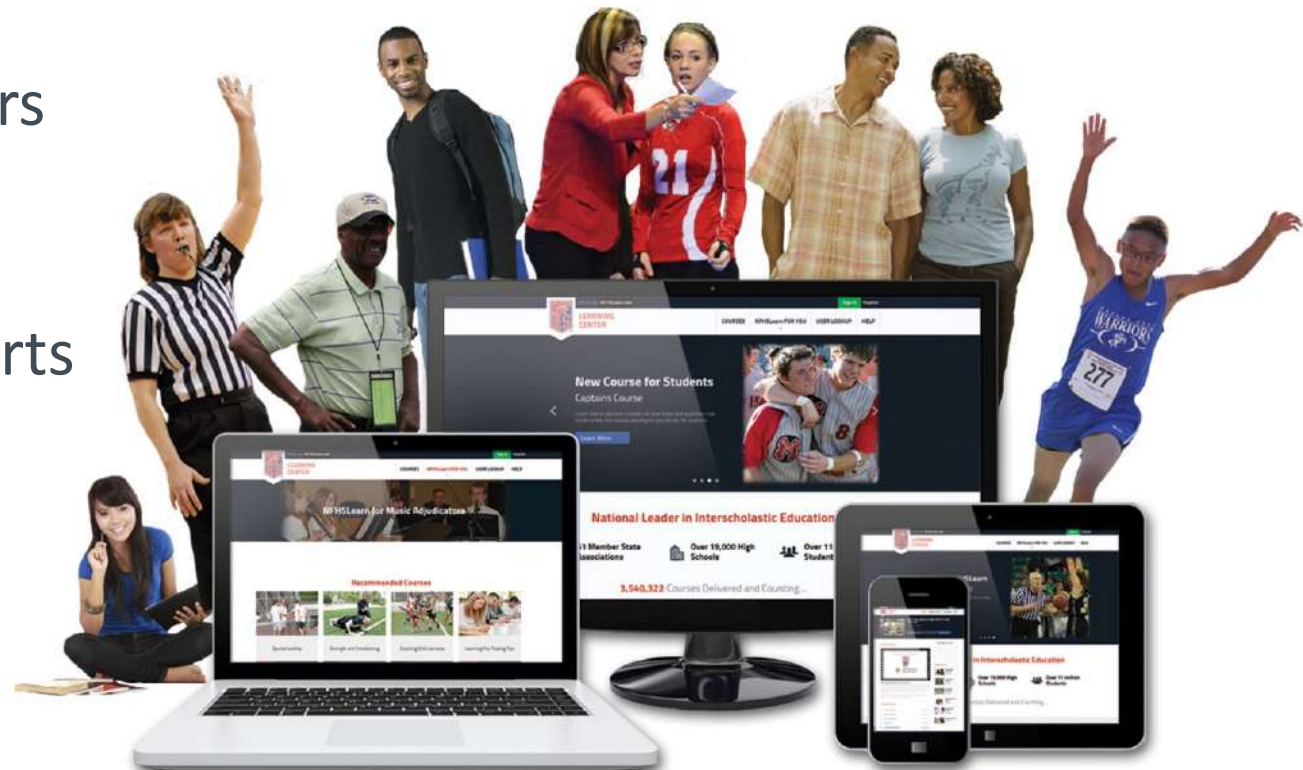
- <http://www.nfhs.org/sports-resource-content/nfhs-sport-questionnaires/>



# NFHS LEARNING CENTER WWW.NFHSLEARN.COM

## Professional Development For ALL

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





# WWW.NFHSLEARN.COM

FREE courses include:

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



# Arbiter Sports

<https://www.arbitersports.com>

## Officials' Information and Testing

**Football: August 12 – September 14**

**Volleyball: August 12 – September 14**

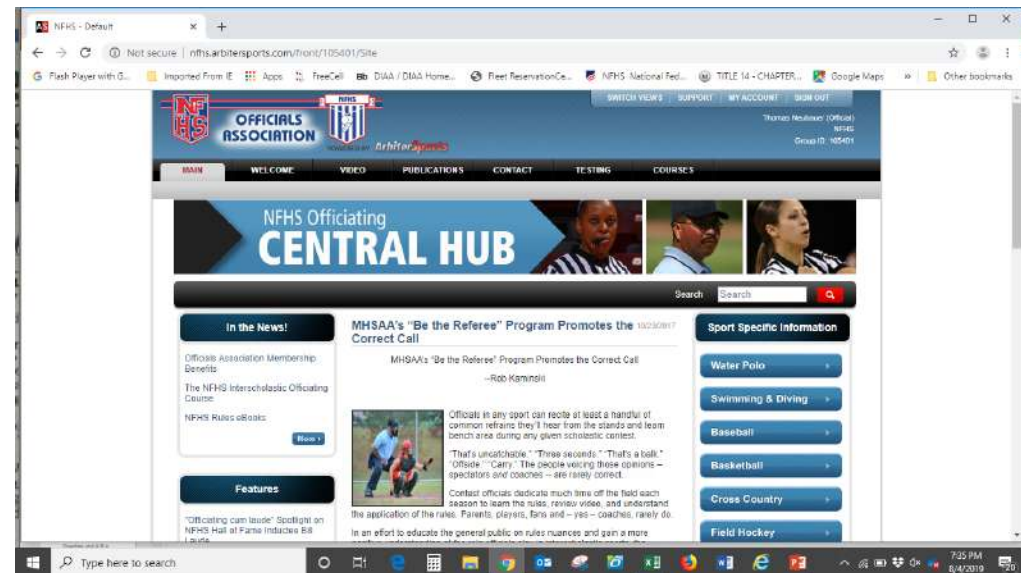
**Soccer: August 12 – September 14**

**Field Hockey: August 12 – September 14**



# NFHS Officials Association Central Hub

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





# 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 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 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:		
<b>1 911 TEAM</b> 			<b>2 CPR/AED TEAM</b> 			<b>3 AED TEAM</b> 		
<b>CALL 911</b>								
CALL 911. Explain emergency. Provide location.								
	PRACTICE			EVENTS				
Closest Phone								
EMS Access Point								
Street Intersection								
Student 1								
Student 2								
<b>MEET AMBULANCE at EMS Access Point. Take to victim.</b>								
	PRACTICE			EVENTS				
Entry Door/Gate								
Student 1								
Student 2								
<b>CALL CONTACTS. Provide location and victim's name.</b>								
	NAME			CELL				
Athletic Trainer								
Athletic AD								
Student 1								
Student 2								
<b>START CPR</b>			<b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS</b>					
<ol style="list-style-type: none"> <li>Position person on back.</li> <li>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.</li> <li>Take turns with other responders as needed.</li> </ol>			<ol style="list-style-type: none"> <li>Remove clothing from chest.</li> <li>Attach electrode pads as directed by voice prompts.</li> <li>Stand clear while AED analyzes heart rhythm.</li> <li>Keep area clear if AED advises a shock.</li> <li>Follow device prompts for further action.</li> <li>After EMS takes over, give AED to Athletic Administrator for data download.</li> </ol>					
Coach								
Student 1								
Student 2								
Student 3								
<b>GET THE AED</b>			<b>GET THE ATHLETIC TRAINER</b>					
	PRACTICE			EVENTS				
Closest AED								
Student 1								
Student 2								
<b>HEAT STROKE TEAM</b> 			<b>PREPARE TUB DAILY</b>					
	PRACTICE			EVENTS				
Tub Location								
Water Source Location								
Ice Source Location								
Ice Towel Location								
Student 1								
Student 2								
Student 1								
Student 2								
<ol style="list-style-type: none"> <li>Remove equipment/excess clothing. Move to shade.</li> <li>Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body</li> <li>Monitor vital signs.</li> <li>Cool First, Transport Second.             <ol style="list-style-type: none"> <li>Cool until rectal temperature reaches 102°F if ATC or MD is available.</li> <li>If no medical staff, cool until EMS arrives.</li> </ol> </li> </ol>								

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



# Heat Acclimatization

## DIAA heat restriction policy is minimally as follows:

1. Go to [www.weather.com](http://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
- 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)

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

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 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.
  - **PRACTICE WHAT TO DO IF A FIGHT BREAKS OUT**



# 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:
  - » Football: Wilson GST
  - » Volleyball: Spalding VB5



# 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.
- \* – 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.

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**Football Rules Book page 102, Appendix E**

