

WELCOME

2017-18

DIAA – NFHS

Rules Clinic



DIAA STAFF

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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

- 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

- Mission: The National Federation of State High School Associations serves its members, related professional organizations and students **by providing leadership for the administration of education-based interscholastic activities**, which support academic achievement, good citizenship and equitable opportunity.

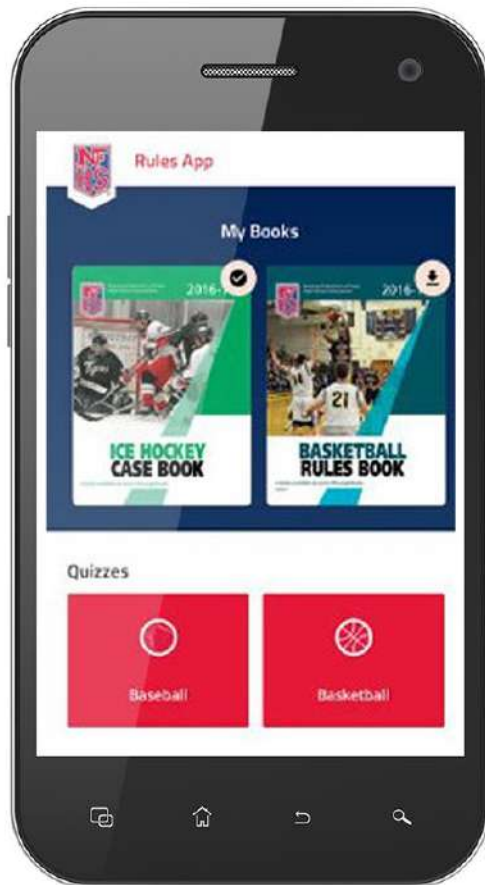


NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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



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



Rule Change Process

- For Coach & Officials

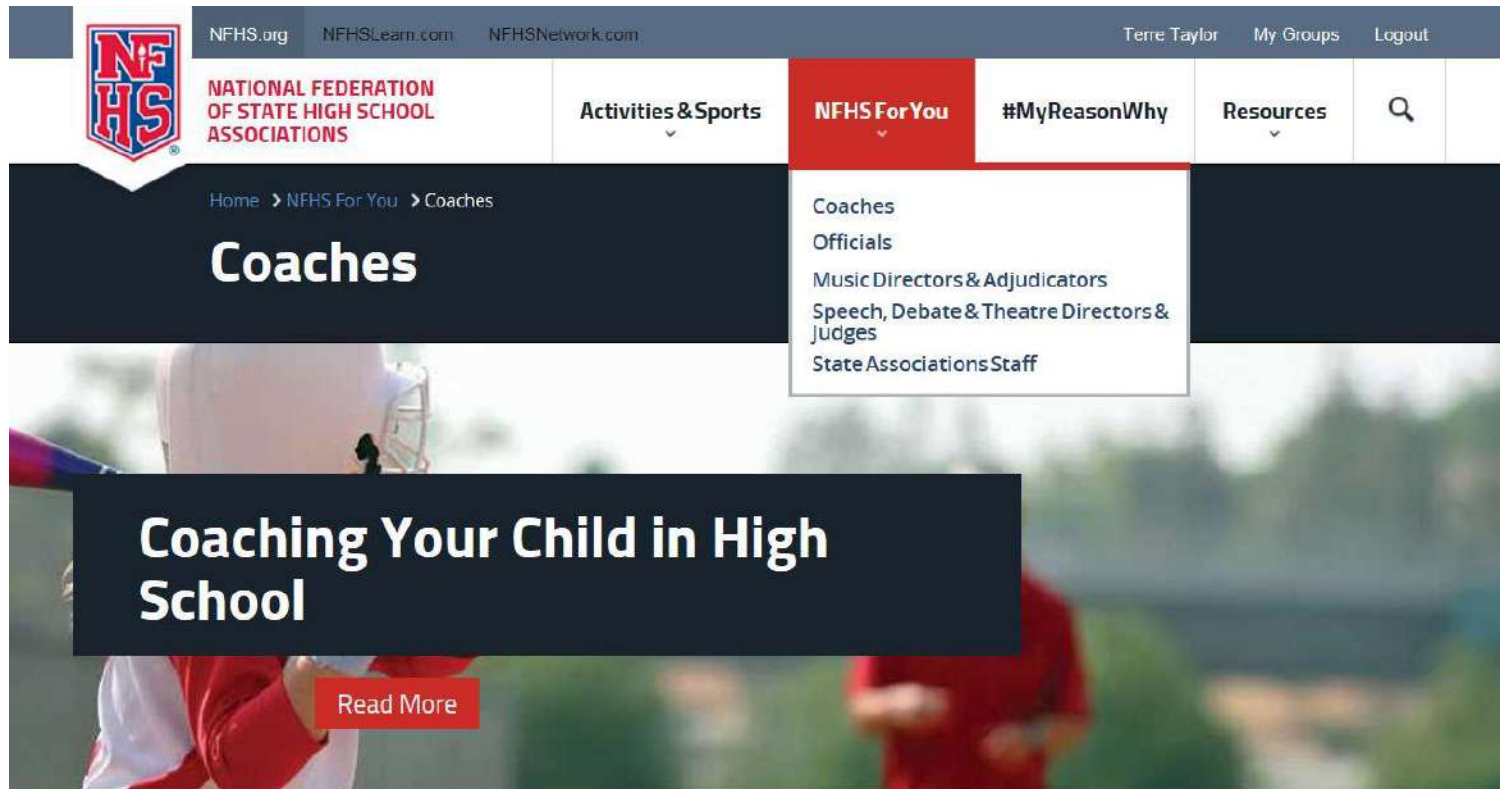
<http://www.nfhs.org/RuleChangeProposal>

