

WELCOME

2018-19

DIAA – NFHS

Softball

Rules Clinic



DIAA STAFF

Thomas E. Neubauer, CMAA
Executive Director

Donna Polk

Coordinator of Interscholastic Athletics

Tina M. Bates
Secretary

Main Number:
302-857-3365



Your Contact

**YOUR first contact should be one
of the websites shown in this
presentation**

or

Your Athletic Director

or

Your Association President



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

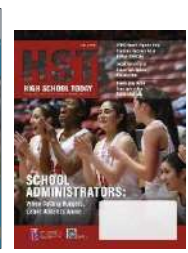
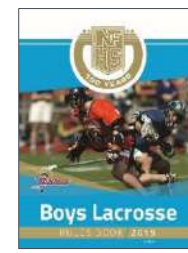
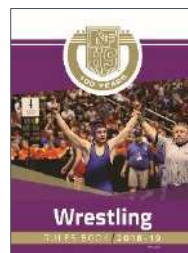
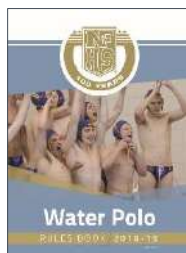
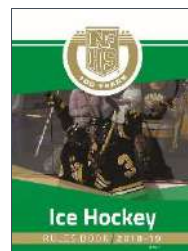
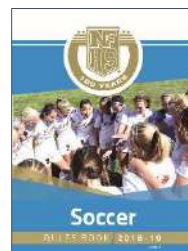
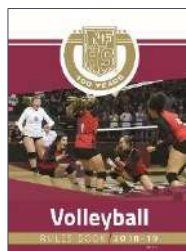
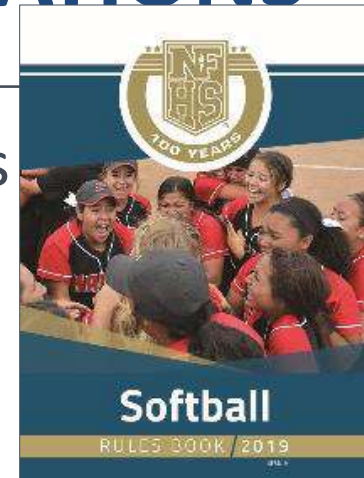
- MISSION

- 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





COURSES AVAILABLE

- **Courses Available**

- Interscholastic Officiating Is FREE
- Umpiring Softball - \$10.00
- Coaching Softball - \$50.00





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

Video Library for FREE - THERE 129 video clips for SOFTBALL



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

Softball – March 18 – April 15

**Part 1 [practice] test for
Softball
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. The main content area is titled 'NFHS Officiating CENTRAL HUB' and includes a search bar, a 'Sport Specific Information' sidebar with links for Water Polo, Swimming & Diving, Baseball, Basketball, Cross Country, Field Hockey, Football, and Gymnastics, and several content blocks. One block is titled 'NFHS Publications Committee' and another is 'In the News!' with a sub-heading 'MHSAA's "Be the Referee" Program Promotes the Correct Call'. The 'In the News!' block includes a photo of a baseball game and text about the program's goal to educate officials and the public on rules nuances.

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 ATC: _____

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 (3-22-19)
- 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 catchers and goalies 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 & 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]
Softball – Appendix E, Page 92**



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.			1. Position person on back. 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. 3. Take turns with other responders as needed.			Closest AED																																															
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			<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. 																																																		



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

- Softballs must have NFHS branded logo
- Girls Lacrosse balls must have NFHS & NOCSAE logos
- For the DIAA State Tournament:
 - Softball: Dudley, SB 12L



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.

