

WELCOME

2018-19

DIAA – NFHS

Rules Clinic



DIAA STAFF

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Executive Director

Donna Polk
Coordinator of Interscholastic Athletics

Tina M. Bates
Secretary

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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

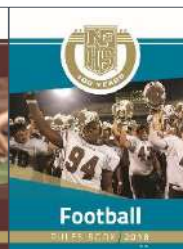
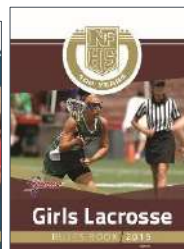
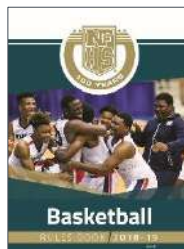
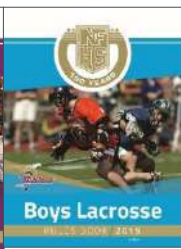
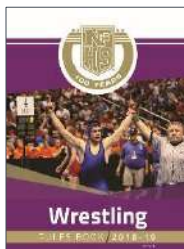
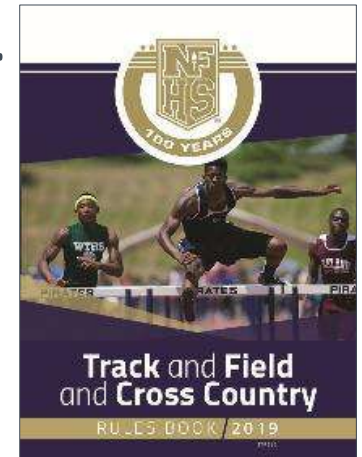
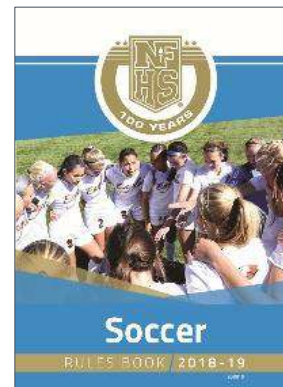
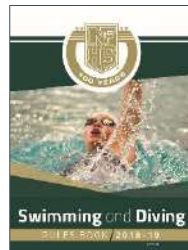
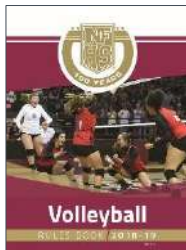
- MISSION

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



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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



NFHS RULES BOOK AS E-BOOKS

National Federation of State High School Associations



GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an obscure rule quickly, make a note or highlight a rule?

E-books Features:

- Searchable
- Highlight Areas of Interest
- Make Notes
- Easy Navigation
- Adjustable Viewing Size
- Immediate Availability



www.nfhs.org/ebooks

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

Download from iTunes or Amazon

- E-books features:
 - Searchable
 - Highlight areas of interest
 - Make notes
 - Easy navigation
 - Adjustable viewing size
 - Immediate availability
 - **FREE for registered officials**



Rule Change Process

- **For Officials**

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

- **NFHS Rule Questionnaire**

- **Yearly input from Coaches/Officials**

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

Important to participate, early May



NFHS.org

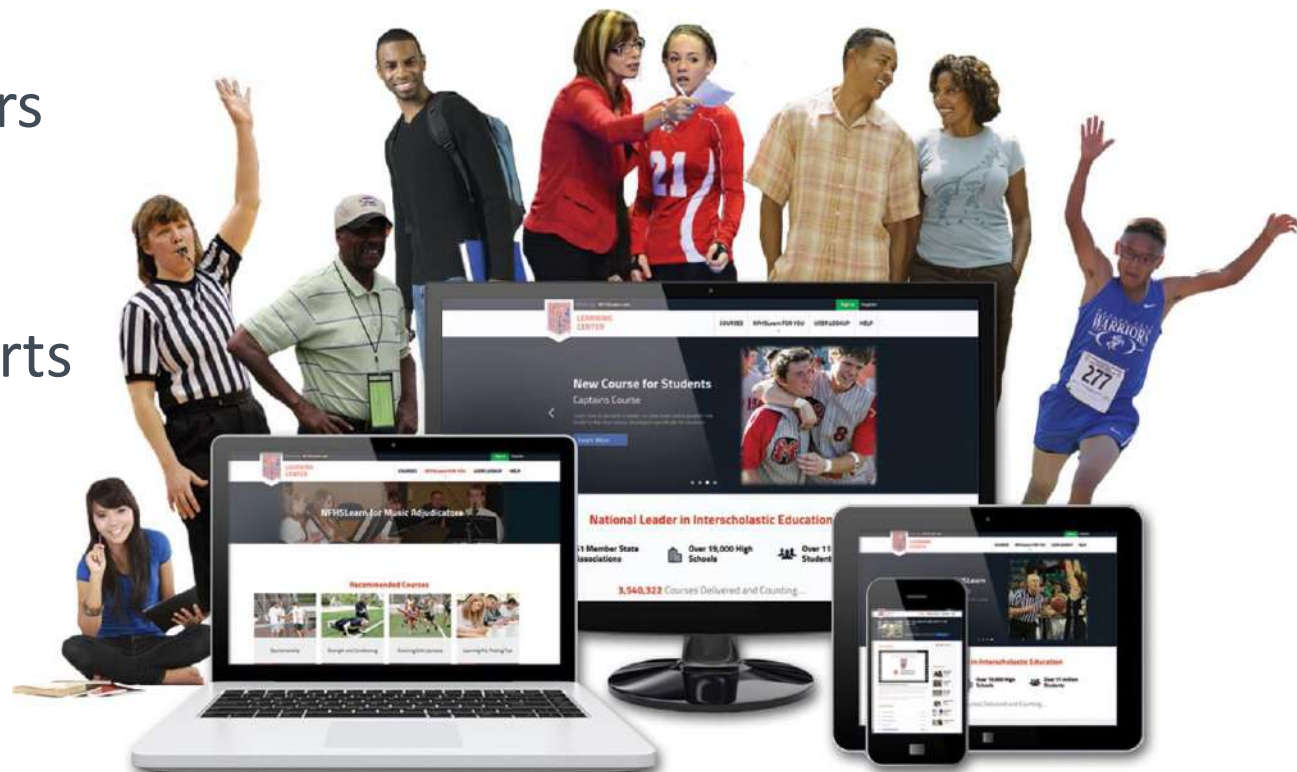


**Playing Rules, Uniforms,
Diagrams, Articles**

NFHS LEARNING CENTER WWW.NFHSLEARN.COM

Professional Development For ALL

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





SPORT SPECIFIC COURSES AVAILABLE

▪ Courses Available

- Interscholastic Officiating Is FREE
- Coaching Soccer - \$50.00
- Coaching Track & Field - \$75.00
- Coaching Pole Vault is FREE
- Coaching Unified Sports is FREE
- Officiating Soccer: Fouls & Misconduct - \$10.00
- Officiating Soccer: Offside Rule - \$10.00





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

Video Library for FREE - THERE 79 video clips for SOCCER.