- NFHS Rule Questionnaire

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



NFHS.org



The screenshot shows the NFHS.org website interface. At the top, there is a navigation bar with links for NFHS.org, NFHSLearn.com, and NFHSNetwork.com. On the right side of the navigation bar, there are links for 'Terre Taylor', 'My Groups', and 'Logout'. The main header features the NFHS logo and the text 'NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS'. Below the header, there are several menu items: 'Activities & Sports', 'NFHS For You' (which is highlighted in red), '#MyReasonWhy', and 'Resources'. A search icon is also present. The 'NFHS For You' dropdown menu is open, showing a list of categories: 'Coaches', 'Officials', 'Music Directors & Adjudicators', 'Speech, Debate & Theatre Directors & Judges', and 'State Associations Staff'. The main content area has a dark background with the text 'Home > NFHS For You > Coaches' and a large heading 'Coaches'. Below this, there is a featured article titled 'Coaching Your Child in High School' with a 'Read More' button. The background of the article section shows a person in a red and white uniform, likely a coach or player, on a field.

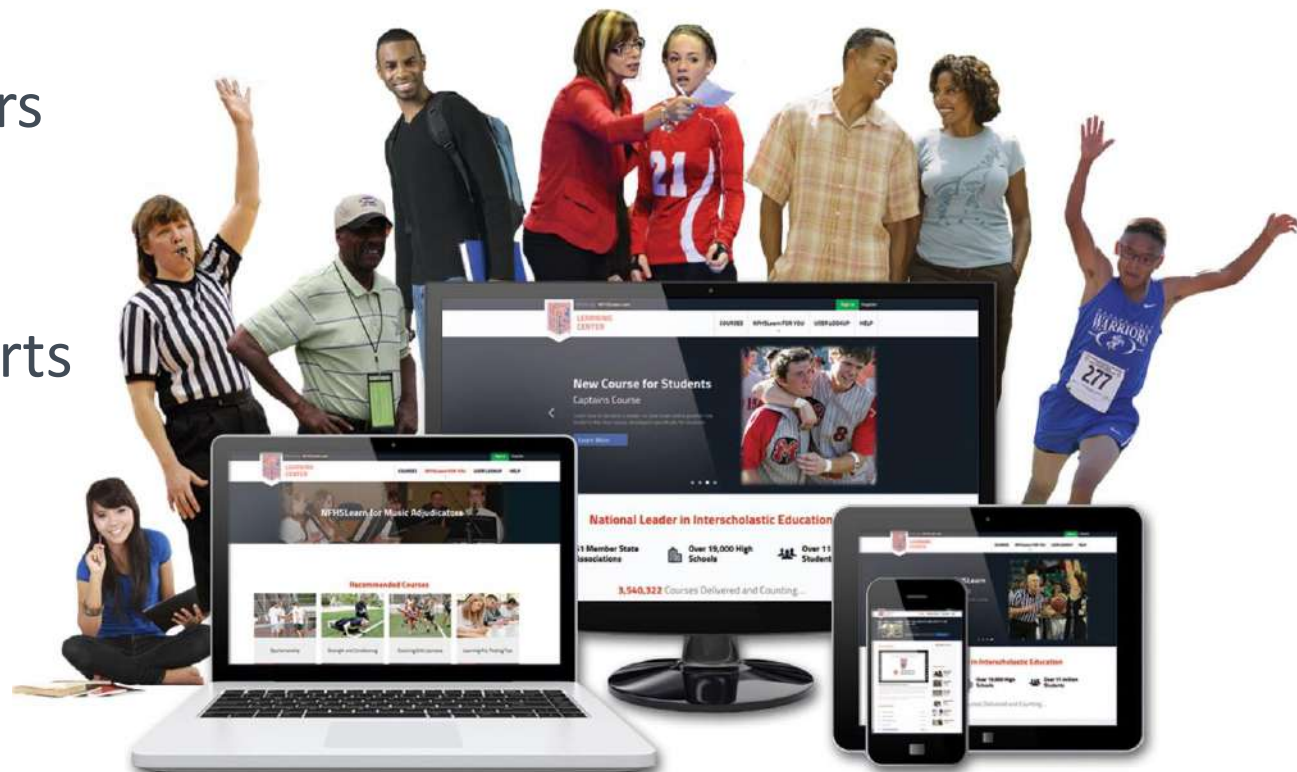


playing rules, uniforms,
diagrams, articles

NFHS LEARNING CENTER WWW.NFHSLEARN.COM

Professional Development For ALL

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



NFHS LEARNING CENTER

FREE COURSES | OVER 20 AVAILABLE!

WWW.NFHSLEARN.COM

- Bullying, Hazing and Inappropriate Behaviors
- Social Media
- Concussion in Sports
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Sportsmanship
- Sports Nutrition
- Coaching Unified Sports
- Positive Sport Parenting
- NCAA Eligibility
- Captains Course
- Appearance and Performance Enhancing Drugs



Arbiter Sports

<https://www.arbitersports.com>

Officials' Information and Testing

Softball: March 19

Baseball: March 19

Soccer: March 1

Track: February 15

Boys Lacrosse: February 15



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 website. The page features a blue header with the NFHS logo and navigation links. Below the header is a red banner with the text 'NFHS SOFTBALL UMPIRING | HOME PLATE'. The main content area is divided into several sections: 'Softball Rules Information' with links to rule changes and interpretations; 'Softball Resources' with links to uniform presentations and rule utilization strategies; 'Softball Resources PP' with links to substituting lineups and pre-game/post-game procedures; a 'Welcome' message from Sandy Searcy, Director of Sports; and a 'Sport Specific Information' sidebar with buttons for various sports including Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, and Track & Field.