Three (3) bench confinements



DIAA POLICIES & PROCEDURES

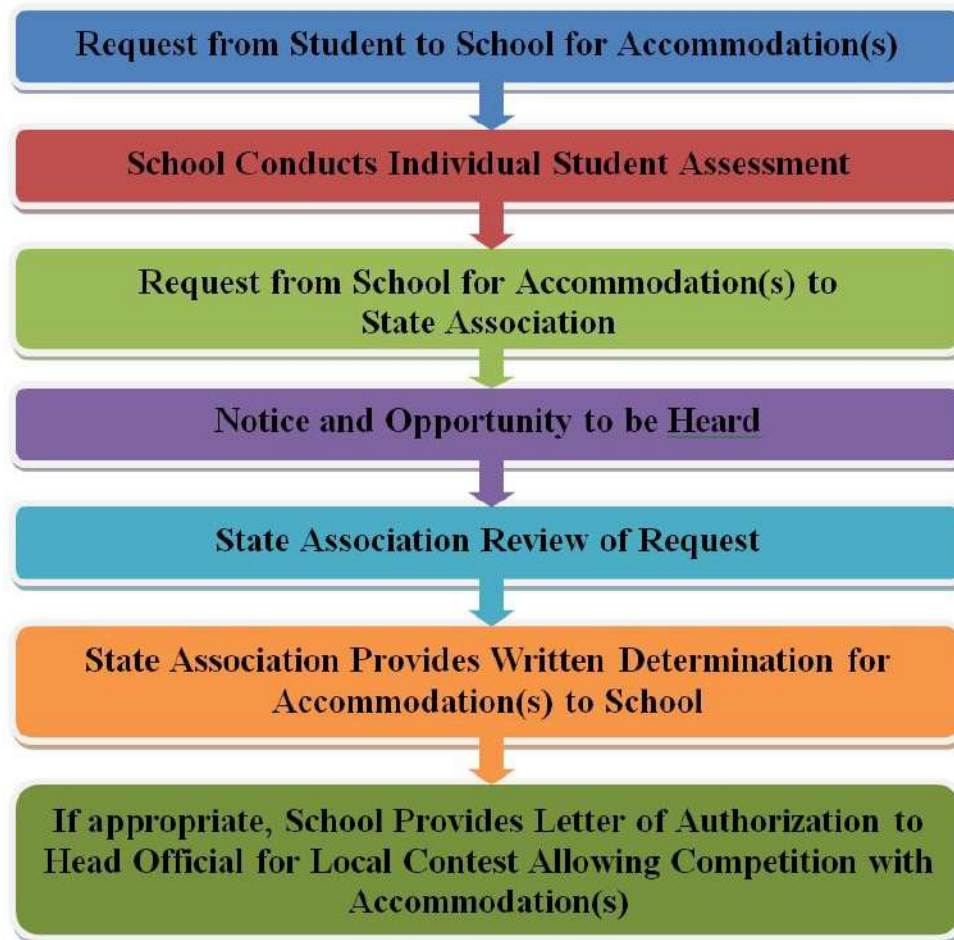
Special Accommodations Requests

- 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:

1007.1.2.1.5.4 – 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 Data 2018

Sport	Ejections	Other
Softball	38	25

Let's work to make this number ZERO!!!

**Educate your parents/fans regarding
good sportsmanship**



Tournament Manual

- DIAA website: Forms and Manuals → DIAA Manuals
- Review General Information and Sport Specific Information
- Pay attention to important dates
 - Team report deadline May 10, 2019
 - Website Info: List game scores as soon as possible



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!





2019 NFHS SOFTBALL RULES POWER POINT

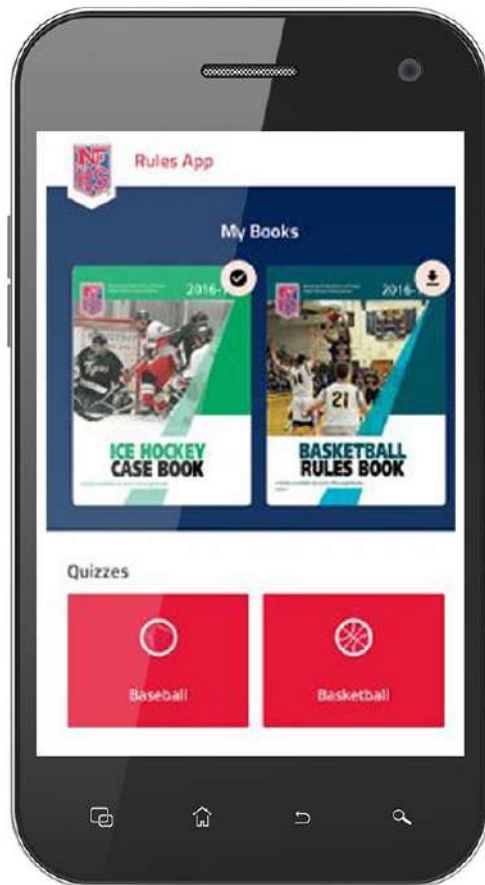
National Federation of State
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Rules Changes
Major Editorial Changes
Points of Emphasis