# 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 if NOT prohibited.***[check your sport]*



# DIAA POLICIES & PROCEDURES

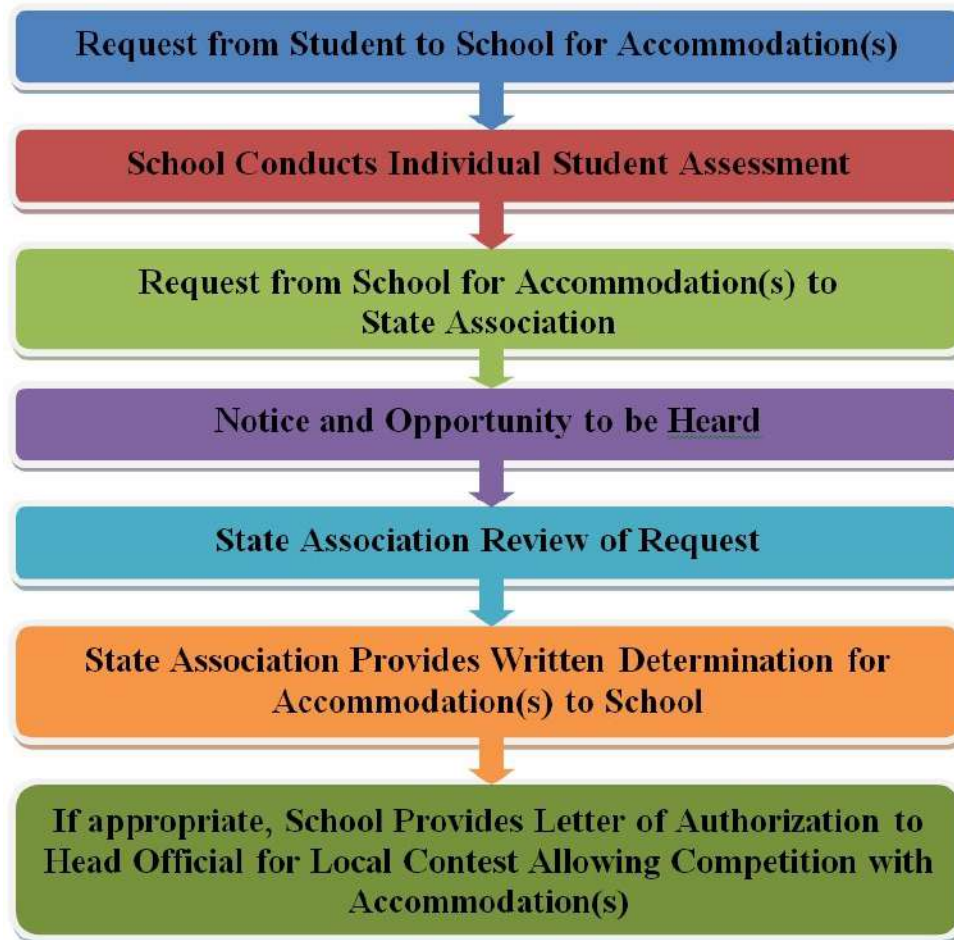
## Special Accommodations Requests

- 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.
- **Football: three (3) unsportsmanlike conduct penalties**
- **Volleyball: three (3) red cards OR any combo of five (5) yellow & red cards**



# 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 Data

## Fall

Sport	2018 Incidents	2017 Incidents
Field Hockey	0	4 ejections
Football	31 ejections	32 ejections
Volleyball	4 YC Coaches [dissent]	6
Soccer	360 yellow 34 red	475 yellow 27 red

**Football & Volleyball incidents went down.  
Let's work on ZERO Incidents & Ejections**



# Tournament Manual

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



# Coaches Passes

- The varsity head coach of each team will receive three complimentary passes for tournaments.
- The request must include the names of the coaches who will receive the passes.
- Coaches' passes are not transferable.
- Coaches who do not submit the team photo and roster information by the deadline will not receive passes.
- Deadline to request passes: Friday, November 1<sup>st</sup>.



# DIAA/SODE Partnership

- State Champions are currently awarded in Flag Football, Basketball and Track & Field
- High school students with and without disabilities train and compete on the same team.
  - Every player given the opportunity to contribute to the success of the team within their abilities
  - All players have sufficient knowledge of the sport, have a role on the team, and have an opportunity to play without heightened risk of injury



Special Olympics  
**Unified Sports**<sup>®</sup>



# NFHS Campaign

## My Reason Why – Year 4



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

# Social Media Profile



## Facebook

Page: Delaware Interscholastic Athletic Association

Link: [www.facebook.com/DelawareInterscholasticAthleticAssociation](http://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**

The screenshot shows the NFHS Network website interface. 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 this, the page is dedicated to the 'Delaware Interscholastic Athletic Association' (DIAA), with a 'FOLLOW' button. The main content area features a video player showing a football game, with a '0 EVENTS LIVE NOW' indicator. To the right, there's a section for 'UPCOMING GAMES' listing several championships with dates and times. At the bottom, a banner encourages users to 'SUBSCRIBE TO WATCH YOUR HIGH SCHOOL EVENTS' and provides a link to the subscription page. The website is viewed in a browser window with the address bar showing 'http://www.nfhsnetwork.com/associations/diaa'.





Thank you for your support of  
Interscholastic Athletics!







# 2019 NFHS FOOTBALL RULES POWERPOINT

National Federation of State  
High School Associations



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# NFHS FOOTBALL RULES

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Each state high school association adopting these NFHS football rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS football rules should contact the football rules interpreter designated by his or her state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS football rules. State rules interpreters may contact the NFHS for model football rules interpretations. No other model football rules interpretations should be considered.





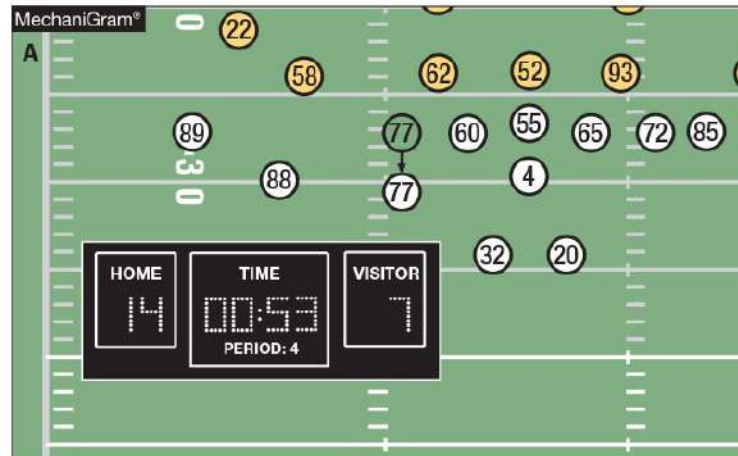
# DIAA Football Rules Clinic

**2019 NFHS FOOTBALL  
RULES REMINDERS**



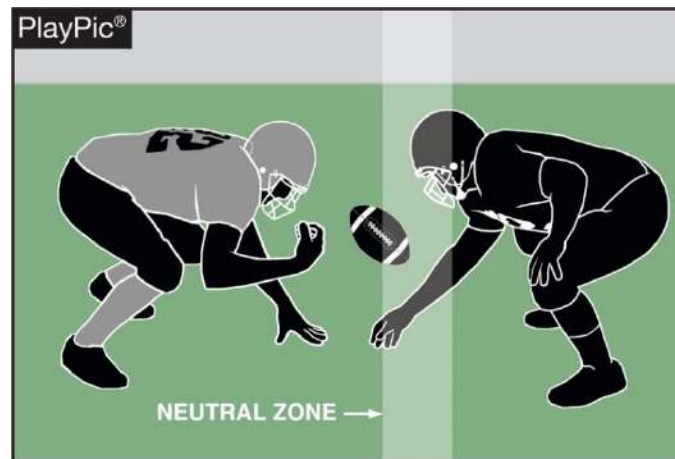
## GAME CLOCK OPTION RULE 3-4-7

- With less than 2 minutes left in the half and the game clock running, A false starts (MechaniGram A). The offended team may choose to start the game clock on the snap (PlayPic B).



