WELCOME

2019-20
DIAA – NFHS
Rules Clinic





DIAA STAFF

- -Thomas E. Neubauer, [retires August 16th]
- -Gary P. Cimaglia, Sr. [starts September 3rd]
 Executive Director
- -Donna Polk
 Coordinator of Interscholastic Athletics
- -Vacant [Interviews are August 6th]
 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 <u>ALL</u> DIAA information and related links







VISION

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





MISSION

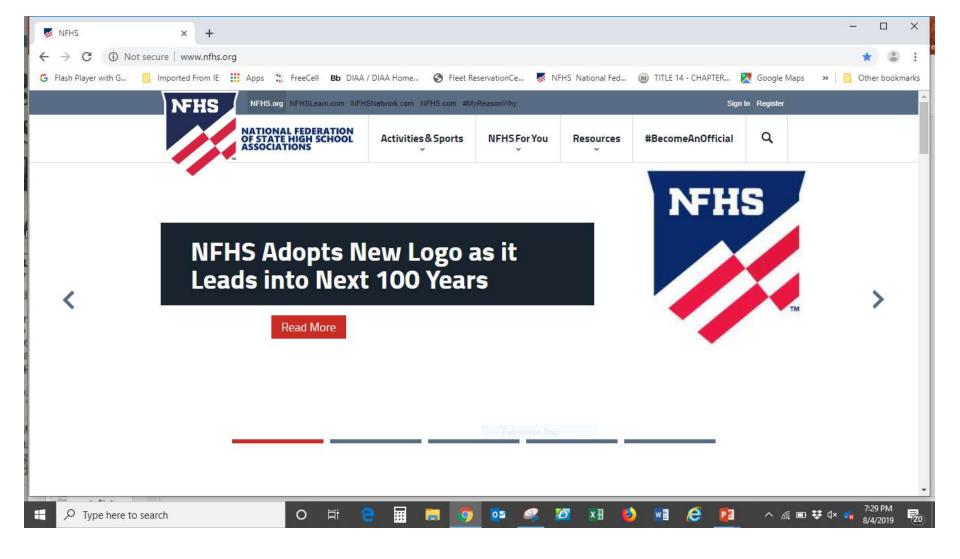
 The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders,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





- NFHS (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.

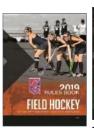




NFHS.org – all NFHS information



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

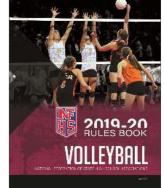












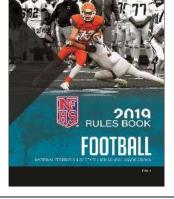






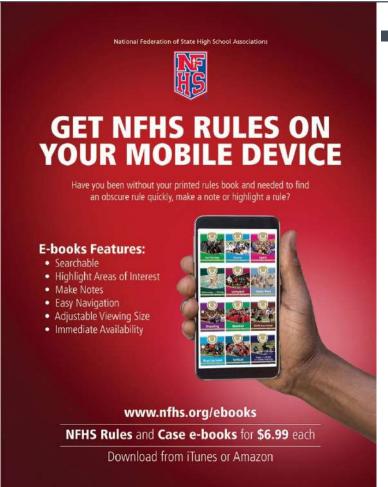








NFHS RULES BOOK AS E-BOOKS



- 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



Rule Change Process

For Coach & Officials

http://www.nfhs.org/RuleChangeProposal

- NFHS Rule Questionnaire
 Yearly input from Coaches/Officials
 - http://www.nfhs.org/sports-resourcecontent/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

Coaches and A.D.s Updated and accurate information: schedules, rosters, scores, pictures





Sports Medicine

PPE - Medical Card (page 4)

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

PRACTICES & GAMES

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

SCHOOL ATHLETE MEDICAL CARD

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

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

MD/DO, PA,NP Date

through June 30, 20

Name of ATC:

Health Care Provider's Signature

employees, agents, and contractors.

Name of School.