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





2019 NFHS SOFTBALL RULES CHANGES



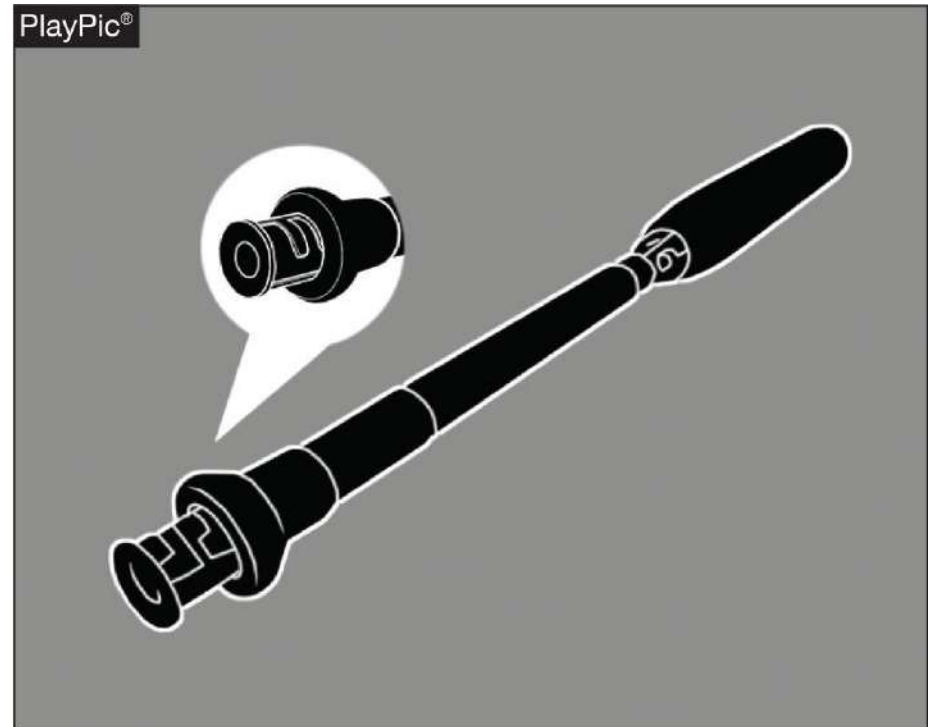
FIELD AND EQUIPMENT RULES 1-1-7, 2-22-4, TABLE 5-1, 5-1-1o

- Media shall be prohibited from being in live-ball areas. The home team or game management may designate an area for the media in dead-ball territory.



FIELD AND EQUIPMENT RULE 1-5-2a

- A softball bat is permitted to have an adjustable knob, provided the knob is permanently fastened by the manufacturer.



FIELD AND EQUIPMENT RULE 1-8-4

- An eye shield may be worn attached to a defensive player's face/head protection, but it must be constructed of a molded, rigid material that is clear and permits 100 percent (no tint) allowable light transmission.



PITCHING

RULES 6-1-1 PENALTY, EXCEPTIONS 3 and 4, 6-1-2,3,4 PENALTIES, 6-2-1 PENALTY, 6-2-7 PENALTY

- When an illegal pitch is declared by the umpire, the batter is awarded a ball. Previously, the batter was awarded a ball and all base runners were also awarded one base without liability to be put out.



PITCHING

RULE 6-1-1 PENALTY EXCEPTION 1

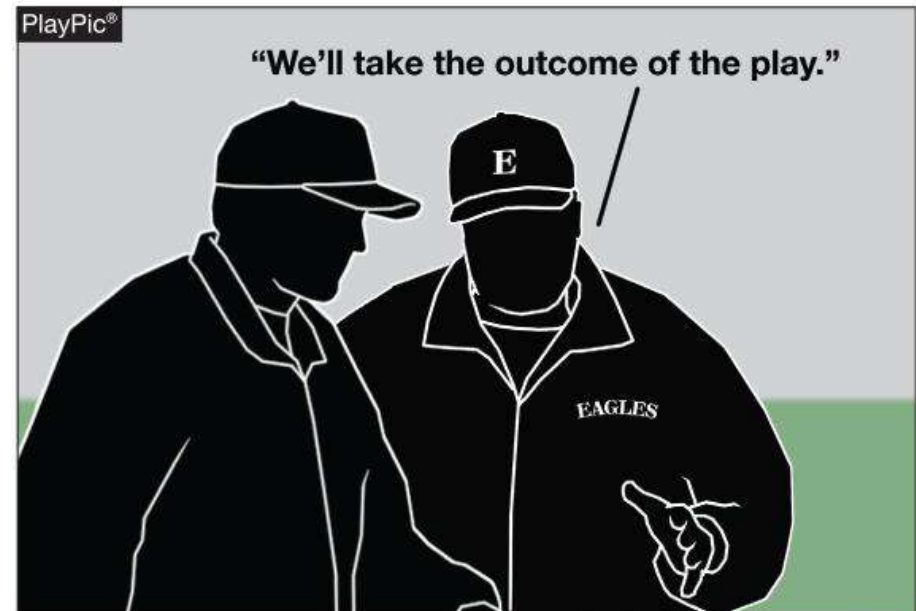
- An illegal pitch remains a delayed-dead ball. If there is an illegal pitch and the batter reaches first base safely and each other runner advances at least one base, the illegal pitch is nullified.



