

# WELCOME

## Football 2021 DIAA – NFHS Rules Clinic



# **DIAA STAFF**

**Donna Polk, Executive Director**  
**Steph Mark, Coordinator of Athletics**  
**Tanya Reed, Secretary**

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

**[diaa@doe.k12.de.us](mailto:diaa@doe.k12.de.us)**



# Agenda

- **Welcome**
- **DIAA Updates**
- **NFHS Rules - DIAA Rules Interpreter,  
Andrew Bero**



# Resources

- DIAA Board of Directors (found on DIAA Website)
  - Calendar
  - Minutes
- Football Committee - (found on Delaware Public Meeting Calendar)
  - Minutes



# 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**.



# Connect with DIAA



**Page: Delaware Interscholastic Athletic Association**

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



**Twitter**

**@DIAA\_Delaware**



**Instagram**

**@DIAA\_de**

# DIAA Updates

## Regulation 1011 - guidelines for DIAA Interscholastic Athletics during COVID-19

- Regulation 1011 will be published August 1 and will be repealed on August 11.
- DPH encourages member schools to continue to implement layered mitigation risk strategies among unvaccinated populations and in crowded settings where social distancing cannot be maintained.
- DPH reiterated that face coverings and frequent hand washing remain very effective to fighting the spread of COVID-19.
- DIAA member school coaches and sports teams are asked by DPH to encourage members of their communities to get vaccinated.



# DIAA

**<http://www.doe.k12.de.us/diaa>**

**Starting point for ALL  
DIAA information and related links**





# Websites4Sports

**Your School Site**

**WebSites4Sports.com**

Coaches and A.D.s

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



# Sports Medicine

## PPE – Medical Card (page 5)

### COACHES:

Are encouraged to carry athletes' emergency contact information with you at ALL times. ATC should prepare and give them to you.

### PRACTICES & GAMES

This is page 4 from their Physical Forms  
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
- 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



# DIAA Requirements

- **Coaches requirements (Regulation 1008/1009 7.0)**
  - Attendance at DIAA rules clinic (required by Head Coach)
  - Hold a current CPR certification (all coaches)
  - Complete the NFHS “Concussion in Sports” course through NFHSlearn.com every 2 years (all coaches)
  - Unified coaches shall complete NFHS Unified Sports course through NFHSlearn every 2 years (1009 7.3.1)
  
- **Officials requirements (Regulation 1008/1009.8.3)**
  - Attendance at DIAA rules clinic
  - Passing score of 85% on NFHS rules exam
  - Complete the NFHS “Concussion in Sports” course through NFHSlearn.com every 2 (two) years



# “Heads Up” Certification

Approved by the DIAA Board of Directors in April 2021

- Each member school sponsoring football must identify a **“Player-Safety Coach”** who will be responsible for completing the USA Football’s Advanced Tackling and Blocking Systems during a two-year period prior to the start of DIFCA Safety Camp.
- This “Player-Safety Coach” is responsible for implementing and overseeing the primary components of Heads Up Football for their school.
- Per Regulation 1009 7.4.1 - Football coaches at all levels of competition shall annually compete Heads up Football training.