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

(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	
<input type="checkbox"/> Cleared without restrictions	<input type="checkbox"/> 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 A.T.C.: _____

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



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:	
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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.									Closest AED											
PRACTICE			EVENTS			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.			Coach			Student 1			PRACTICE			EVENTS											
Closest Phone						3. Take turns with other responders as needed			Student 2			Student 1																	
EMS Access Point						Coach			Student 1			Student 2			GET THE ATHLETIC TRAINER			Typical location											
Street Intersection						Student 1			Student 2			Student 1			Student 1			Student 2											
Student 1						Student 2			Student 3			Student 2			Student 2														
Student 2						WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS			1. Remove clothing from chest.			2. Attach electrode pads as directed by voice prompts.			3. Stand clear while AED analyzes heart rhythm.			4. Keep area clear if AED advises a shock.			5. Follow device prompts for further action.			6. After EMS takes over, give AED to Athletic Administrator for data download.					
MEET AMBULANCE at EMS Access Point. Take to victim.						4 HEAT STROKE TEAM 						CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.																	
PRACTICE			EVENTS			Tub Location			PRACTICE			EVENTS			PREPARE TUB DAILY			PRACTICE			EVENTS								
Entry Door/Gate						Water Source Location			Student 1			Student 2			Student 1			Student 2											
Student 1						Ice Source Location			Student 2			1. Remove equipment/excess clothing. Move to shade.			2. Immerse athlete into cold ice water tub, stir water.			3. Monitor vital signs.			4. Cool First, Transport Second.			a. Cool until rectal temperature reaches 102°F if ATC or MD is available.			b. If no medical staff, cool until EMS arrives.		
Student 2						Ice Towel Location			Student 1			Student 2																	
CALL CONTACTS. Provide location and victim's name.						Athletic Trainer						Athletic AD						Student 1						Student 2					
NAME			CELL			Student 1			Student 2																				
Athletic Trainer						Student 1			Student 2																				
Athletic AD						Student 2																							
Student 1																													
Student 2																													



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 (3-22-2018)
- 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



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
 - Softball: Dudley SB 12L
 - Soccer: Nike Catalyst



DIAA POLICIES & PROCEDURES

Thunder and/or Lightning Policy

- The site management or the contest officials, if they have assumed control of the game, will stop the game at the first sound of thunder, or observation of cloud to ground lightning.
- The playing area will be cleared and all participants and spectators will be advised to seek shelter.
- The contest will not be resumed until **30 minutes** after the last clap of thunder was heard or flash of lightning was seen.



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.