PITCHING

RULES 6-1-1 PENALTY, EXCEPTION 2

- As before under the rules, if the batter does not reach first base safely or any base runner fails to advance at least one base, the coach of the team at bat shall have the option of the result of the play or the penalty of the illegal pitch, which is a ball awarded to the batter.



PITCHING

RULES 6-1-1 PENALTY EXCEPTION 3

- If the batter is hit by an illegal pitch outside the strike zone the batter is awarded first base but there is no longer a one-base award to each base runner.





PITCHING

RULES 6-1-1 PENALTY EXCEPTION 4

- If ball four is awarded on an illegal pitch, the batter is awarded first base but there is no longer a one-base award to each base runner.





2019 SOFTBALL MAJOR EDITORIAL CHANGES





DEFINITIONS

RULE 2-65-2

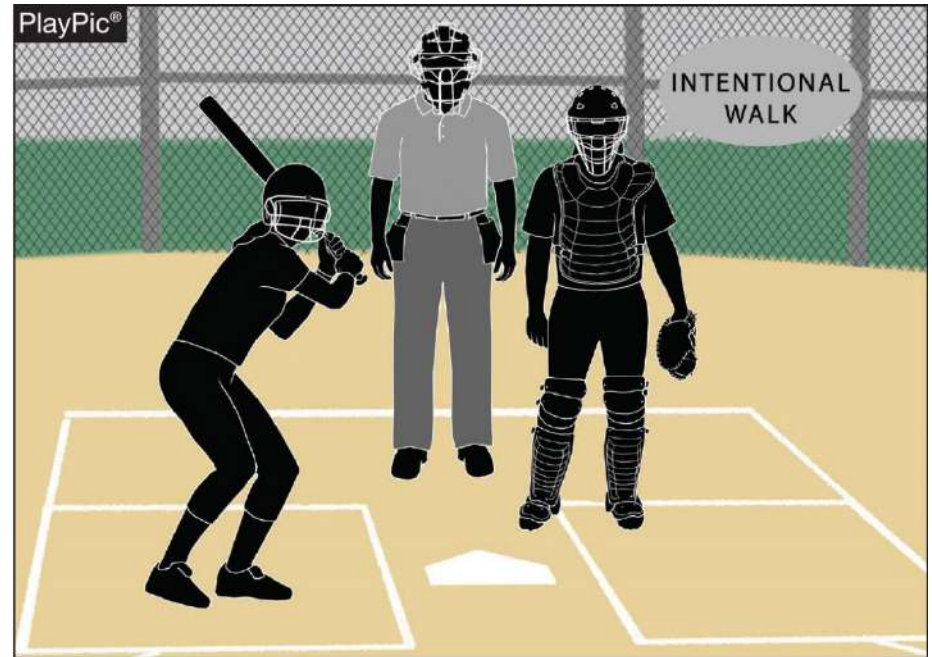
- For the purposes of an appeal:
 - The intentional walk is considered a time at bat and an appeal of the previous play cannot be made following the intentional walk.
 - When an intentional walk is awarded by the umpire, it is considered the same as throwing a pitch.