# 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			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			PRACTICE		EVENTS														
Entry Door/Gate																						
Student 1																						
Student 2																						
<b>CALL CONTACTS. Provide location and victim's name.</b>																						
	NAME		CELL			PRACTICE		EVENTS														
Athletic Trainer																						
Athletic AD																						
Student 1																						
Student 2																						
<b>START CPR</b>			<b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS</b>			<b>GET THE AED</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>			<b>GET THE AED</b> <table border="1"> <thead> <tr> <th></th> <th>PRACTICE</th> <th>EVENTS</th> </tr> </thead> <tbody> <tr> <td>Closest AED</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 AED			Student 1			Student 2				
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<table border="1"> <tr> <th>Coach</th> <th>Student 1</th> <th>Student 2</th> <th>Student 3</th> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>			Coach	Student 1	Student 2	Student 3					<b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS</b>			<b>GET THE ATHLETIC TRAINER</b> <table border="1"> <thead> <tr> <th>Typical location</th> <th>Student 1</th> <th>Student 2</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> </tr> </tbody> </table>			Typical location	Student 1	Student 2			
Coach	Student 1	Student 2	Student 3																			
Typical location	Student 1	Student 2																				
<b>CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.</b>																						
<b>4 HEAT STROKE TEAM</b> 						<b>PREPARE TUB DAILY</b>																
	PRACTICE		EVENTS			PRACTICE		EVENTS														
Tub Location					Student 1																	
Water Source Location					Student 2																	
Ice Source Location					<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>																	
Ice Towel Location																						
Student 1																						
Student 2																						



ANYONE CAN SAVE A LIFE



# Practice Policies

## DIAA Regulation 1008/1009.4.2

### **ALL practice days (school and non-school day):**

- One day of no activity (practice, scrimmage, or contest) per seven day period
- A minimum of 21 calendar days of pre-practice prior to the first competition date (25 days for football)
- Student must practice at least 7 calendar days prior to participating in a contest



# Practice Policies

## DIAA Regulation 1008/1009

- **School day practices** are limited to two (2) hours which includes all instructional activity (team meetings, film, warm up/cool down sessions)
- **Practice on Non School Days:**
  - Each practice session should not exceed 3 hours
  - Two practice sessions are allowed which total five hours maximum - this includes a one-hour walk through session.
  - Dual session practices must be separated with at least one hour of recovery time.



# Season and Week Limits (HS & MS)

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	See Note 1	
Soccer (B)	15 contests	3 contests	3 competition dates	2 halves
Volleyball (G)	15 competition dates	3 competition dates	3 competition dates	See Not

HS



<u>Team Limitations</u>		<u>Individual Limitations See Note 1</u>		
<u>Sport</u>	<u>Season</u>	<u>Week</u>	<u>Week</u>	<u>Day</u>
<b>Fall</b>				
Cross Country (B/G)	11 competition dates	2 competition dates	2 competition dates	See Note 2
Field Hockey (G)	11 contests	2 contests	2 competition dates	2 halves
Football (B)	7 contests	1 contest	4 quarters	
Soccer (B)	11 contests	2 contests	2 competition dates	2 halves
Volleyball (G)	11 competition dates	2 competition dates	2 competition dates	See Note 3
<b>Winter</b>				
Basketball (B/G)	13 contests	2 contests	2 competition dates	4 quarters
Wrestling (B)	11 contests See Note 4	2 competition dates	2 competition dates	5 matches
<b>Spring</b>				
Baseball (B)	11 contests	2 contests	2 contests	See Note 5
Softball (G)	11 contests	2 contests	2 contests	
Track/Field (B/G)	9 competition dates	2 competition dates	2 competition dates	See Note 2
Soccer (B/G)	11 contests	2 contests	2 competition dates	2 halves
Tennis (B/G)	11 contests	2 contests	2 contests	2 halves
Lacrosse (B/G)	11 contests	2 contests	2 competition dates	See Note 6

MS



# 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. Demonstrate high ideals, good habits and desirable attitudes in their behavior. Coaches interactions shall be of the highest ethical and moral standard. Coaches should recognize the tremendous influence they have on student athletes and never place the value of winning above the highest ideals of character.



14 points of coach expectations in Regulation 1007 (Sportsmanship)

# Sportsmanship

**1007.1.2.1.5.4 Officials** are participants in the educational development of high school students. They must exercise a high level of self-discipline, independence and responsibility. Remember that the field is a classroom. Officials must be highly ethical in all forums, chat rooms, all forms of social media, and communications regarding the sport and participants.