## ENCROACHMENT RULE 7-1-6

- After the ready-for-play signal and after the snapper is in contact with the ball, it is encroachment if a defensive player contacts the ball or the snapper's arms or hands until the snap is completed (Rule 2-40).







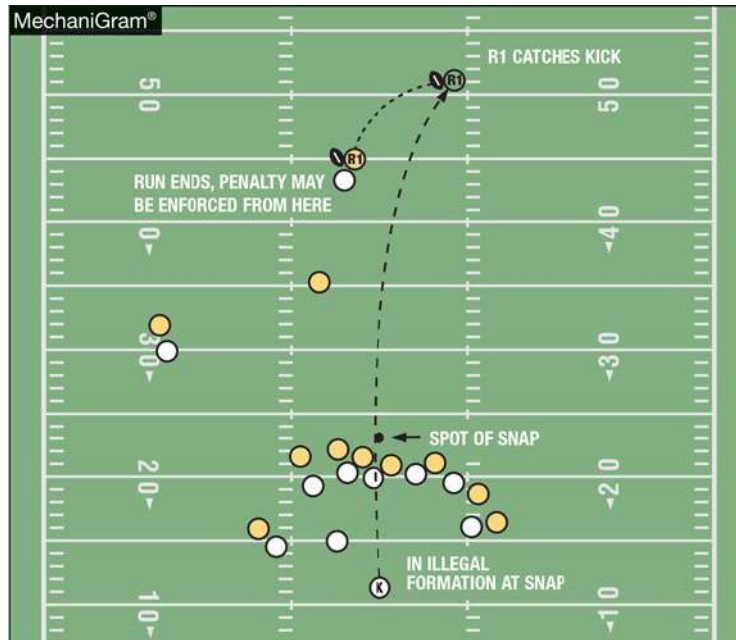
## PASS INTERFERENCE RULE 7-5-10

- Face guarding (without contact) in and of itself is no longer considered an act of forward pass interference.





## PENALTY ENFORCEMENT RULES 5-2-2, 5-2-4, 10-4-2c EXCEPTION, 10-5-1j



Team R may choose penalty enforcement from the succeeding spot for a foul other than kick-catching interference that occurs from the **start of a kick down until the kick ends.**



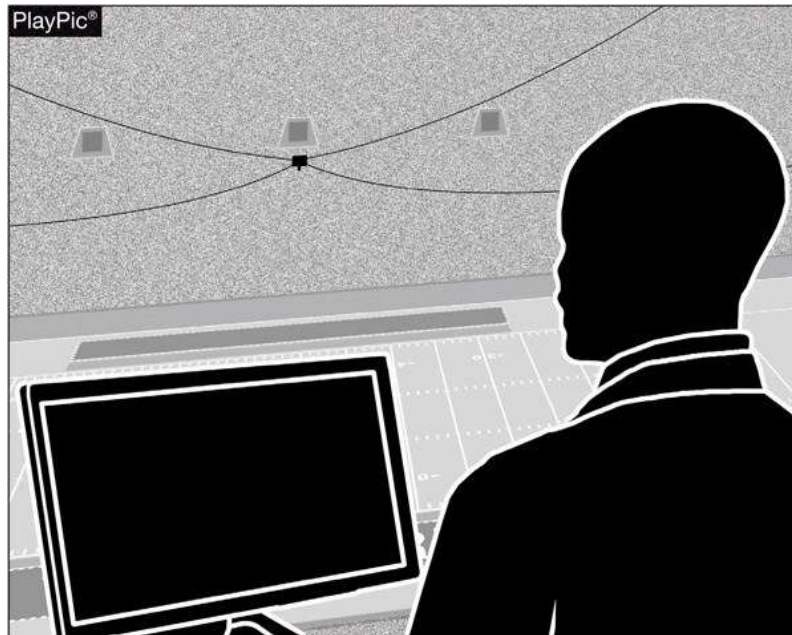
# DIAA Football Rules Clinic

**2019 NFHS  
FOOTBALL RULES CHANGES**





## POSTSEASON INSTANT REPLAY RULES 1-3-7 NOTE (NEW), TABLE 1-7 — 1-3-7 NOTE (NEW)



By adoption, state associations may create instant replay procedures that permit game or replay officials to use a replay monitor during state postseason contests to determine if a decision by the on-field game officials is incorrect.

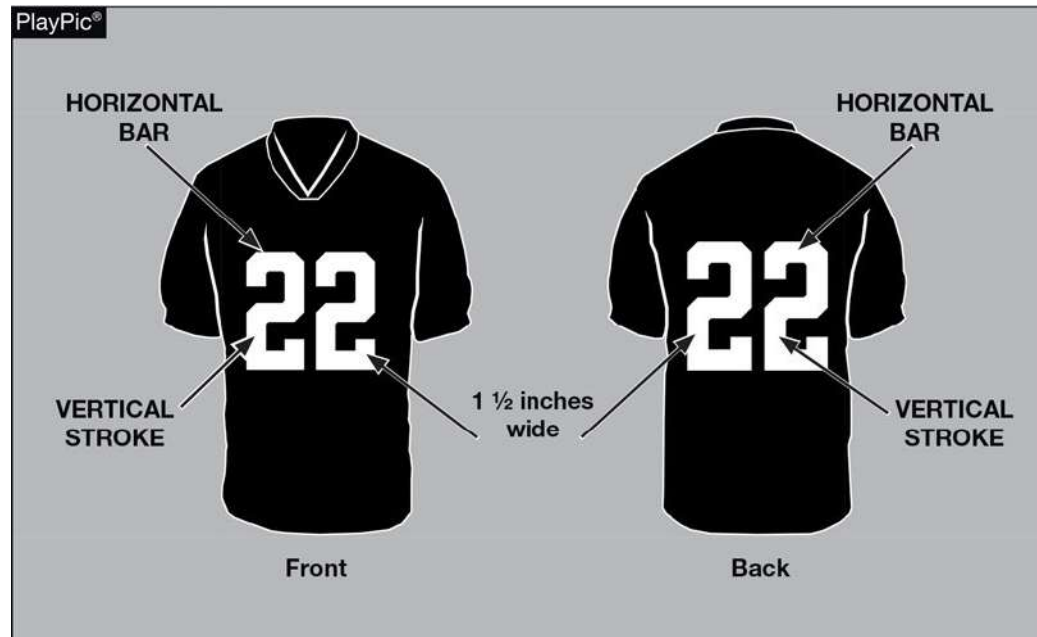


NFHS PARTNER



# FOOTBALL JERSEY NUMBERS

## RULE 1-5-1c



The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1½ – inches wide.



## FOOTBALL JERSEY NUMBERS RULES 1-5-1c, 1-5-1c(6) (NEW)



The style of the numbers on all four of these jerseys are legal now and will be in 2024 as well.