Movement After The Pitch

Softball



Calling The Pitch

Softball



The Set Position

Softball



Three Umpire Mechanics Bases



Three Umpire Mechanics Bases



Three Umpire Mechanics Bases



NFHS FREE COURSES

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

Sudden Cardiac Arrest



Arbiter Sports

<https://www.arbitersports.com>

Officials' Information and Testing

Soccer – March 18 – April 15

**Part 1 [practice] test for
Soccer
is open now**



NFHS Officials Association Central Hub

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



A screenshot of the NFHS Officials Association Central Hub website. The page features a blue header with the NFHS logo and 'OFFICIALS ASSOCIATION' text. Below the header is a navigation menu with links for MAIN, WELCOME, VIDEO, PUBLICATIONS, CONTACT, TESTING, and COURSES. A large banner reads 'NFHS Officiating CENTRAL HUB' with images of officials. A search bar is located below the banner. The main content area includes a 'NFHS Publications Committee' section, an 'In the News!' section with a photo of a baseball game, and a 'Features' section. On the right side, there is a 'Sport Specific Information' sidebar with buttons for Water Polo, Swimming & Diving, Baseball, Basketball, Cross Country, Field Hockey, Football, and Gymnastics.

Websites4Sports

Your School Site

WebSites4Sports.com

Coaches and A.D.s

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



Sports Medicine

PPE – Medical Card (page 4)

COACHES:
You **MUST** carry every athlete's Medical Card with you at ALL times.

PRACTICES & GAMES

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

SCHOOL ATHLETE MEDICAL CARD

(Parent/Guardian: please print and complete Sections 1, 2 & 3)

Section 1: CONTACT/PERSONAL INFORMATION	
NAME: _____	SPORT(S): _____
AGE: _____ GRADE: _____ BIRTH DATE: _____	GUARDIAN NAME: _____
ADDRESS: _____	
PHONE: (H) _____ (W) _____ (C) _____ (P) _____	
Other authorized person to contact in case of emergency:	
NAME: _____	PHONE(S): _____
NAME: _____	PHONE(S): _____
Preference of Physician (and permission to contact if needed):	
NAME: _____	PHONE: _____
HOSPITAL PREFERENCE: _____	INSURANCE: _____
POLICY #: _____	GROUP: _____ PHONE: _____
Section 2: MEDICAL INFORMATION	
MEDICAL ILLNESSES: _____	
LAST TETANUS (mo/yr): _____	ALLERGIES: _____
MEDICATIONS: _____	
(any medications that may be taken during competition require a physician's note)	
PREVIOUS HEAD/NECK/BACK INJURY: _____	
HEAT DISORDER OR SICKLE CELL TRAIT: _____	
PREVIOUS SIGNIFICANT INJURIES: _____	
ANY OTHER IMPORTANT MEDICAL INFORMATION: _____	
Section 3: Consent for Athletic Conditioning, Training and Health Care Procedures	
I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare treatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, or other healthcare providers employed directly or through a contact by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. I understand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child.	
Parent/Guardian Signature: _____	Date: _____
Athlete's Signature: _____	Date: _____
Section 4: Clearance for Participation	
___ Cleared without restrictions ___ Cleared with the following restrictions:	
Health Care Provider's Signature: _____	MD/DO, PA, NP Date: _____

For office use only This card is valid from April 1, 20____ through June 30, 20____
Note: If any changes occur, a new card should be completed by the parent/guardian. The original card should be kept on file in the school athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kits. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.
Name of School: _____ Name of A.T.C.: _____

Practice Policies

DIAA Regulation 1008/1009-4.2

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

- One day of no activity per seven day period
- A minimum of 21 calendar days of practice prior to the first competition date (9-5-2018)
- Student must practice at least 7 calendar days prior to participating in a contest



Practice Policies

DIAA Regulation 1008/1009-4.2

School day practices limited to two (2) hours

Non-School days

- A limit of no more than two (2) practices with physical activity
- No practice can be longer than three (3) hours in length
- A grand total of five (5) hours of physical activity daily
- When having 2 practice session in a day; there **MUST** be a one hour minimum cooling period between the two practice sessions



Season and Week Limits (HS)

	Season	Week	Athlete - Week	Athlete-Day
Spring				
Baseball	18 contests	3 contests	3 contests	See Note 4
Softball (G)	18 contests	4 contests	4 contests	See Note 5
Golf	15 competition dates	3 competition dates	3 competition dates	
Tennis (B/G)	15 contests	3 contests	3 contests	
Outdoor Track (B/G)	16 competition dates	3 competition dates	3 competition dates	
Lacrosse (B/G)	15 contests	3 contests	3 competition dates	See Note 6
Soccer (G)	15 contests	3 contests	3 competition dates	2 halves

Note 5: Four games in a week are permitted only if two are part of a doubleheader played on a non-school day

Note 6: The daily individual limit for boys' lacrosse is 4 quarters and for girls' lacrosse is 2 halves.



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** notify Coach
Official's duty is completed with notification.
- b. Then must be 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)



DIAA Concussion Protocol

IF CLEARED at that time by the QHCP,
athlete may return to play that day.

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



Heat Accommodation

DIAA has a heat restriction policy for competition

Make sure athletes are getting water and cooling off if heat index is above 150.

DIAA heat index calculator:

1. Go to www.weather.com
2. Enter your zip code
3. Add the numbers of temperature and relative humidity
(+/- 10 depending on level of acclimatization)
4. If practice/competition is not on a natural grass or dirt base, add 5 points
5. Add #3 and #4 if above 150, check that catchers especially but all players are cooled and hydrated between innngs.



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

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.



Thunder and/or Lightning Policy

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

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

PROACTIVE PLANNING

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



* - At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be 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.

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Updated Policy [March 2018 in red]
Track & Field – Appendix G, Page 88
Soccer – Appendix E, page 108



Emergency Action Plan [EAP]

Create an
Action Plan and
PRACTICE IT.



