

# WELCOME

## 2017-18

## DIAA – NFHS

## Rules Clinic



# **DIAA STAFF**

**Thomas E. Neubauer, CMAA**  
**Executive Director**

**Terre Taylor**  
**Coordinator of Interscholastic Athletics**  
**[teresa.taylor@doe.k12.de.us](mailto:teresa.taylor@doe.k12.de.us)**

**Tina M. Bates**  
**Secretary**



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

# DIAA PURPOSE

- to preserve and promote the **educational significance** of interscholastic athletics;
- to ensure that interscholastic sports remain compatible with the **educational mission** of the member schools;
- to provide for **fair competition** between member schools;
- to promote **sportsmanship** and ethical behavior;
- to establish and enforce **standards of conduct** for athletes, coaches, administrators, officials and spectators;
- to protect the **physical well-being** of athletes; and
- to promote **healthy adolescent lifestyles**.



# DIAA

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

Starting point for 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.





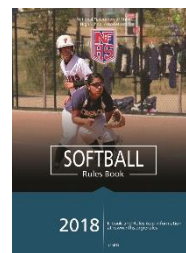
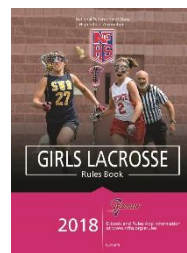
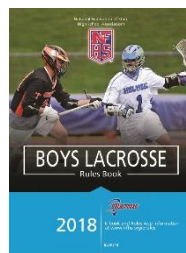
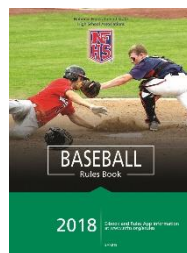
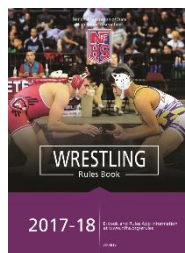
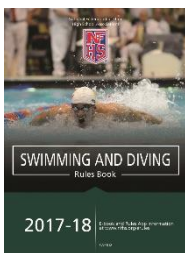
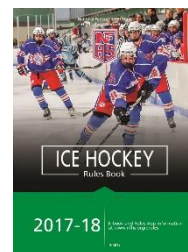
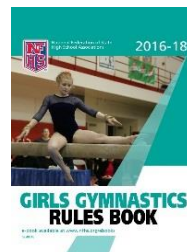
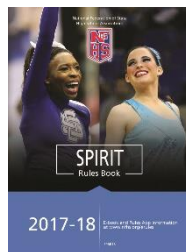
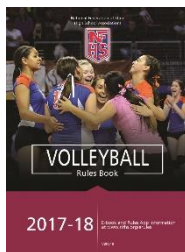
# NFHS

- 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.

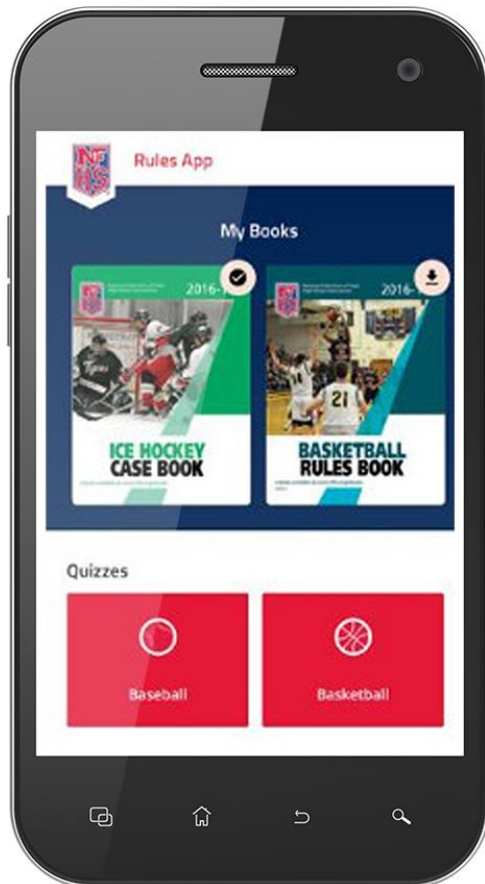


# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- 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](http://www.nfhs.org/erules) for more information





# 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'. Below the navigation bar is a header section with the NFHS logo and the text 'NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS'. To the right of the logo are navigation tabs for 'Activities & Sports', 'NFHS For You' (which is highlighted in red), '#MyReasonWhy', and 'Resources'. A search icon is also present. Below the header, there is a breadcrumb trail: 'Home > NFHS For You > Coaches'. The main heading is 'Coaches'. A dropdown menu is open under 'NFHS For You', listing: 'Coaches', 'Officials', 'Music Directors & Adjudicators', 'Speech, Debate & Theatre Directors & Judges', and 'State Associations Staff'. Below the navigation is a featured article with a background image of a person in a red and white uniform. The article title is 'Coaching Your Child in High School' and it has a 'Read More' button.