DIAA POLICIES & PROCEDURES

Special Accommodations Requests

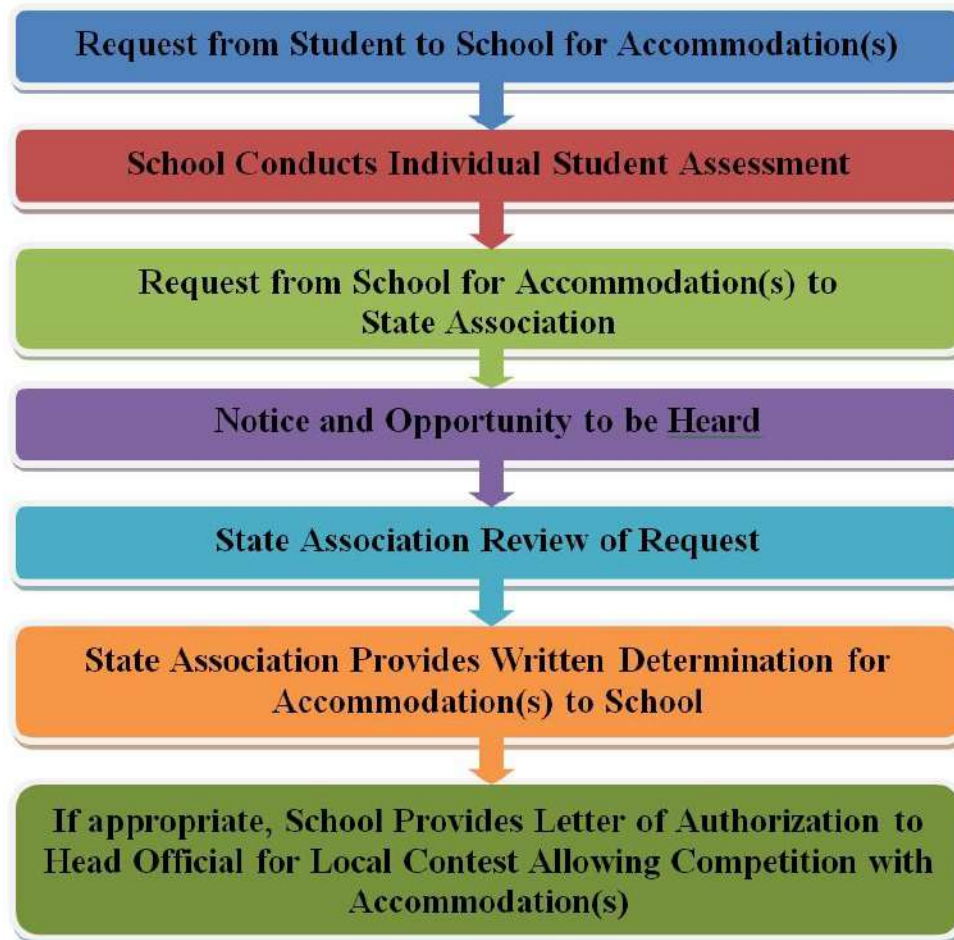


- Medical, Religious, Other

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
- Softball: three (3) bench confinements
- Soccer: three (3) yellow cards
- Girls' Lacrosse: three (3) yellow cards
- Boys' Lacrosse: three (3) unsportsmanlike conduct fouls OR any combo 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.



Sportsmanship Data Spring 2017

Sport	Number of Incidents
Baseball	25 ejections
Softball	8 ejections
Girls' Lacrosse	5 conduct fouls
Boys' Lacrosse	22 ejections 25 conduct fouls
Girls' Soccer	9 ejections 104 yellow cards



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: May 4, 2018



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, May 11, 2018



DIAA/SODE Partnership

- Promote Unified Sports in the sports of flag football and track & field – and pilot program for basketball.
- State Champions are currently awarded in Flag Football 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[®]



NFHS Campaign

My Reason Why – Year 2



- #MyReasonWhy
- Myreasonwhy.com
- Promote the value of interscholastic athletics
- Added focus on MS
- Invite students to share their personal reasons – and parents, coaches, officials
- Push on your school social media channels and website
- Use the provided posters and public service announcements

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