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:			Activity:			Level:		
---------------------	--	--	-----------	--	--	--------	--	--

1 911 TEAM			2 CPR/AED TEAM			3 AED TEAM														
CALL 911			START CPR			GET THE AED														
CALL 911. Explain emergency. Provide location.			<ol style="list-style-type: none"> Position person on back. 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. Take turns with other responders as needed. 			<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		
	PRACTICE	EVENTS																		
Closest AED																				
Student 1																				
Student 2																				
Closest Phone			Coach			GET THE ATHLETIC TRAINER														
EMS Access Point			Student 1			Typical location														
Street Intersection			Student 2			Student 1														
Student 1			Student 3			Student 2														
Student 2			WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS			CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.														
MEET AMBULANCE at EMS Access Point. Take to victim.			<ol style="list-style-type: none"> Remove clothing from chest. Attach electrode pads as directed by voice prompts. Stand clear while AED analyzes heart rhythm. Keep area clear if AED advises a shock. Follow device prompts for further action. After EMS takes over, give AED to Athletic Administrator for data download. 																	
	PRACTICE	EVENTS	4 HEAT STROKE TEAM 			PREPARE TUB DAILY														
Entry Door/Gate				PRACTICE	EVENTS		PRACTICE	EVENTS												
Student 1			Tub Location			Student 1														
Student 2			Water Source Location			Student 2														
CALL CONTACTS. Provide location and victim's name.			Ice Source Location			<ol style="list-style-type: none"> Remove equipment/excess clothing. Move to shade. Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body. Monitor vital signs. Cool First, Transport Second. <ol style="list-style-type: none"> Cool until rectal temperature reaches 102°F if ATC or MD is available. If no medical staff, cool until EMS arrives. 														
	NAME	CELL	Ice Towel Location																	
Athletic Trainer			Student 1																	
Athletic AD			Student 2																	
Student 1																				
Student 2																				



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

- ALL balls used during the regular season must have NFHS branded logo
- For the DIAA State Tournament:
 - Soccer: Wilson, Forte Fybrid**



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



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.
 - Soccer – Three [3] Yellow cards,
or a Red and a Yellow



DIAA POLICIES & PROCEDURES

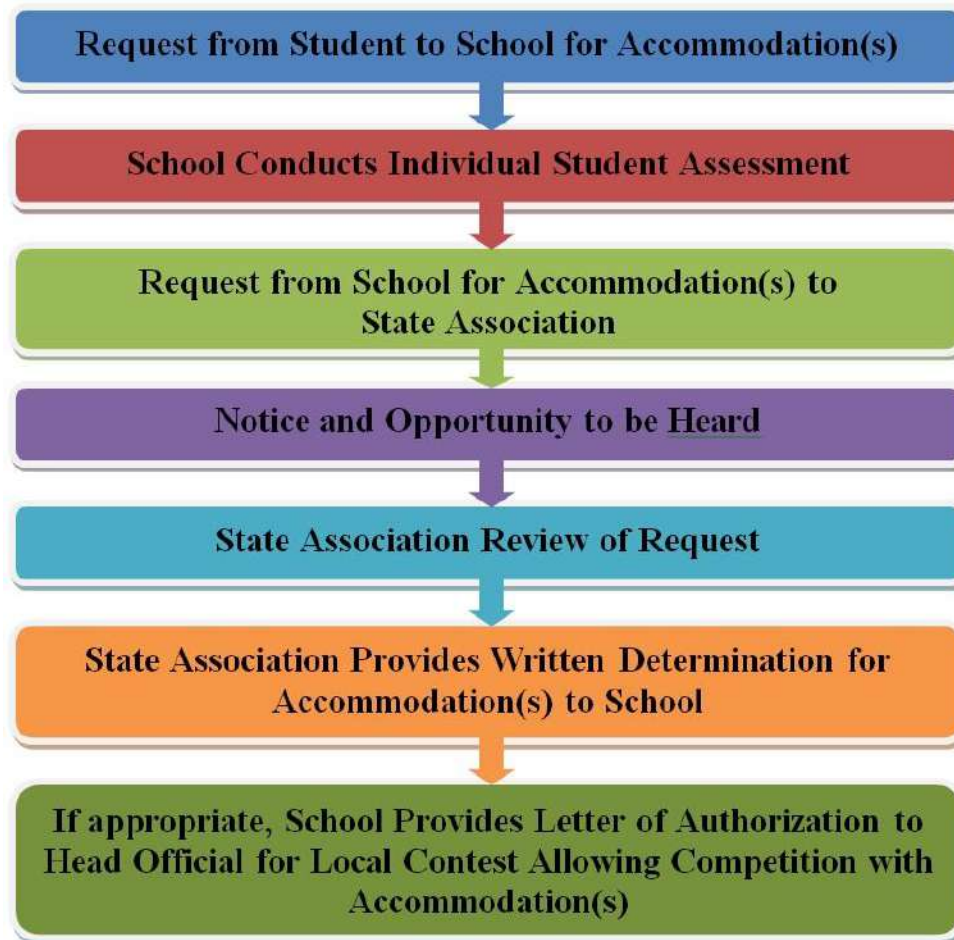
Special Accommodations Requests

- 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



SPORTSMANSHIP

Code of Conduct

DIAA Regulations:

1007.1.2.1.5.2 – Coaches

1007.1.2.1.5.3 – Participants

1007.1.2.1.5.4 – Officials

The use of SOCIAL MEDIA must be CAREFULLY explained, reinforced and monitored.

use the NFHS Learn Course



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

Coaches and Officials are strongly reminded that the field/track is an extension of the classroom.

All words, actions and expressions that are inappropriate must be and will be dealt with accordingly.

Stop a situation before it escalates.



SPORTSMANSHIP

The DIAA Sportsmanship Award Application has the following section:

Is there a plan for dealing with special situations such as heated rivalries, overflow crowds and unruly spectators.

- Who is responsible for implementing the plan?
 - Are visiting schools involved in the plan?
 - Cite any special situations and how the school responded to them.
- **I would add that the Officials need to be included in any plans as well.**



Tournament Manual

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



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 Campaign

My Reason Why – Year 3



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



QUESTIONS?





Thank you for your support of
Interscholastic Athletics!