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

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

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

Failure to comply = INELIGIBLE athlete



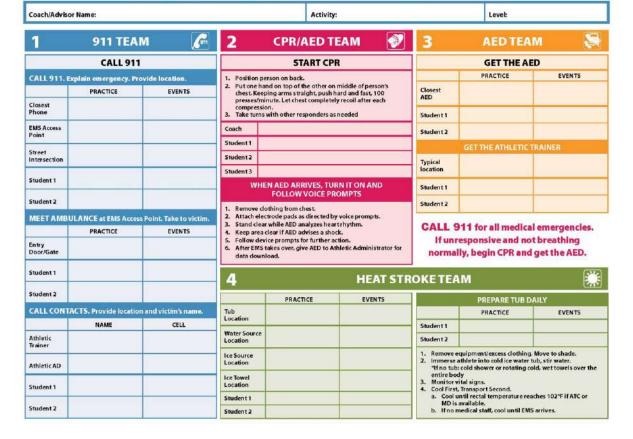


Emergency Action Plan [EAP]

Create an

Action Plan and

practice it.



Emergency Action Plan Worksheet - Student Response Team





DIAA heat restriction policy is minimally as follows:

- 1. Go to www.weather.com
- 2. Enter your zip code
- 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:



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



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.

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)

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

Middle School found in 1008 FAQs on DIAA website.



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

DIAA website → Sports → DIAA Approved Polices
OR

DIAA website → Sports → Spring → Specific Sport



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.



APPEAL OF GAME EJECTION

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



BENCH PERSONNEL RULE

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

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 for regular season

Must have NFHS branded logo

For DIAA State Tournament:

Wilson – VEZA [WTE9705XB] - NEW



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 apport 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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Rules Book page 109, Appendix E

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





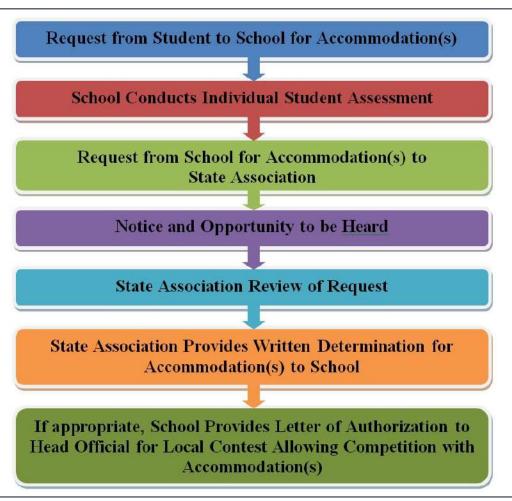
Special Accommodations Requests

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.









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.



Cumulative Unsportsmanlike Conduct Rule

- A <u>coach</u> who is guilty of repeated acts of unsportsmanlike conduct during a season shall be ineligible for the next contest.
- Soccer: three (3) yellow cards OR one (1) yellow & one (1) red card. Or two (2) reds.



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

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



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



Twitter

Page: DIAA

Handle: @DIAA_Delaware

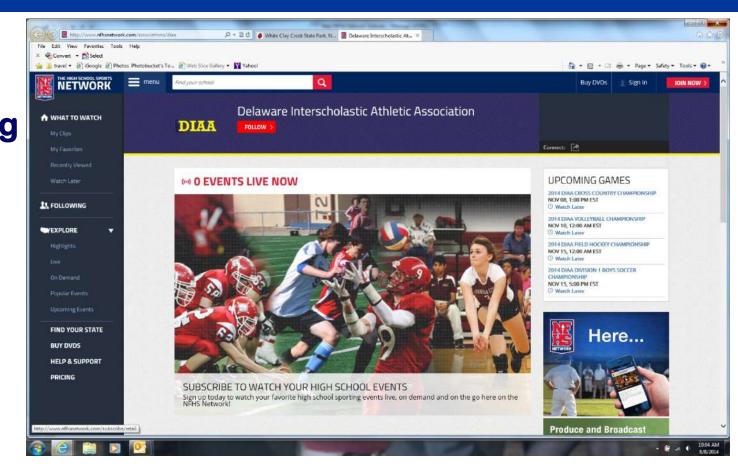


Instagram

Handle: DIAA_Delaware

NFHS Network

"Live"
Web streaming
Of DIAA
Events
\$9.95
per month







Thank you for your support of Interscholastic Athletics!