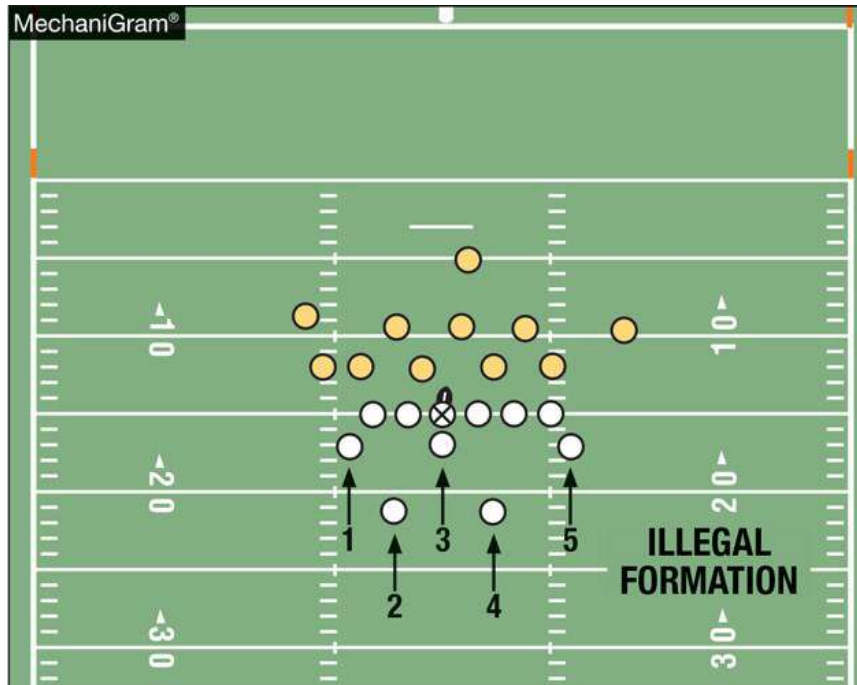


## FOOTBALL JERSEY NUMBERS RULES 1-5-1c, 1-5-1c(6) (NEW)



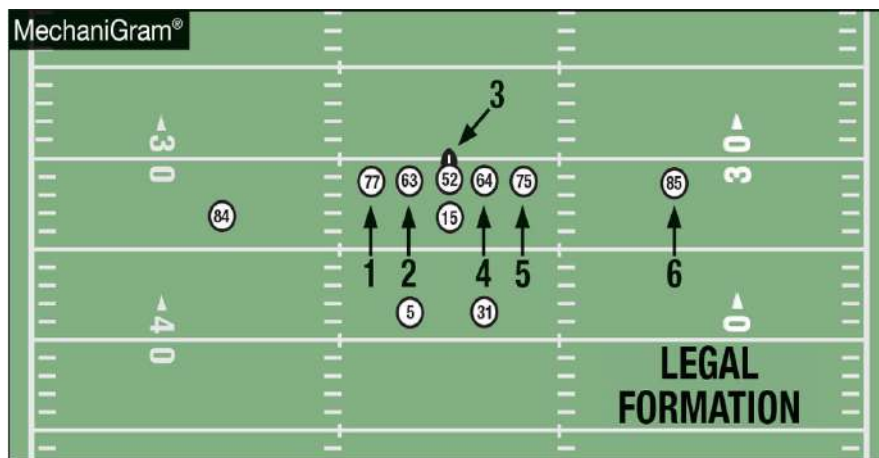
The style of the numbers on these jerseys are legal through the 2023 season. The following four types of number designs will be illegal in 2024.

## FORMATION RULES 2-14-1, 7-2-5a



A scrimmage formation requires a minimum of five A players legally on their line and no more than four players behind their line at the snap. This formation would be a foul at the snap.

## FORMATION RULES 2-14-1, 7-2-5a

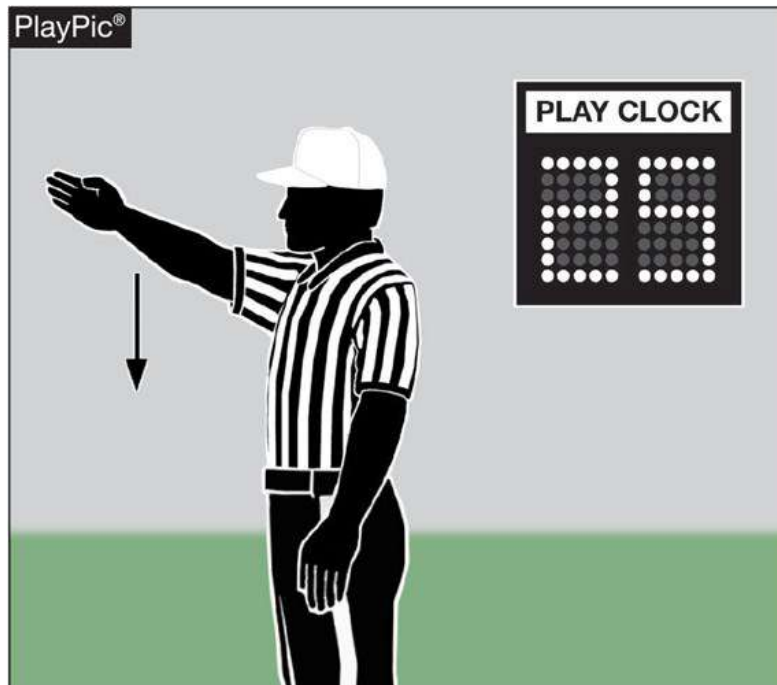


Even though there are only 10 Team A players on the field, because there are at least five linemen properly numbered and no more than four backs, this formation is legal.



# PLAY CLOCK

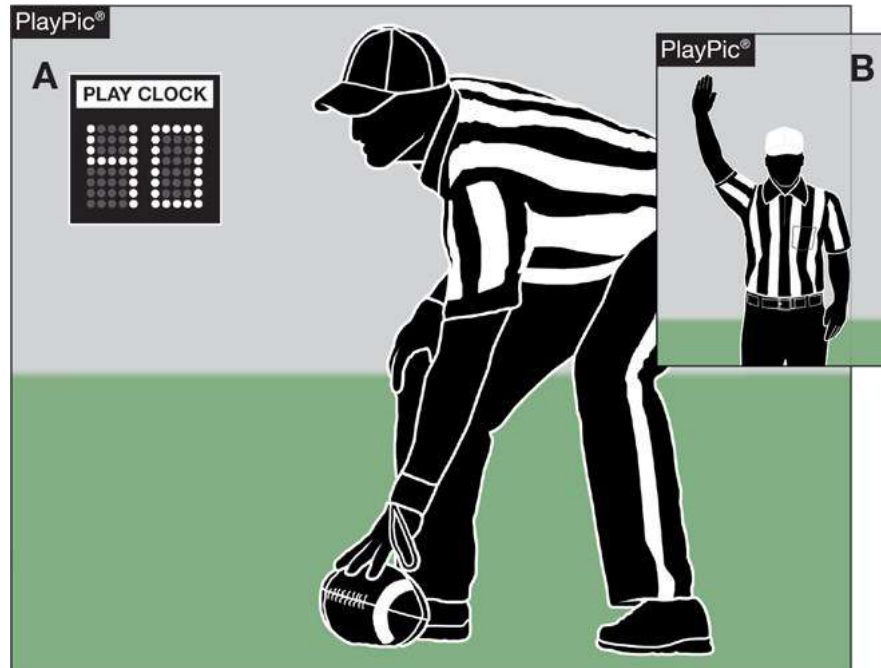
## RULES 2-35, 3-6-1, 3-6-2a, 7-2-1



Referee gives ready-for-play signal and 25-second play clock begins before a try following a score; to start a period or overtime series; following administration of an inadvertent whistle; following a charged timeout and following an officials timeout (except after a first down).

# PLAY CLOCK

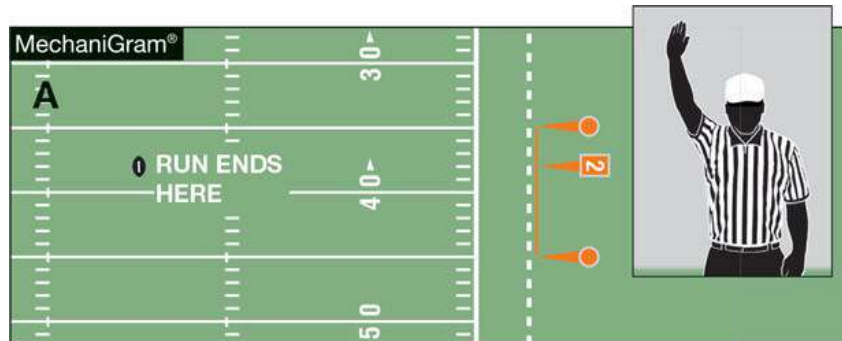
## RULES 2-35, 3-6-1, 3-6-2a, 7-2-1



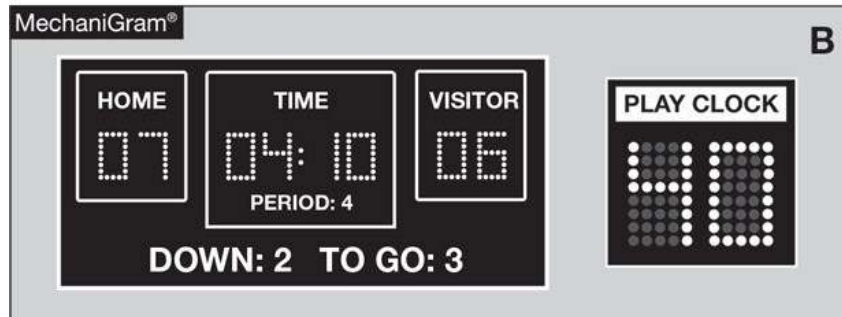
The play clock is set to 40 and is started immediately when a running play ends, team A gains a first down or after an incomplete pass.