NFHS Rules

**Track Coaches and Officials remain in
the Auditorium**

**Girls Soccer Coaches and Officials
please move to the Cafeteria, rear exit,
turn left.**





2019 NFHS TRACK AND FIELD RULES POWERPOINT

National Federation of State
High School Associations

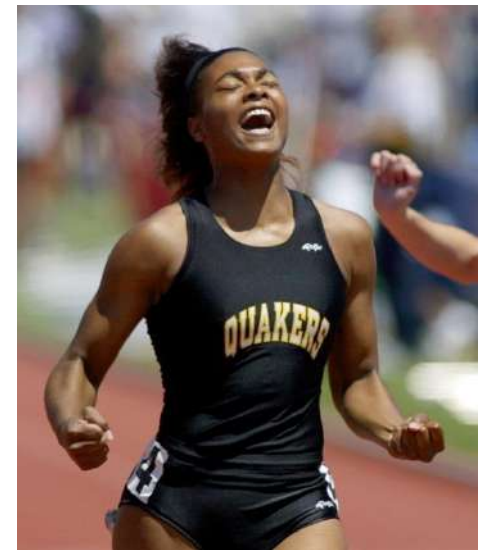


Take Part. Get Set For Life.®

Rules Changes
Major Editorial Changes
Points of Emphasis

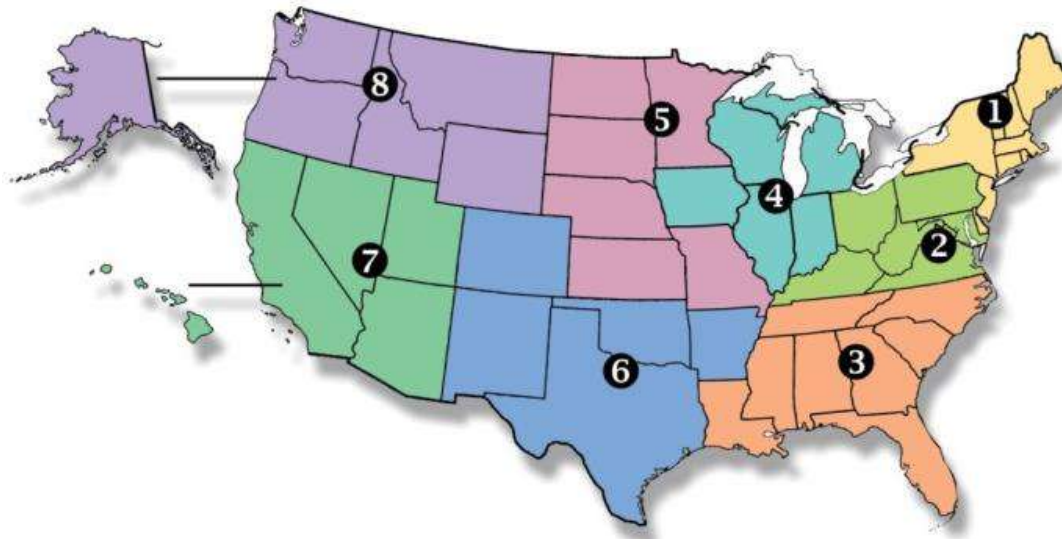
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs.
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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



NFHS RULES REVIEW COMMITTEE

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



Davis Whitfield
Chief Operating
Officer



Lindsey Atkinson
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball and
Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



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



James Weaver
Boys and Girls
Lacrosse and Spirit



Theresa Wynns
Basketball and
Soccer

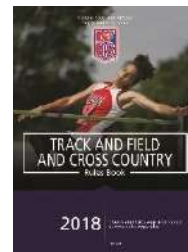
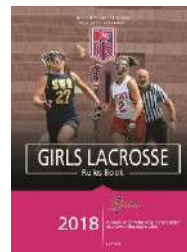
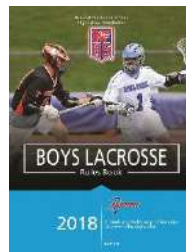
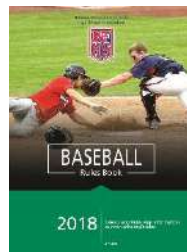
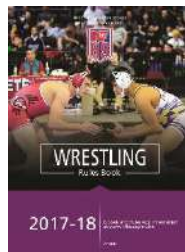
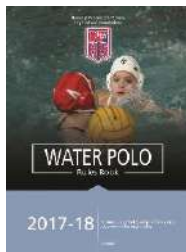
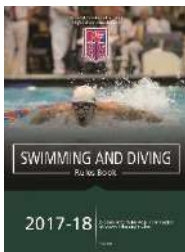
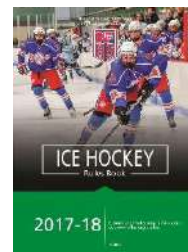
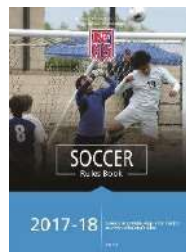
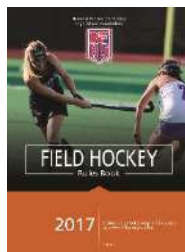
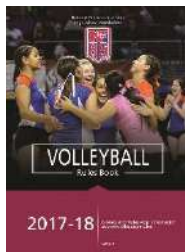


Dan Schuster
Ice Hockey



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- 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

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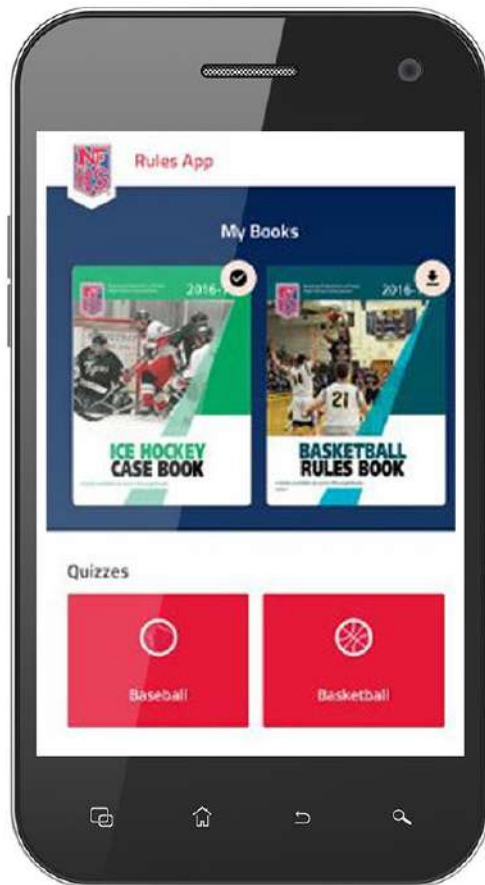
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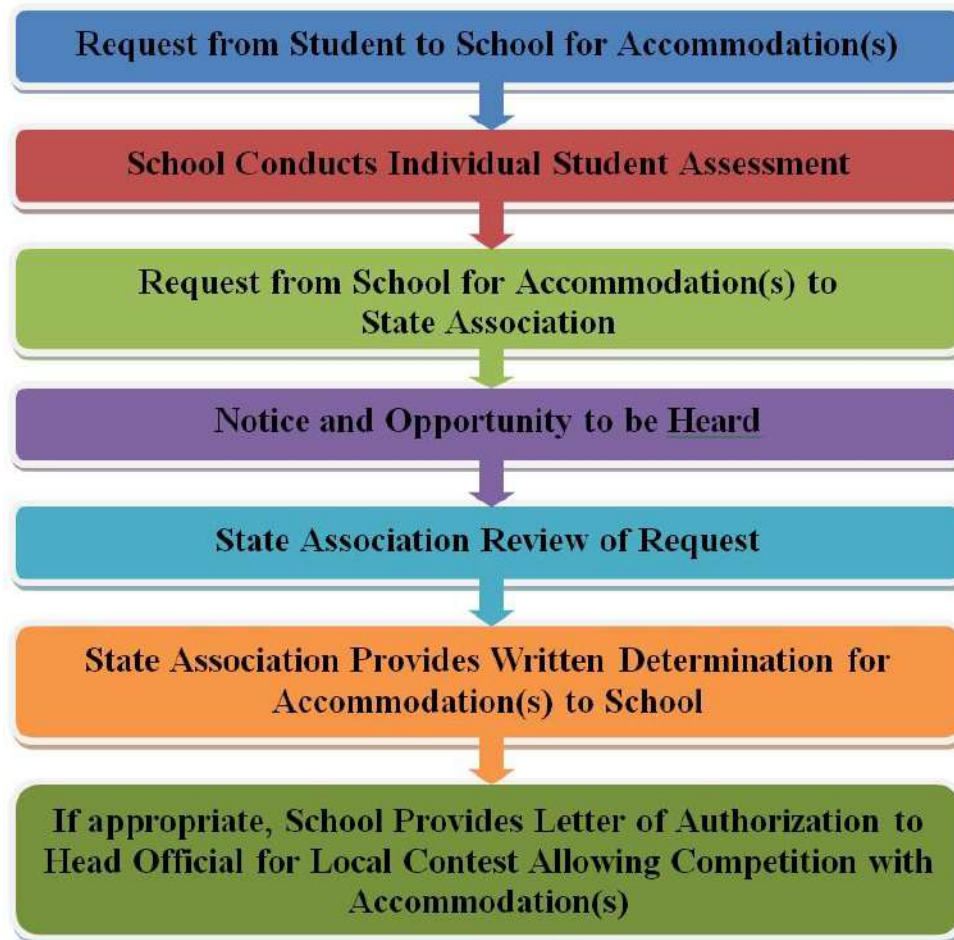
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Rules Changes