DEFINITIONS

2-65-2

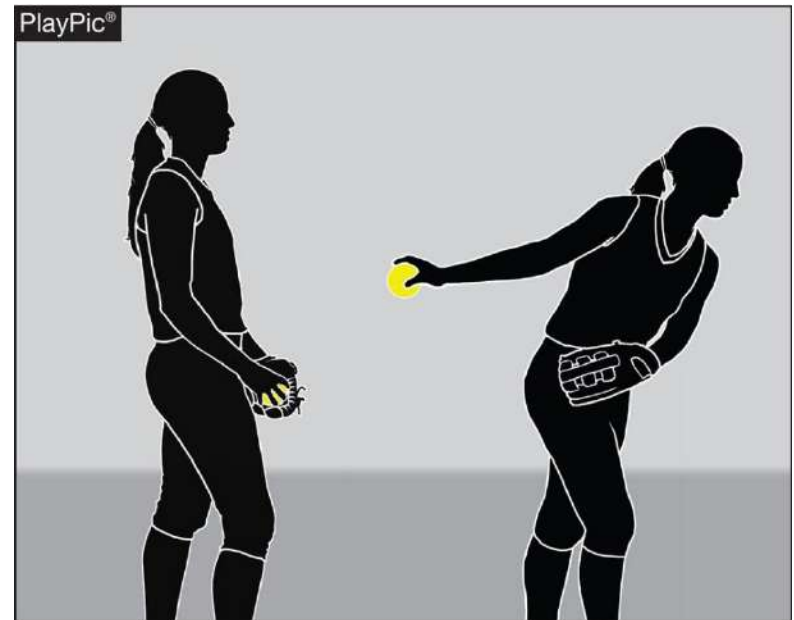
- Clarifies that there can be no appeal of a play that occurred prior to the umpire awarding an intentional walk.



PITCHING

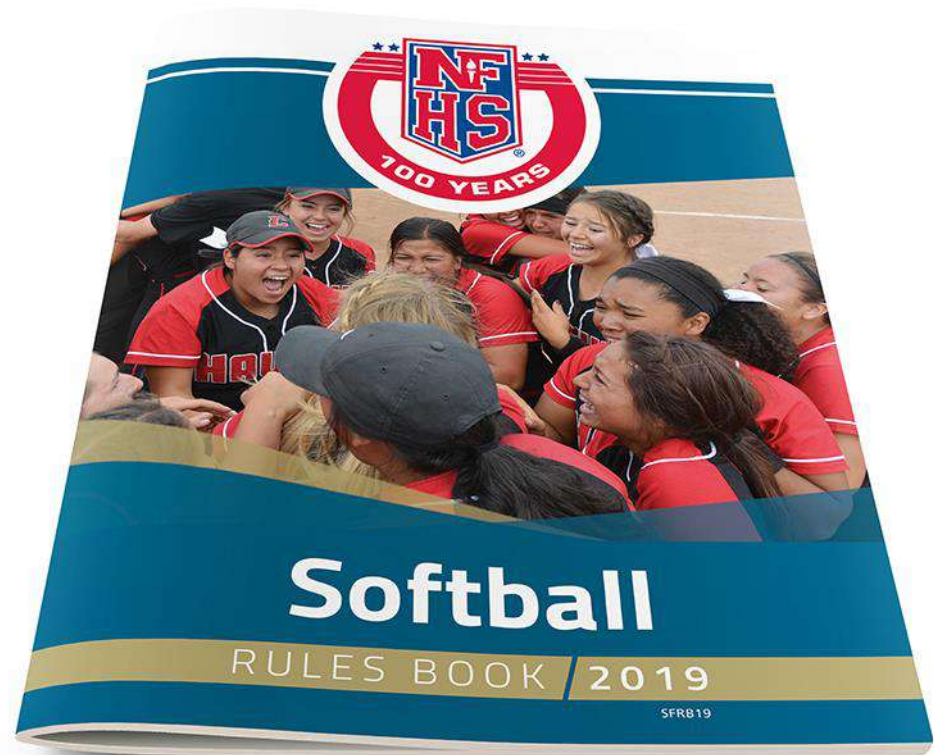
6-1-2a, 6-1-2b

- Clarifies that the pitch starts when the pitcher's hands are separated after they have come together while the pivot foot is on or partially on top of the pitcher's plate. Any step back with the non-pivot foot must begin before the start of the pitch.



DP/FLEX APPENDIX H

- A new appendix was created for quick reference regarding the DP/FLEX rule.



APPENDIX H (NEW)

DP/FLEX

NFHS Softball - DP/FLEX Simplified REMINDERS:

- 1) The DP can never be on DEFENSE ONLY.
- 2) The FLEX player can never be on OFFENSE ONLY.
- 3) The DP and FLEX player can never be on offense at the same time.
- 4) The STARTER and the SUBSTITUTE cannot be in the game at the same time.
- 5) The starting DP and FLEX player have one re-entry just as any other player.
- 6) Once the game is started with the DP/FLEX positions in the lineup, those positions are available for the entire game.
- 7) The penalty for illegal re-entry of the DP or FLEX player is always restriction to the bench/dugout.
- 8) If the player is on offense, she is called out. If the player is on defense, the team on offense may have the choice of taking the result of the play or accepting the penalty.