9 points of coach expectations in Regulation 1007 (Sportsmanship)



# DIAA POLICIES & PROCEDURES

## Incident & Game Ejection Procedure:

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



# REPORTING FORM

Edit Page

## INFORMATION FOR OFFICIALS

Officials Main  
Rules Clinic Information  
OFFICIALS - FORMS  
Resources

All ejection and sportsmanship incidents will be reported using the forms below. This form is to be completed by the official/officials association following an ejection. This form must be submitted to DIAA within 24 hours of completion of the contest. If you have questions regarding reportings, please contact Stephanie Mark [stephanie.mark@doe.k12.de.us](mailto:stephanie.mark@doe.k12.de.us)

[DIAA Incident Report Form](#)

Please use this form to report unsportsmanlike conduct behavior, fouls, cards, penalties and ejections.

[Sportsmanship Reporting Form](#)

Please use this form to report all other sportsmanship incidents, including **positive feedback** of players, coaches or teams.

[COVID-19 Athletic Activity Reporting Form](#)

Please use this form to provide positive feedback, observations and/or concerns regarding COVID-19 protocols while attending DIAA athletic events.

Last Modified about a minute ago

# **DIAA POLICIES & PROCEDURES**

## **SPORTSMANSHIP**

- Reporting positive instances of Sportsmanship by game participants
- Online form - Officials/Forms



# DIAA POLICIES & PROCEDURES

## APPEAL OF GAME EJECTION

- To appeal a game ejection, the guidelines in Regulation 1007 should be followed.



# 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. *Any player who leaves the team bench area and enters the playing field during a fight or other physical confrontation shall be ejected from the contest.*
- Only the **HEAD COACH** may enter unsolicited to break up an altercation.
- PRACTICE WHAT TO DO IF A FIGHT BREAKS OUT



# DIAA POLICIES & PROCEDURES

## Game Ejections:

### Regulation 1007 2.3

- Player or coach disqualified for an unsportsmanlike act shall be suspended from the next contest.
- **The coach or player shall not be physically present at any contest in that sport during the suspension** - they must be out of sight and sound of the game and game related activities.
- Any repeated acts of unsportsmanlike conduct by game participants during a season shall be ineligible for the next contest.



# DIAA POLICIES & PROCEDURES

## Game Ejections:

### Regulation 1007 2.3

- If a coach or player is disqualified from the final season of the contest, the suspension will carry over to the next year in that sport.
- A player/coach ejected for the **2nd time** during the same season will be subjected to a **2** game suspension and will meet before the Sportsmanship Committee.



# 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



# 2021 Football Season Dates

- 1st date of practice:
  - 3A: 8/6
  - 2A & 1A: 8/9 (\*schools with waiver approved)
- 1st date of competition: 9/1
- Last date of competition: 11/13
- Football Seeding meeting: 11/14
- Playoff Dates *(to be finalized at seeding meeting)*
  - 11/19-20, 11/26-27, 12/3-4, 12/10-11



# DIAA Resources

Found on DIAA Website:

- Yearly Calendar
- Board of Director's Meetings
- Committees
- Rule Clinics
- NCAA Eligibility Website
- NFHS Website



# Center for Officials Services

**<https://www.dragonflymax.com>**

**DIAA Officials - Registrations, Tracking of  
DIAA Requirements and Payments**

**Monday, 8/9** - Football Part II Online Exam Opens

**Wednesday, 8/18** - DIAA & NFHS payments due to be  
paid in Dragonfly for all fall officials





# Dragonfly

## Officials Registration Checklist:

- Update demographic info
- Join DIAA & local association
- Upload concussion certificate
- Take NFHS Sport Exams
  - Part I, IV, V - optional
  - Part II - pass 85% or better in 2 tries
- NFHS & DIAA payments



# Arbiter

- Being used this season **only** for contest assigning
- ALL Officials registration done exclusively in DRAGONFLY



# 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

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- 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 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



# 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







Thank you for your support of  
Interscholastic Athletics!