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4-3-1 COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

- The NFHS Track and Field Rules Committee reorganized Rule 4-3:
 - The uniform top and bottom were combined into 4-3-1b to help reduce redundant language within the book.
- Anything worn under the uniform is now considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.
- All uniform rules (track and field and cross country) now fall in rule 4-3.



6-2-20

GENERAL RULES FOR FIELD EVENTS

“-“ pass; “O” cleared; “X” failed

- This is the correct way to list attempts.





6-6-11, 6-8-12 DISCUS THROW

Rule 6-6 Discus Throw

ART. 11. . . The measurement shall be recorded to the nearest lesser inch or ~~even number~~ centimeter (e.g., ~~0-2-4-6-8~~).

Rule 6-8 Javelin Throw

ART. 12. . . The measurement shall be recorded to the nearest lesser inch or ~~even number~~ centimeter (e.g., ~~0-2-4-6-8~~).



6-9-4, 6-9-5, 6-9-7 LONG JUMP/TRIPLE JUMP

- The landing pit shall be filled with sand or other soft material to a depth at least 12 inches (30 centimeters) deep.
- The landing pit shall have a minimum width of 9 feet (2.75 meters).
 - a. In the Long Jump, the distance between the takeoff board and the nearer edge of the landing area shall be at least 3 feet (1 meter) and not more than 10 feet (3 meters). The distance between the foul line and the farther edge of the landing area shall be at least 32 feet (10 meters).
 - b. In the Triple Jump, the nearer edge of the landing area shall be at least 36 feet (11 meters) from the foul line for men and 27.89 feet (8.5 meters) for women. Distances of 32 feet (10 meters) and 26 feet (8 meters), respectively, are recommended.
 - **NOTE: Distance from the foul line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which foul line or takeoff board they are using during competition, but only with the prior notification and confirmation of the event judge.**



8-1-1 THRU 3 COURSE

ART. 1 ...The cross country course shall be 2500 to 5000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee. Measurement shall be along the shortest possible route a runner may take on the prescribed course. The course shall be clearly marked. This may be by a single wide line or boundary lines, both inside and outside marked with a material which is not injurious to the eyes or skin. The use of natural or artificial boundary markers may also be used. Signposts with large directional arrows wherever the course turns, or flags about 1-foot square and mounted on stakes which hold them 6 feet or more above the ground shall be used.

Note: If a single wide line is used it may or may not mark the shortest possible route a runner may take.

FLAG DESIGNATIONS

- A red flag indicates a turn to the left. Runners must stay on the right side of the flag.
- A yellow flag indicates a turn to the right. Runners must stay on the left side of the flag.
- A blue flag indicates a course straight ahead. Runners may run on either side of the flag.



8-3-2 THRU 5

- No matter the finish system being used, the order of finish is based on when the competitor's torso crosses the finish line.
- Terminology was changed to image based timing system.





Editorial Changes

NFHS TRACK & FIELD AND CROSS COUNTRY



4-3-1

COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

- The top or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.



4-6-5

DISQUALIFICATION AND CONDUCT

Art. 5. . .

NOTES:

1. The use of an inhaler during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.





5-1-3 TRACK CONSTRUCTION

- If cones are used with the absence of a curb, the cones should be placed on the line, up to the edge of lane one.
- Cones should be spaced about 1.5 meters or 5 feet apart



5-2-3

COURSE MEASUREMENTS

Art. 3 ...A lane is the course which is marked on the track and for a race or that part of a race during which the runner must stay in a prescribed path. Lanes vary in width depending upon the size of the track and the number desired or a given event. Standard Lane width is 42 inches (1.07 meters). Lanes on a facility shall have equal width.



6-5-1, 6-9-1

POLE VAULT, LONG JUMP, TRIPLE JUMP

- To calculate the slope – compare the elevation at the start of the runway to the elevation at the zero line or take-off board.
 - Intermediate measurements are not considered.
 - Elevation and Planarity Tolerances still must be met.



8-3-3 CROSS COUNTRY START/CONCLUSION

- With the deletion of 8-6 Competitors Uniform in Cross Country - the wearing of chip/transponder/number was moved to section 8-3
- The penalty for altering the chip/transponder/number was also moved here.





Points of Emphasis

NFHS TRACK & FIELD AND CROSS COUNTRY



POINTS OF EMPHASIS

- Uniforms
- Wearable Technologies
- Officials Safety and Recommendations in vertical and horizontal jumps



POINTS OF EMPHASIS UNIFORMS

- Increasing difficulty to officiate uniform rule.
 - Individuals purchasing all or part of the uniform.
 - Slight variations in uniform design from year to year.
- Slight differences in design do not negatively impact the identification of a relay or cross country team by an official.
- Expectation is that teams can still be clearly identified as representing the same school through predominant color, school logo, and color combinations of all outer garments.