2019 NFHS SOFTBALL POINTS OF EMPHASIS



SIMULATE TAKING A SIGN

- The actual signal can be taken while on the pitching plate or while standing behind the pitcher's plate.
- It may be taken from the catcher or coach; it may be a hand signal, a verbal call or may be obtained from looking at her wristband.
- However, she must take a position on the pitcher's plate with the hands separated and simulate taking a signal from the catcher.



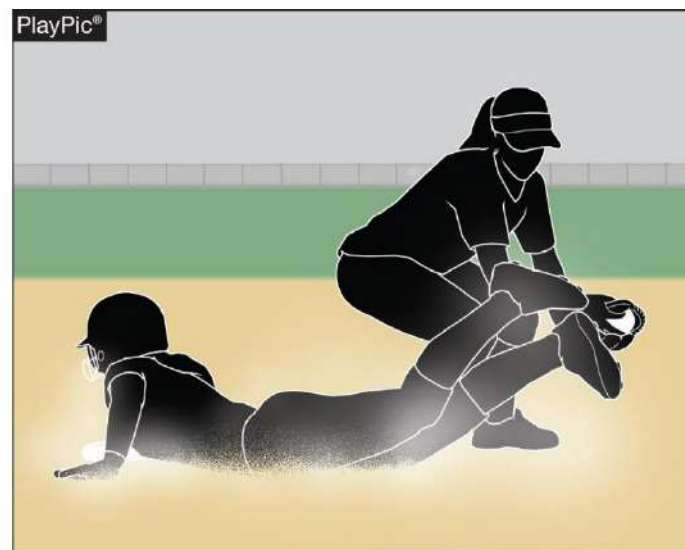
SIMULATE TAKING A SIGN

- If the pitcher does not pause after stepping onto the pitcher's plate to simulate taking a signal prior to bringing her hands together, an illegal pitch should be called.



PROPER TECHNIQUE WHEN SLIDING

- Coaches are responsible for teaching players proper sliding techniques and how to execute legal slides as defined in Rule 2-52. Proper sliding techniques help reduce potential injuries.



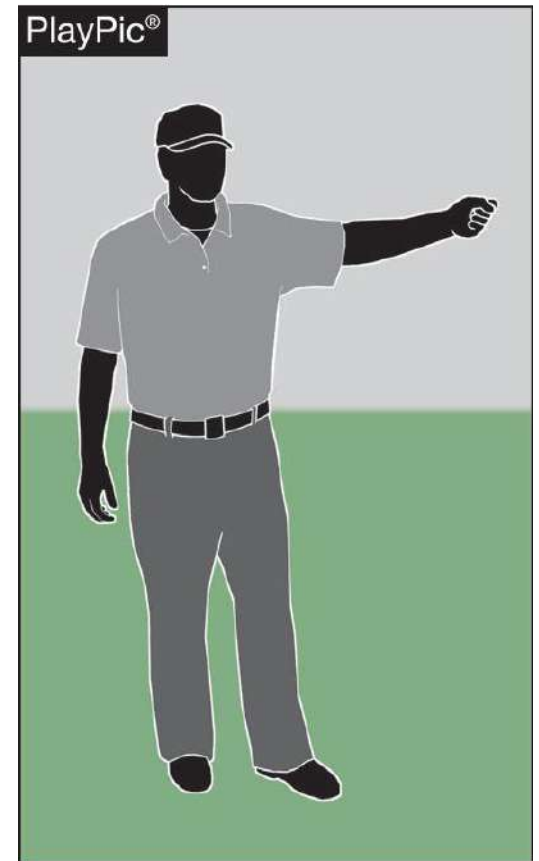
HEAD COACH LISTED ON LINEUP CARD

- It is a best practice that the head coach list his or her name on the lineup card submitted at the pregame conference. This will assist both the umpire and the other team if game-related communications are required.



ILLEGAL PITCH PENALTY

- The penalty to allow the advancement of runners when an illegal pitch is called has been removed.
- The intent of an illegal pitch in softball is to deceive the batter, and only the batter should receive an award when an illegal pitch occurs.