NFHS Network @NFHSNetwork 2h
VIDEO: Great highlights from the 2015 @NFHSNetwork Broadcast Academy! on iYK297y



NFHS Network

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

The screenshot shows a web browser displaying the NFHS Network website. The page is titled "Delaware Interscholastic Athletic Association" (DIAA) and features a "FOLLOW" button. The main content area includes a "0 EVENTS LIVE NOW" section with a video player showing a football game. To the right, there is a "UPCOMING GAMES" section listing several events:

- 2014 DIAA CROSS COUNTRY CHAMPIONSHIP
NOV 08, 1:00 PM EST
Watch Later
- 2014 DIAA VOLLEYBALL CHAMPIONSHIP
NOV 10, 12:00 AM EST
Watch Later
- 2014 DIAA FIELD HOCKEY CHAMPIONSHIP
NOV 15, 12:00 AM EST
Watch Later
- 2014 DIAA DIVISION 1 BOYS SOCCER CHAMPIONSHIP
NOV 15, 5:00 PM EST
Watch Later

Below the video player, there is a "SUBSCRIBE TO WATCH YOUR HIGH SCHOOL EVENTS" section with the text: "Sign up today to watch your favorite high school sporting events live, on demand and on the go here on the NFHS Network!". A sidebar on the left contains navigation links such as "WHAT TO WATCH", "FOLLOWING", "EXPLORE", "FIND YOUR STATE", "BUY DVDS", "HELP & SUPPORT", and "PRICING". A "JOIN NOW" button is visible in the top right corner. The bottom of the page shows a taskbar with various application icons and a system clock indicating 10:04 AM on 8/8/2014.





Thank you for your support of
Interscholastic Athletics!