POINTS OF EMPHASIS WEARABLE TECHNOLOGIES

- Policing wearable technology has become difficult to officiate.
- Technology can be found in watches, sports bras, shoes, jewelry, etc. and it is nearly impossible to distinguish from the same item type that does not include the technology.
- The market is forecasted to sell almost 500 million wearables by 2021.





POINTS OF EMPHASIS WEARABLE TECHNOLOGIES

- Electronic devices are still not permitted to transmit information to the competitor during a race or trial.
 - If such communication is observed by an official, the competitor should be disqualified.
- Discussion about compliance with Federal and State Policies should be addressed by schools concerning the Privacy and legal issues surrounding personal biometric information.



POINTS OF EMPHASIS

OFFICIALS SAFETY AND RECOMMENDATIONS IN VERTICAL AND HORIZONTAL JUMPS

- The safety of the athletes and officials is most important before, during and after the competition.
- Eliminating hazardous conditions from the venue
 - Foreign debris in the landing area,
 - Inspection of the runway for tripping hazards
 - Removing equipment out of harm's way.
 - Always be prepared for the unexpected even though the event seems to be progressing as planned.



SAFETY AND RECOMMENDATIONS IN VERTICAL AND HORIZONTAL JUMPS

- Horizontal Jumps
 - Make sure pits are full of sand and turned,
 - Shovels and rakes are placed tines down after use to avoid accidental injuries.
 - Inspect each takeoff board and pit edges. Also instruct those raking the pit to keep the sand off the track as much as possible.
- Vertical Jumps
 - Make sure the pits meet the rule standard,
 - Pits are correct size and properly padded,
 - Check that each crossbar meets standards and is clearly marked.
 - In pole vault, double check standards and extenders, and that the planting box is free of water and in good condition.



SAFETY AND RECOMMENDATIONS IN VERTICAL AND HORIZONTAL JUMPS

- Do not allow multiple jumpers on the runway at the same time during competition.
- During warm-ups, pay special attention when athletes are trying to set their marks and other competitors are on the runway or apron.
 - Athletes running away from the pit or mat to set their marks with or without implements can be hazardous to other competitors and officials in the area if no one is paying attention.
- Remember to control the runway during practice and during the competition. If another event (i.e., throwing) is in progress near your venue, warn the athletes to pay attention when participating and leaving the event.
- Be attentive when you are at the venue particularly when track events are in progress.
- Instruct the athletes as to which direction to exit the pit or mat so as not to interfere with oncoming runners or adjacent events.





NFHS OFFICIALS ASSOCIATION CENTRAL HUB



NFHS OFFICIALS ASSOCIATION CENTRAL HUB

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- Contains:
 - Sport information
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The screenshot displays the NFHS Officials Association website. At the top, there is a navigation bar with the NFHS logo, the text 'OFFICIALS ASSOCIATION', and a 'Powered by Arbitersports' logo. A search bar is located in the top right corner. Below the navigation bar, a large banner features the text 'NFHS TRACK & FIELD OFFICIATING | WITHIN THE OVAL' over an image of athletes. The main content area is divided into several sections: 'Track & Field Rules' with links to 'High School Track and Field/Cross Country Rules Changes Include Assisting Injured Competitor', '2016 Rule Interpretations', '2016-17 Track and Field Rules Changes with Rationale', '2016-17 Comments on the Rules', and '2016-17 Points of Emphasis'; 'Track & Field Resources' with links to '2017 NFHS Track and Field Pre-Meet Notes' and '2016 NFHS Track and Field Pre-Meet Notes'; and 'Cross Country Information' with links to 'Finish Central in Cross Country' and 'Rules Interpreters Meeting - Cross Country Administration (Mancie)'. A 'Welcome' section features a photo of Julie Cochran, NFHS Director of Sports, and a message from her. On the right side, there is a 'Sport Specific Information' sidebar with buttons for various sports: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, and Track & Field.



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Interscholastic Officiating

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

Introduction

Unit 1: Basics

Unit 2: Science

Objectives

Rules Knowledge

Mechanics

Fitness and Conditioning

Key Points

Checkpoint

Unit 3: Art

Unit 4: Balance

Course Close

Mechanics: Nuances

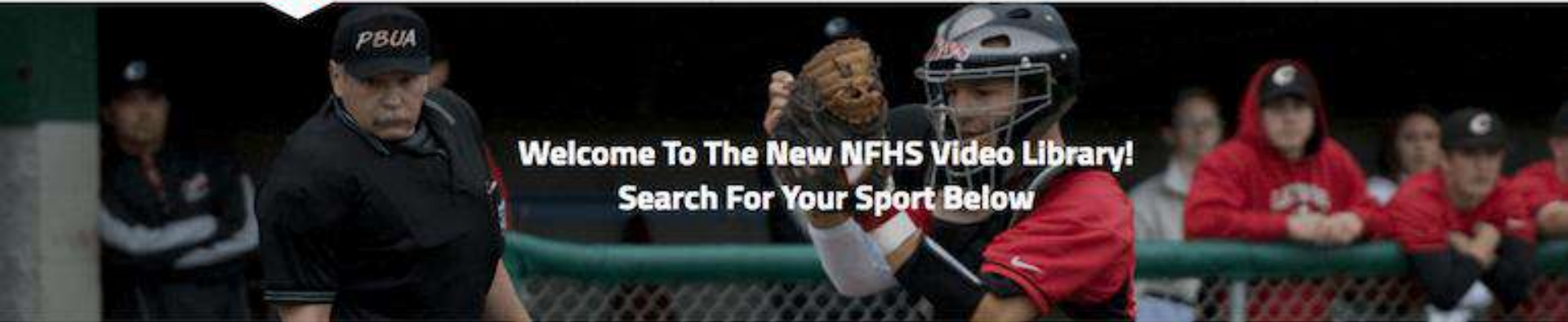
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- Non-members course is \$20
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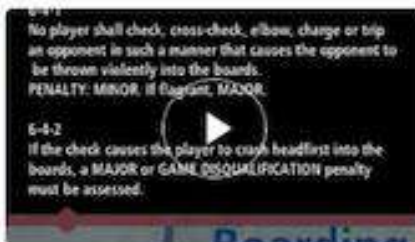
Final Run Out Before Start

Cross Country



Football Mechanics: Coin Toss...

Football



Ice Hockey Rules Concepts - B...

Ice Hockey



NFHS Soccer Rules: Referee Me...