# PLAY CLOCK

## RULES 2-35, 3-6-1, 3-6-2a, 7-2-1



When the covering official declares the ball dead with an upraised arm, the play clock begins its countdown from 40 seconds.



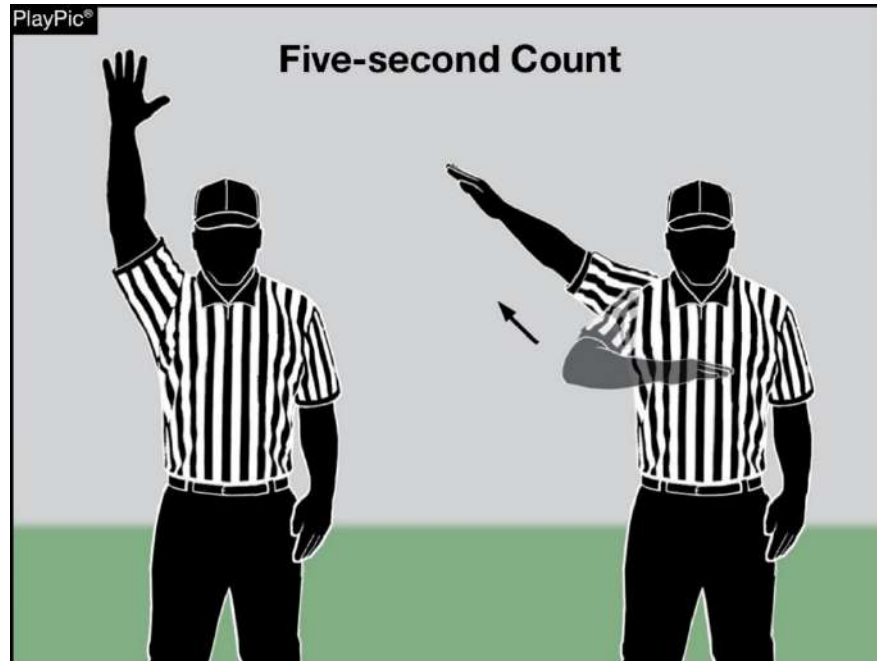
# PLAY CLOCK

## RULES 2-35, 3-6-1, 3-6-2a, 7-2-1



When the 40-second play clock is in force, the ball is considered ready for play when the ball is placed and the umpire has moved to his position.

## UPDATE ON RECOMMENDED CREW COMMUNICATION SIGNALS FOR 2019



Visible count by BJ (Five/Seven-Game Officials Crew) or SJ (Six-Game Official Crew) of the last five seconds when the on-field 40/25-second play clocks are not utilized.

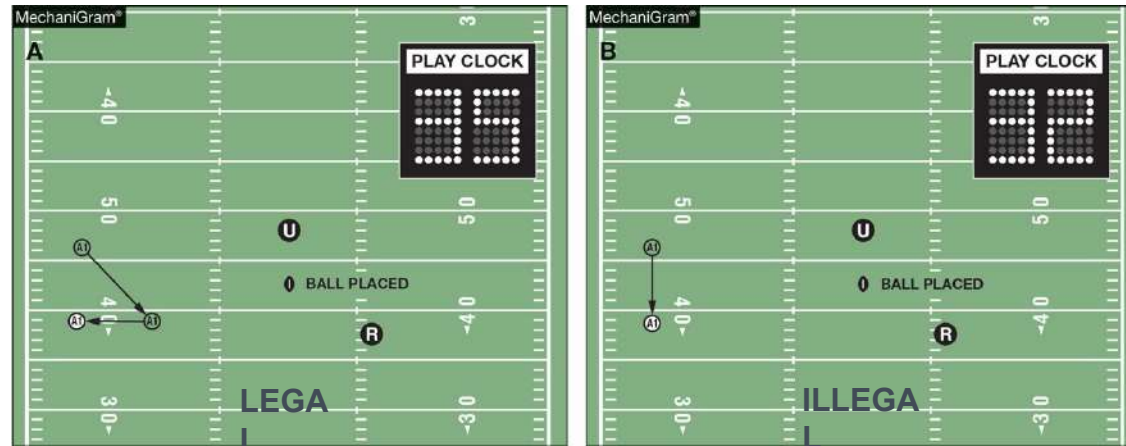


# PLAY CLOCK

## RULES 2-35, 3-6-1, 3-6-2a, 7-2-1



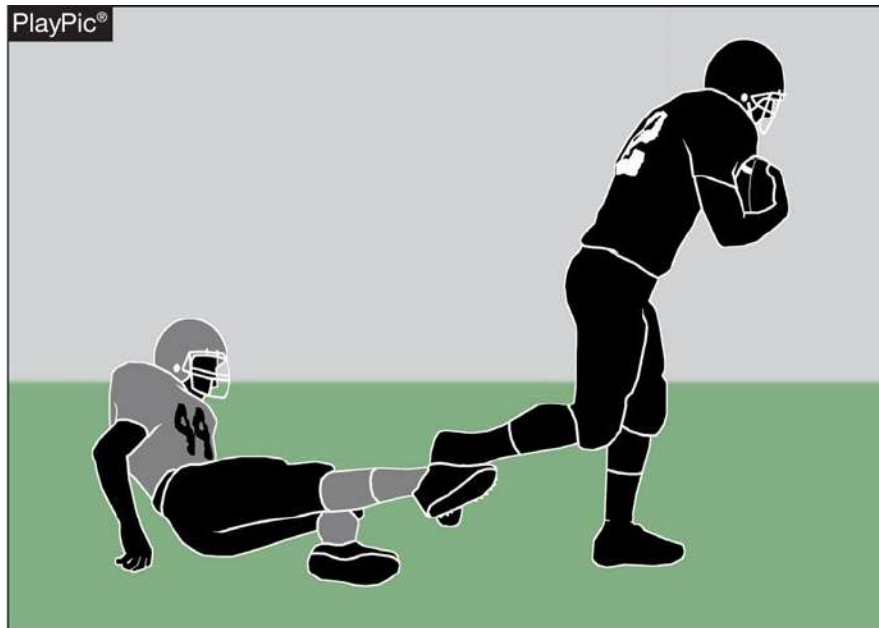
# PLAY CLOCK RULE 7-2-1



In MechaniGram A, A1, who was downfield on the previous play, comes back inside the 9-yard marks prior to the umpire setting the ball with 35 seconds on the play clock and then immediately goes outside the marks after the ready-for-play. In MechaniGram B, A1 remains outside the 9-yard marks with 32 seconds on the play clock when the ball is placed by the umpire. The requirement remains in place that all players get inside the 9-yard marks after the ready-for-play and before the snap.

## TRIPPING

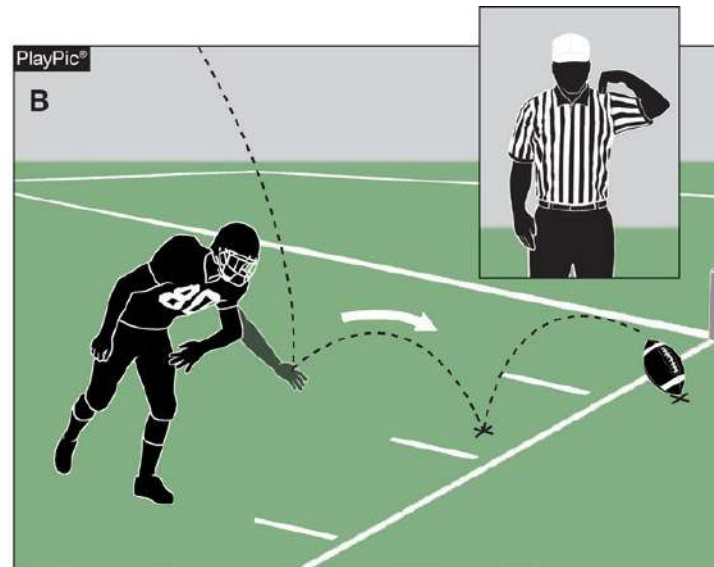
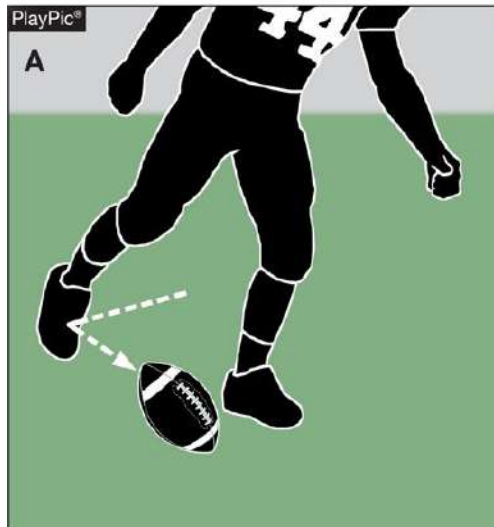
### RULES 2-45, 9-4-3o (NEW), 9-4-3o PENALTY (NEW)



The foul for tripping has been expanded to include the runner. It is now illegal to trip any opponent. Tripping is the intentional use of the **lower leg or foot to obstruct an opponent below the knee**. The penalty is 15 yards.