NFHS NETWORK



NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



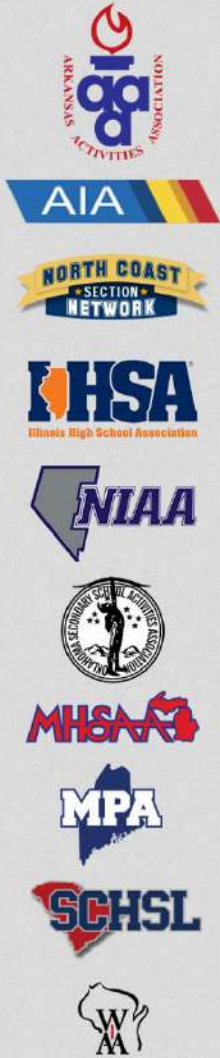
www.NFHSnetwork.com



27 DIFFERENT SPORTS AND ACTIVITIES

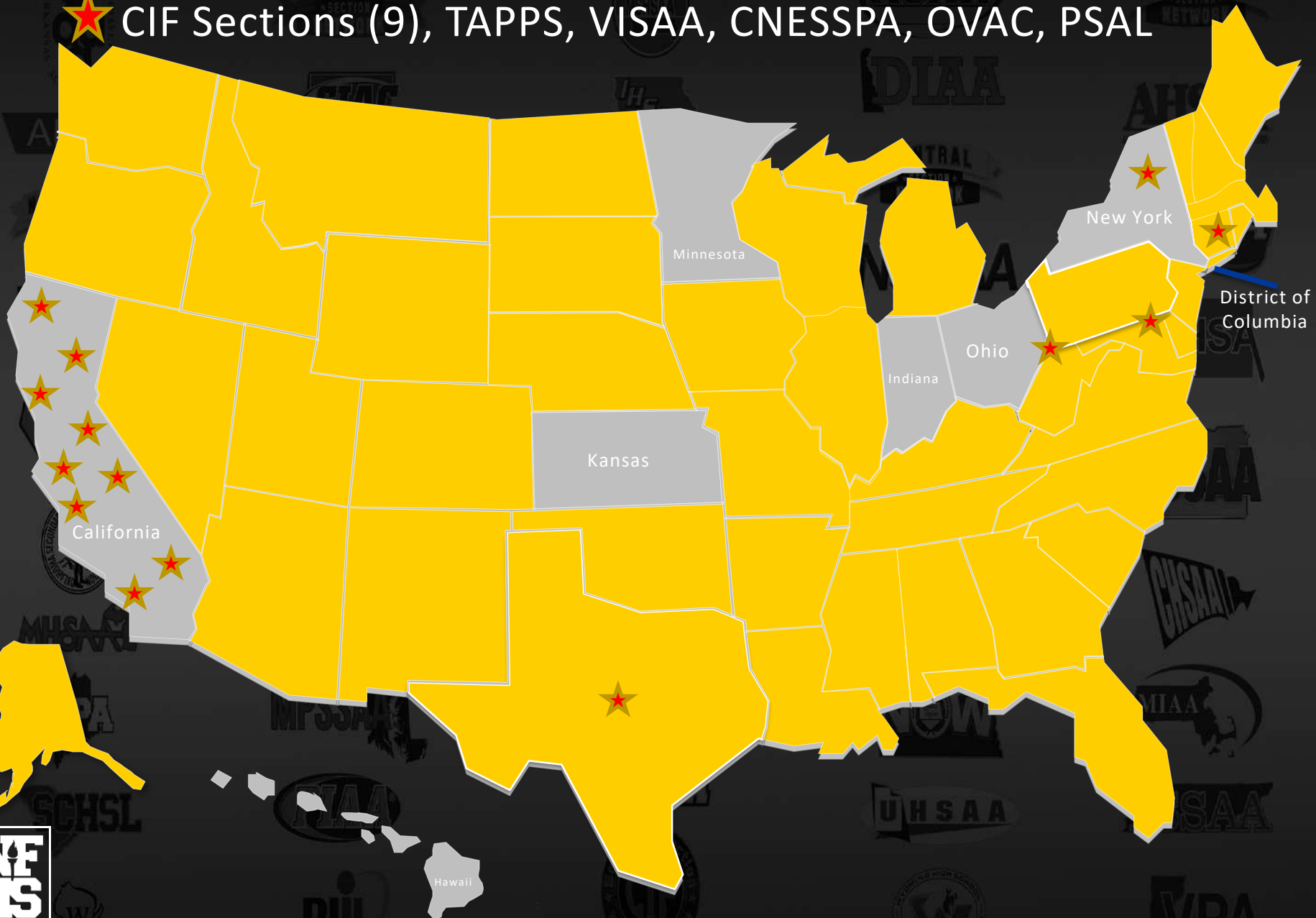


3 MILLION UNIQUE
VIEWERS