Soccer

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- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball, and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials





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- Swimming and Diving
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- Umpiring Softball
- Officiating Volleyball – Ball Handling

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- Field Hockey
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- Volleyball – Overlapping
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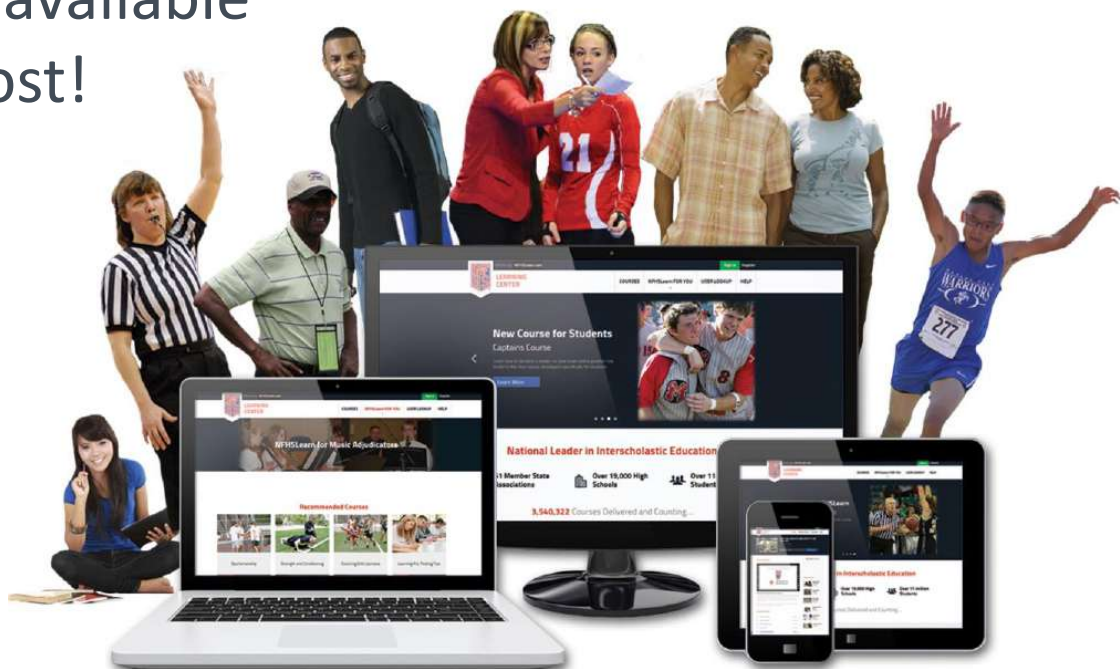
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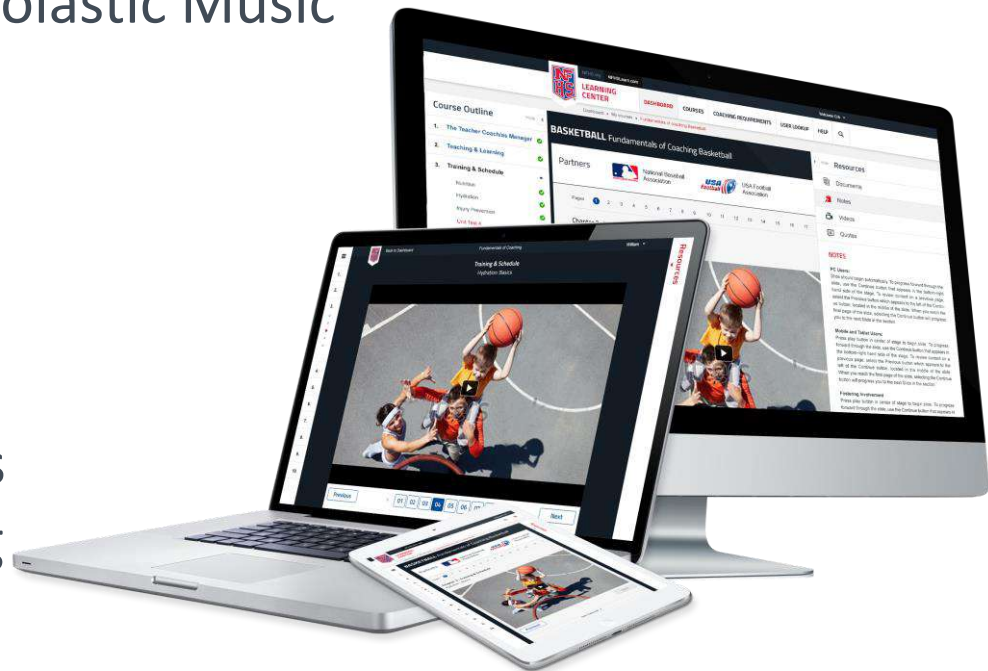


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- Coaching Unified Sports
- Positive Sport Parenting
- NCAA Eligibility





Coaching Track and Field

Course Objectives

- Types of races – sprint and endurance
- Running form – proper posture, arm movement, and leg movement
- Start and Drive phase – block and standing start
- Types of jumps – horizontal and vertical
- Jump elements – approach, take off, flight and landing
- Throwing – basic skills for each event type
- How to teach skills for correct form
- Teaching progressions to combine skills into full movement

Units

- Running
- Jumping
- Throwing

More Information at nfhslearn.com!



Coaching Pole Vault

Course Objectives

- Starting a beginner – teaching proper standing grip height, width of hands on pole, and position of hands on pole
- How to instruct beginning level pole-vaulters through skill development drills and build confidence
- Maintaining a safe practice and competition environment – proper pad placement and securing of vault mat pads

Units

- Starting a Beginner
- Basic Laws of Physics
- Drills and Coaching Techniques
- Problem Solving
- Equipment and Facility
- Interactive Exercise