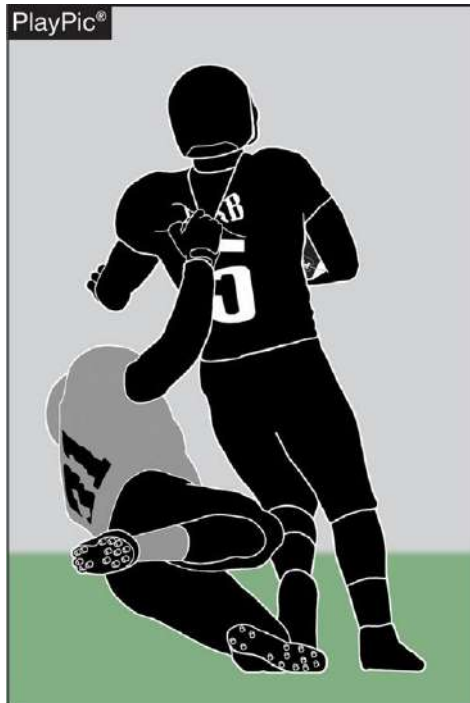
## ILLEGAL KICKING AND BATTING RULES 6-2-1 PENALTY, 9-7 PENALTY



The penalties for illegally kicking the ball (PlayPic A) and illegally batting the ball (PlayPic B) have been reduced from 15 yards to 10 yards.



## ILLEGAL HORSE-COLLAR TACKLE RULES 9-4-3k



The name plate area (directly below the back collar) has been added to the criteria for an illegal horse-collar tackle. It is a foul to grab the inside back, name plate area or side collar of either the shoulder pads or the jersey of the runner and subsequently pull (backwards or sideward) that opponent to the ground, even if possession is lost. The horse-collar is enforced as a live-ball foul.



# DIAA Football Rules Clinic

**2019 NFHS FOOTBALL  
EDITORIAL CHANGES**



# 2019 NFHS FOOTBALL EDITORIAL CHANGES

1-1-9	Added reference to Rule 1-3-7 NOTE.
1-3-6, 3-1-2, 3-3-1, 3-4, 3-4-1, 3-4-2, 3-4-3, 3-4-4, 3-4-5, 3-5-9,	Added "game" before "clock."
1-5-5, 9-6-4b	Added "intermission" after "halftime."
1-6-1 NOTE, 2-24-3, 2-26-5, 3-5-2 NOTE b, 3-5-3, 3-5-6, 4-3-6, 5-3-1,	Deleted "signal" after "ready-for-play."
Table 1-7	Further clarified some of the state association adoptions.
2-6-2b	Changed "hash" to "9-yard" marks.
2-8, 2-25-1, 2-28-1, 2-43, 3-5-7j, 3-6-2d, 4-1-6, 5-3-2 NOTE, 7-1-5, 7-1-7, 8-3-2,	Deleted "marked" before "ready-for-play."





# 2019 NFHS FOOTBALL EDITORIAL CHANGES

<b>Table 3-1, 3-5-10,</b>	Further clarified periods, intermission and the game clock.
<b>3-4-6</b>	Added “game or play” before “clock.”
<b>3-4-8</b>	Clarified timing by adding “by the game or play clock.”
<b>5-2-2, 5-2-4</b>	Further clarified “succeeding spot enforcement.”
<b>6-5-4</b>	Added “next” before “down.”
<b>6-5 PENALTY</b>	Added “S7” to “delay of game.”
<b>7-2-6</b>	Further clarified a huddle and shift.
<b>7-2 PENALTY</b>	Clarified the rules references for the penalties on illegal numbering and illegal formation.
<b>TABLE 7-5-2, TABLE 7-5</b>	Added “incomplete” to better describe a thrown pass.
<b>8-5-2 EXCEPTION</b>	Further clarified that once the ball leaves the end zone, the original momentum is canceled.



# 2019 NFHS FOOTBALL EDITORIAL CHANGES

<b>9-2-3a</b>	Changed rules reference from “2-3-4” to “2-3-5.”
<b>9-3 PENALTY</b>	Deleted the penalty for “tripping” from 9-3.
<b>9-4 PENALTY</b>	Added the penalty “illegal tripping” to 9-4.
<b>9-9-5 NOTE</b>	Changed the rules references from “9-10-3 and 9-10-4” to “9-9-3 and 9-9-4.”
<b>10-4-2c EXCEPTION</b>	Added “prior to the end of the kick” to further clarify.
<b>10-5-1c</b>	Changed the rules reference from “9-10” to “9-9.”
<b>10-5-1j</b>	Added “prior to the end of the kick” to further clarify.
<b>Resolving Tied Games</b>	In 3-1, added “three-minute” before ‘Intermission.”
<b>Nine-, Eight-, Six-Player Rules Differences</b>	Clarified that at least “three” A players shall be on the line at the snap in both Nine-Player and Eight-Player Rules.
<b>Penalty Summary</b>	Updated rules references and penalty signal numbers. Also, added “Illegal kicking or batting the ball” to the “Loss of 10 Yards” summary.