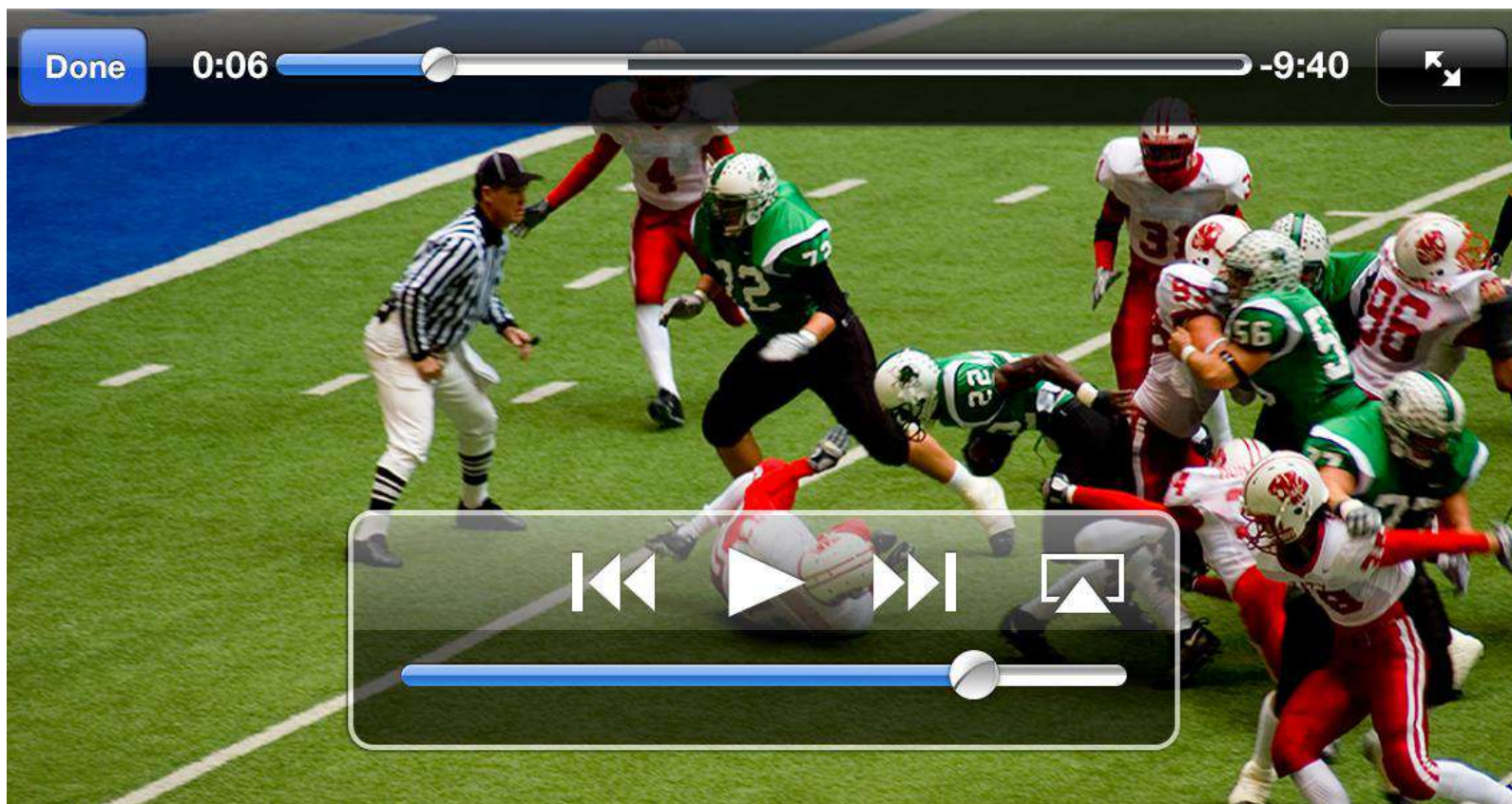
NFHS Network Media Rights States (43)

★ CIF Sections (9), TAPPS, VISAA, CNESSPA, OVAC, PSAL



NFHS NETWORK

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THANK YOU

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