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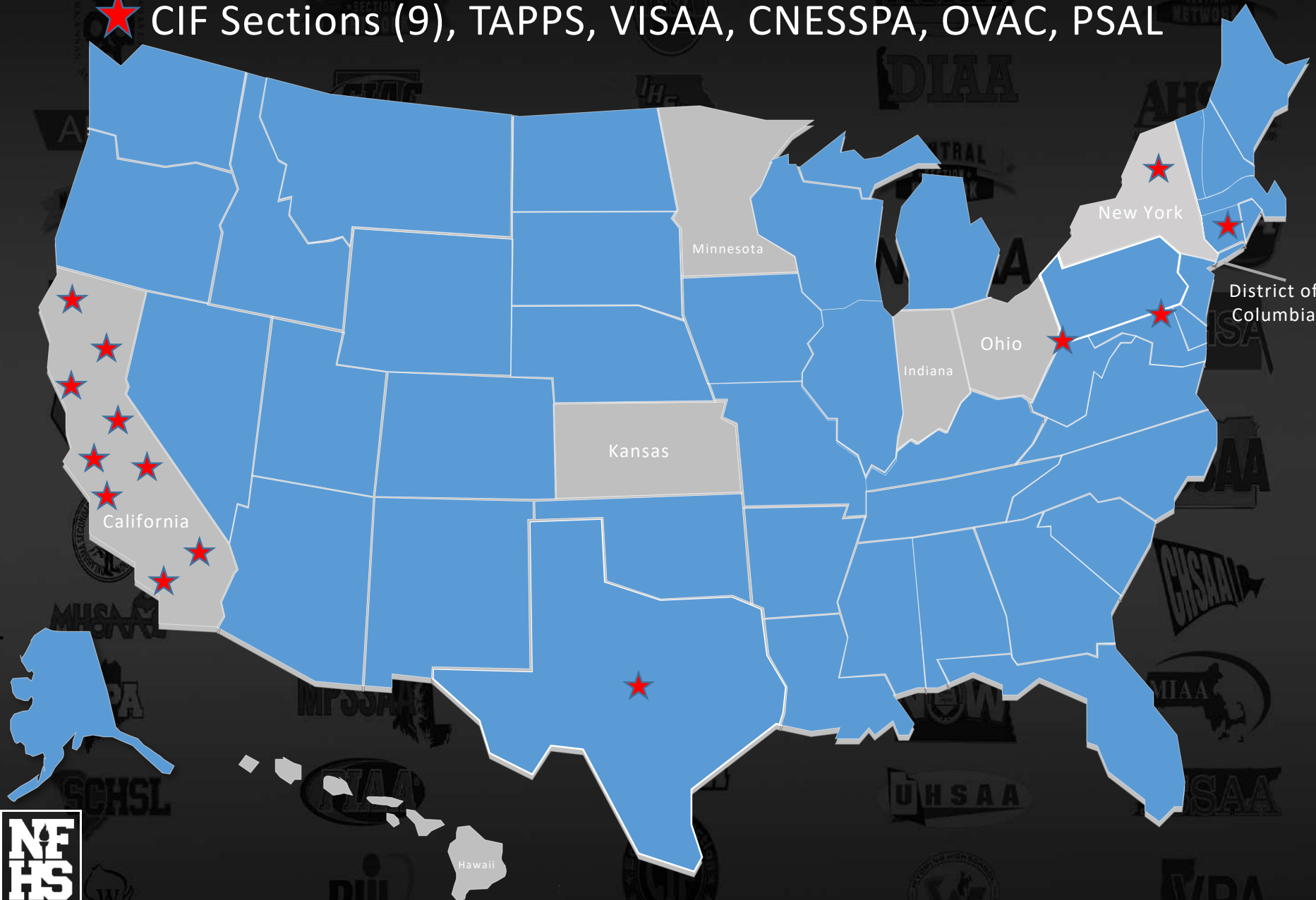


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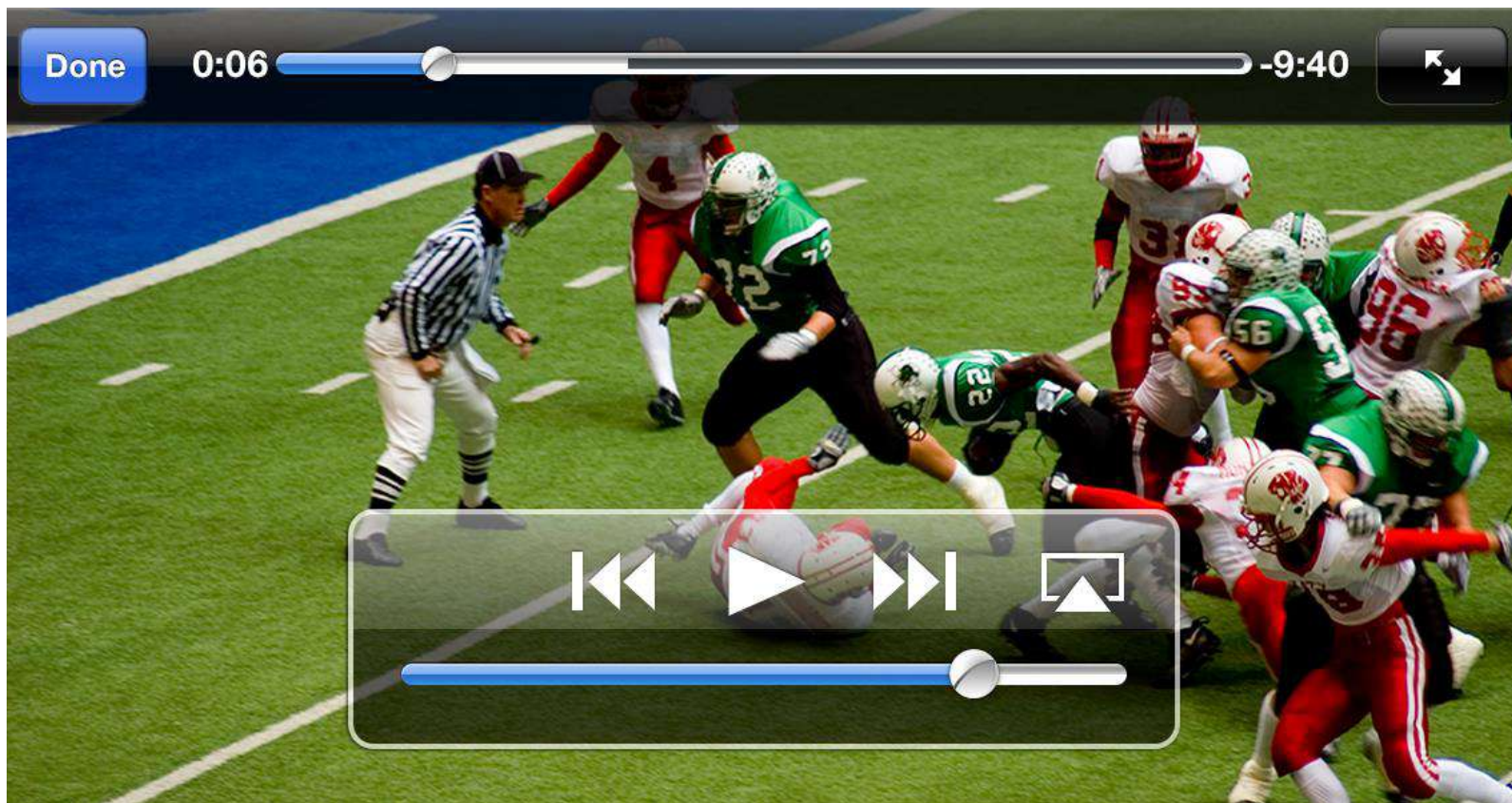
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