# DIAA Football Rules Clinic

**2019 NFHS FOOTBALL  
POINTS OF EMPHASIS**



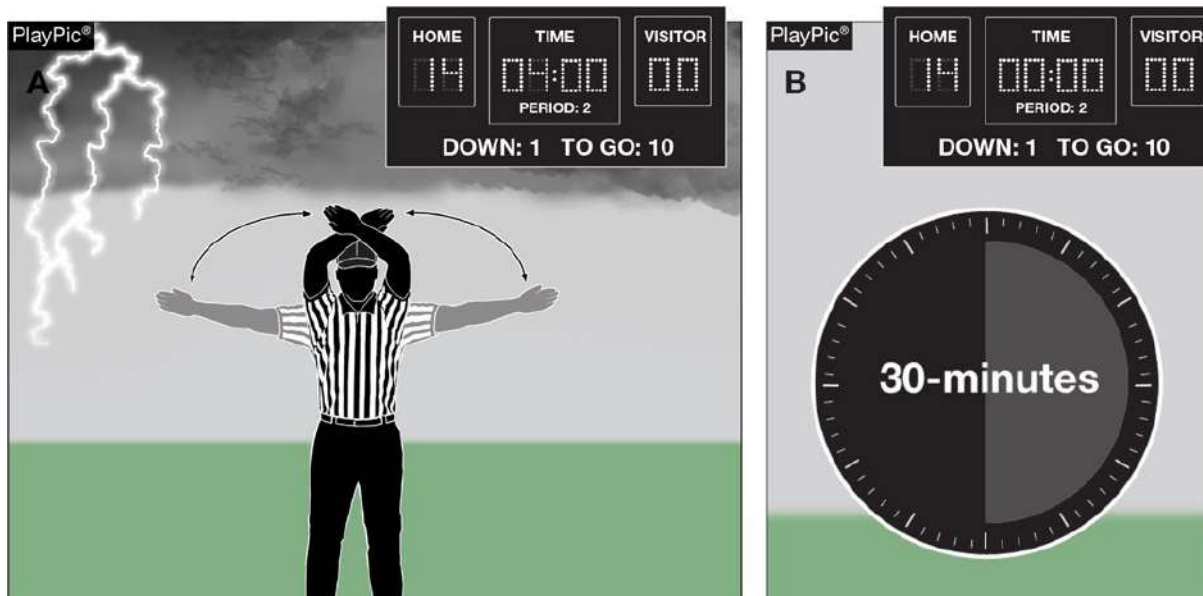


# 2019 NFHS FOOTBALL POINTS OF EMPHASIS

1. Proper Procedures for Weather Delays
2. Free-Blocking Zone and Legal Blocking

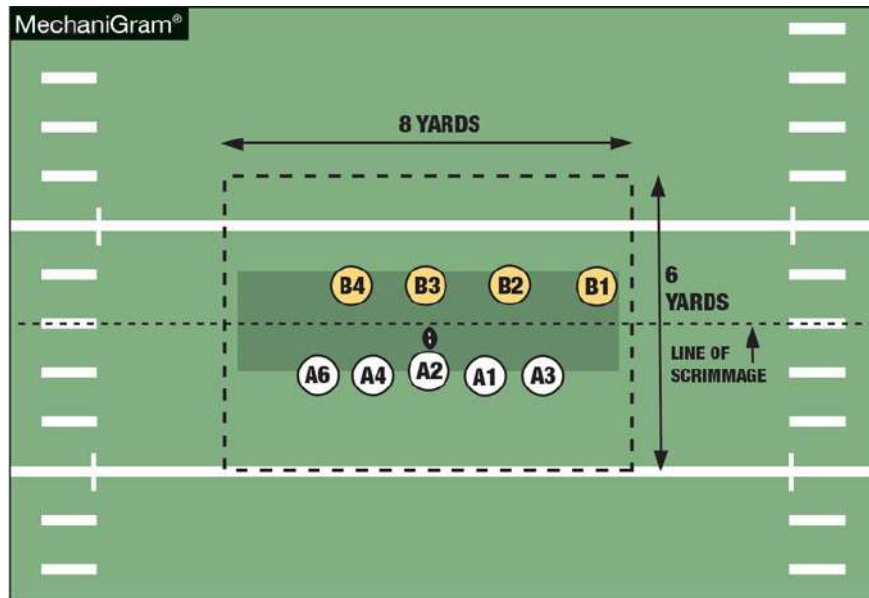


# PROPER PROCEDURES FOR WEATHER DELAYS



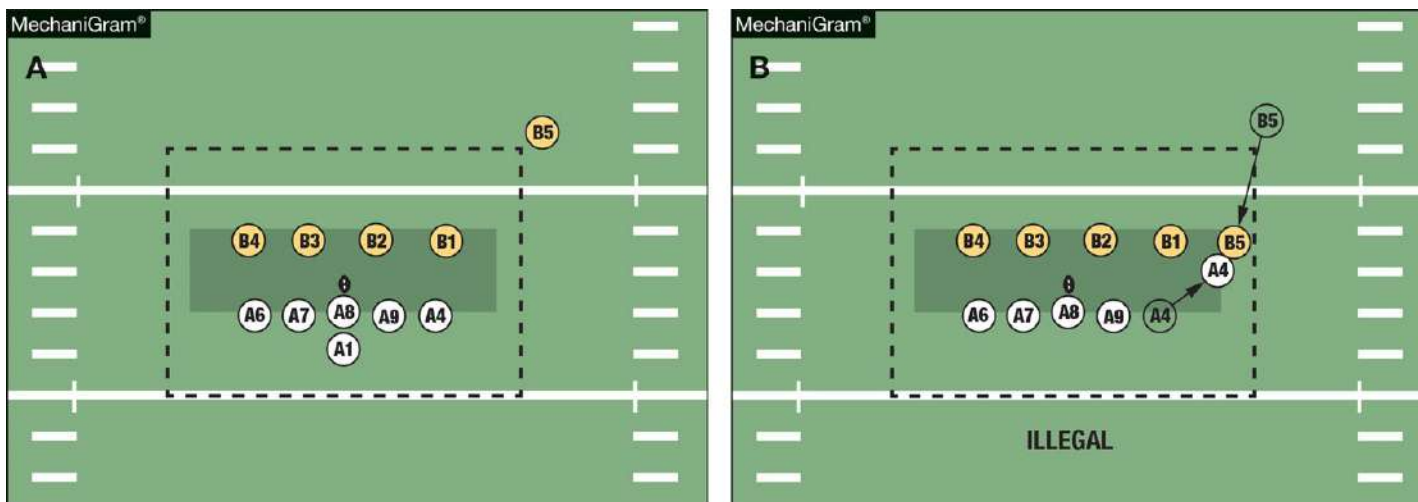
In PlayPic A, game is suspended with 4:00 left in 2nd period due to lightning. In PlayPic B, after 30-minute delay, game resumes and reaches halftime intermission. Halftime Intermission is still required to be at least 10 minutes in length.

## FREE-BLOCKING ZONE AND LEGAL BLOCKING



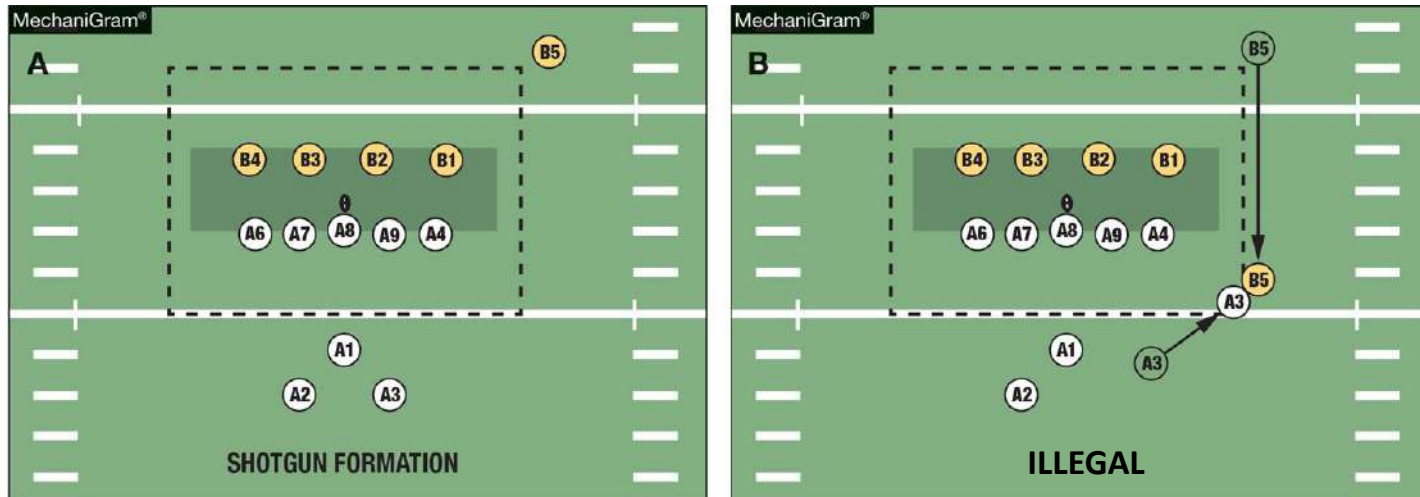
The free-blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.

## FREE-BLOCKING ZONE AND LEGAL BLOCKING



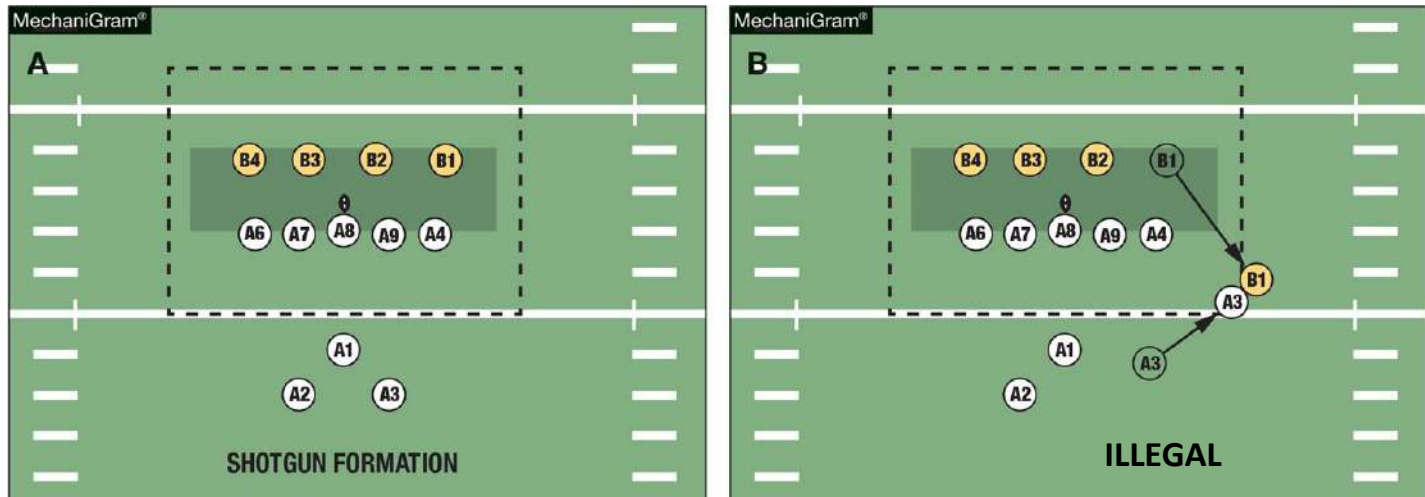
In MechaniGram A, lineman A4 was inside the free-blocking zone at the snap. In MechaniGram B, Blitzing linebacker B5 was not in the free-blocking zone at the snap and was not a lineman. When A4 blocks B5 below the waist, that is a foul.

# FREE-BLOCKING ZONE AND LEGAL BLOCKING



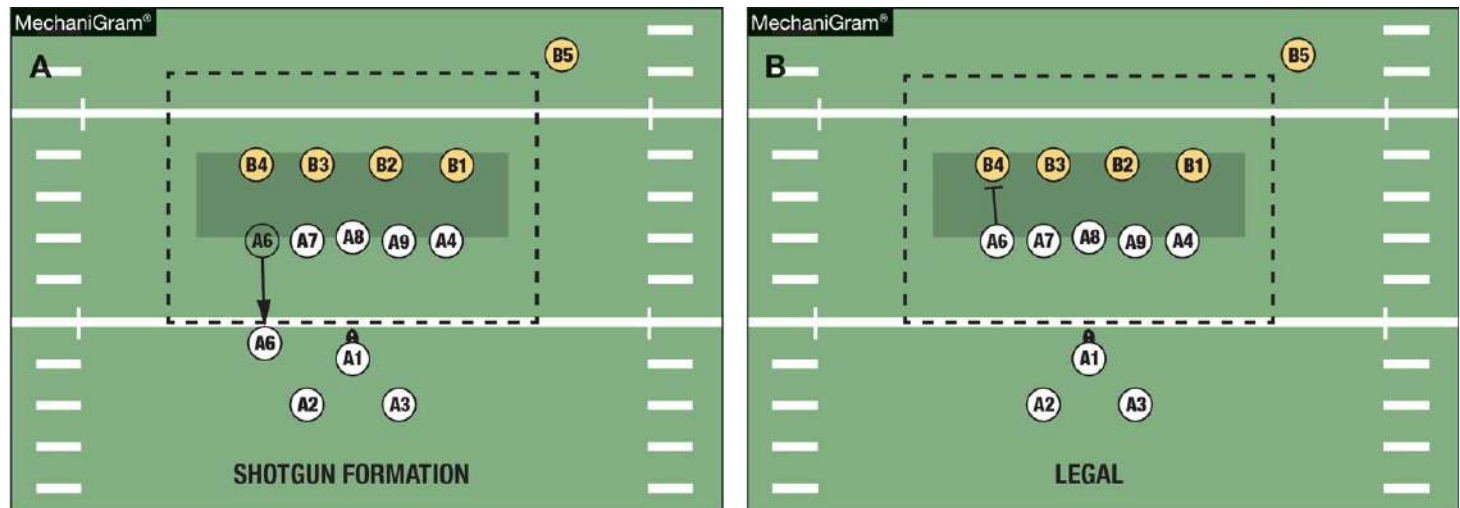
In MechaniGram A, Team A is in shotgun formation. In MechaniGram B, back A3, who was outside the free-blocking zone, is outside the free-blocking zone when he blocks B5, who is also outside the zone, below the waist. That is a foul.

# FREE-BLOCKING ZONE AND LEGAL BLOCKING



In MechaniGram A, Team A is in shotgun formation. In Mechanigram B, back A3, who was outside the free-blocking zone, is outside the free-blocking zone when he blocks B1 below the waist. That is a foul.

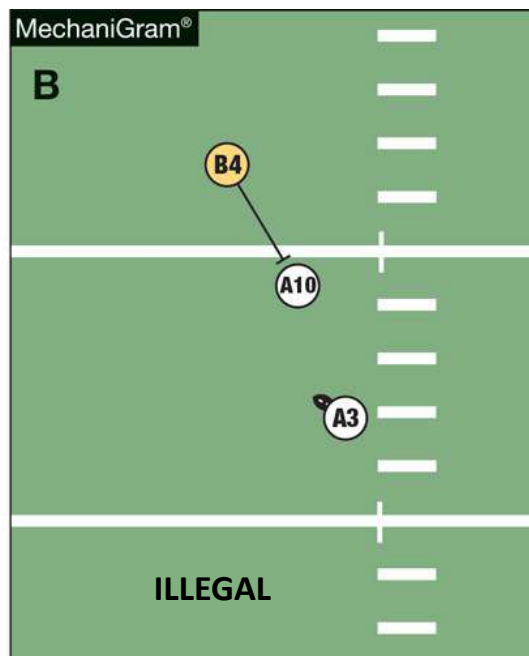
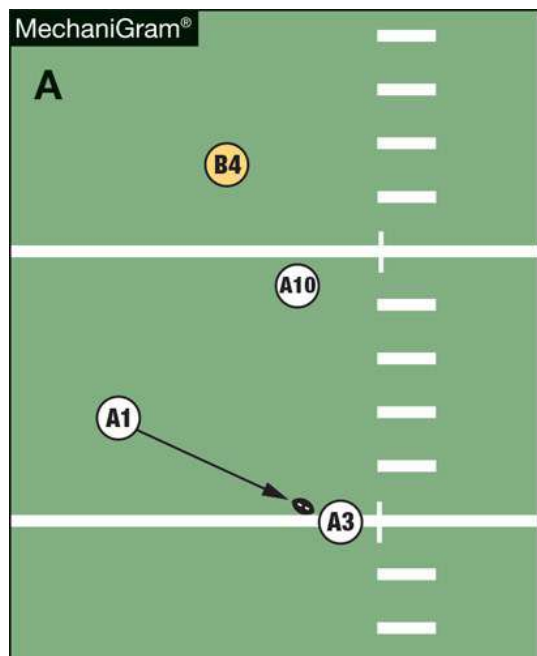
## FREE-BLOCKING ZONE AND LEGAL BLOCKING



In Mechanigram A, because A6 did not immediately begin his block on the snap, he may not block below the waist. In Mechanigram B, the initial thrust is simultaneous with the snap. That is a legal block.



## FREE-BLOCKING ZONE AND LEGAL BLOCKING



In MechaniGram A, A3 takes a backward pass on a toss sweep with A10 the lead blocker. In MechaniGram B, defender B4 blocks A10 below the waist to free up other defenders. That is a foul.



# DIAA Football Rules Clinic

**2018-2019 NFHS FOOTBALL  
GAME OFFICIALS MANUAL**





## 2019 NFHS FOOTBALL GAME OFFICIALS MANUAL REMINDERS

- 2019 is a non-print year for the NFHS Football Game Officials Manual.
- Added in 2018, that some white accents are now allowed on the black football shoe that game officials wear as a part of the game official uniform.
- 2019 Game Officials Manual Points of Emphasis (See pages 86-87 of the 2018-2019 NFHS Football Game Officials Manual):
  1. Equipment Issues to be Addressed
  2. Consistent Pace of Play Throughout the Game
  3. Timing Rules and Procedures
- The Game Officials Manual Committee updated for 2019 the following two items:
  1. NFHS General Instructions for Football Game and Play Clock Operators
  2. NFHS General Instructions for Football Line-To-Gain Crews





# DIAA Football Rules Clinic

2019 NFHS  
FOOTBALL INFORMATION



# 2020 NFHS FOOTBALL RULE CHANGE PROPOSAL ONLINE FORM

**Due:**

**November 1, 2019**

**Must be submitted to  
your state association  
office for approval.**





# THANK YOU

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