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

Basketball: November 27 – January 2

Wrestling: November 27 – January 2

Swimming: October 1 – November 27



# 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 large orange banner with the text 'NFHS SOFTBALL UMPIRING | HOME PLATE'. The main content area is divided into several sections: 'Softball Rules Information' with a list of links, 'Softball Resources' with a list of links, 'Softball Resources PP' with a list of links, a 'Welcome' message from Sandy Searcy, and a 'Sport Specific Information' sidebar with a list of sports.

# Websites4Sports

**Your School Site**

**[WebSites4Sports.com](http://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

Cleared without restrictions  Cleared with the following restrictions:

Health Care Provider's Signature: \_\_\_\_\_ MD/DO, PA, NP Date: \_\_\_\_\_

**For office use only:** This card is valid from April 1, 20 \_\_\_\_\_ through June 30, 20 \_\_\_\_\_

Note: If any changes occur, a new card should be completed by the parent/guardian. The original card should be kept on file in the school athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kits. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.

Name of School: \_\_\_\_\_ Name of ATC: \_\_\_\_\_

# Sports Medicine

## Sudden Cardiac Arrest

- All students must have annual PPE & 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:			
<b>1 911 TEAM</b> 			<b>2 CPR/AED TEAM</b> 			<b>3 AED TEAM</b> 			
<b>CALL 911</b>									
CALL 911. Explain emergency. Provide location.									
	PRACTICE			EVENTS					
Closest Phone									
EMS Access Point									
Street Intersection									
Student 1									
Student 2									
MEET AMBULANCE at EMS Access Point. Take to victim.									
	PRACTICE			EVENTS					
Entry Door/Gate									
Student 1									
Student 2									
CALL CONTACTS. Provide location and victim's name.									
	NAME			CELL					
Athletic Trainer									
Athletic AD									
Student 1									
Student 2									
			<b>START CPR</b>						
			<ol style="list-style-type: none"> <li>Position person on back.</li> <li>Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression.</li> <li>Take turns with other responders as needed</li> </ol>						
			Coach						
			Student 1						
			Student 2						
			Student 3						
			<b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS</b>						
			<ol style="list-style-type: none"> <li>Remove clothing from chest.</li> <li>Attach electrode pads as directed by voice prompts.</li> <li>Stand clear while AED analyzes heart rhythm.</li> <li>Keep area clear if AED advises a shock.</li> <li>Follow device prompts for further action.</li> <li>After EMS takes over, give AED to Athletic Administrator for data download.</li> </ol>						
			<b>4 HEAT STROKE TEAM</b> 						
			PRACTICE			EVENTS			
			Tub Location						
			Water Source Location						
			Ice Source Location						
			Ice Towel Location						
			Student 1						
			Student 2						
			<b>GET THE AED</b>						
			PRACTICE			EVENTS			
			Closest AED						
			Student 1						
			Student 2						
			<b>GET THE ATHLETIC TRAINER</b>						
			Typical location						
			Student 1						
			Student 2						
			<b>CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.</b>						
			<b>PREPARE TUB DAILY</b>						
			PRACTICE			EVENTS			
			Student 1						
			Student 2						
			<ol style="list-style-type: none"> <li>Remove equipment/excess clothing. Move to shade.</li> <li>Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body</li> <li>Monitor vital signs.</li> <li>Cool First, Transport Second.                             <ol style="list-style-type: none"> <li>Cool until rectal temperature reaches 102°F if ATC or MD is available.</li> <li>If no medical staff, cool until EMS arrives.</li> </ol> </li> </ol>						



# 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 (12-1-17)
- 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



# 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:
  - Boys Basketball: Nike Hyper Elite
  - Girls Basketball: Nike Hyper Elite



# 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

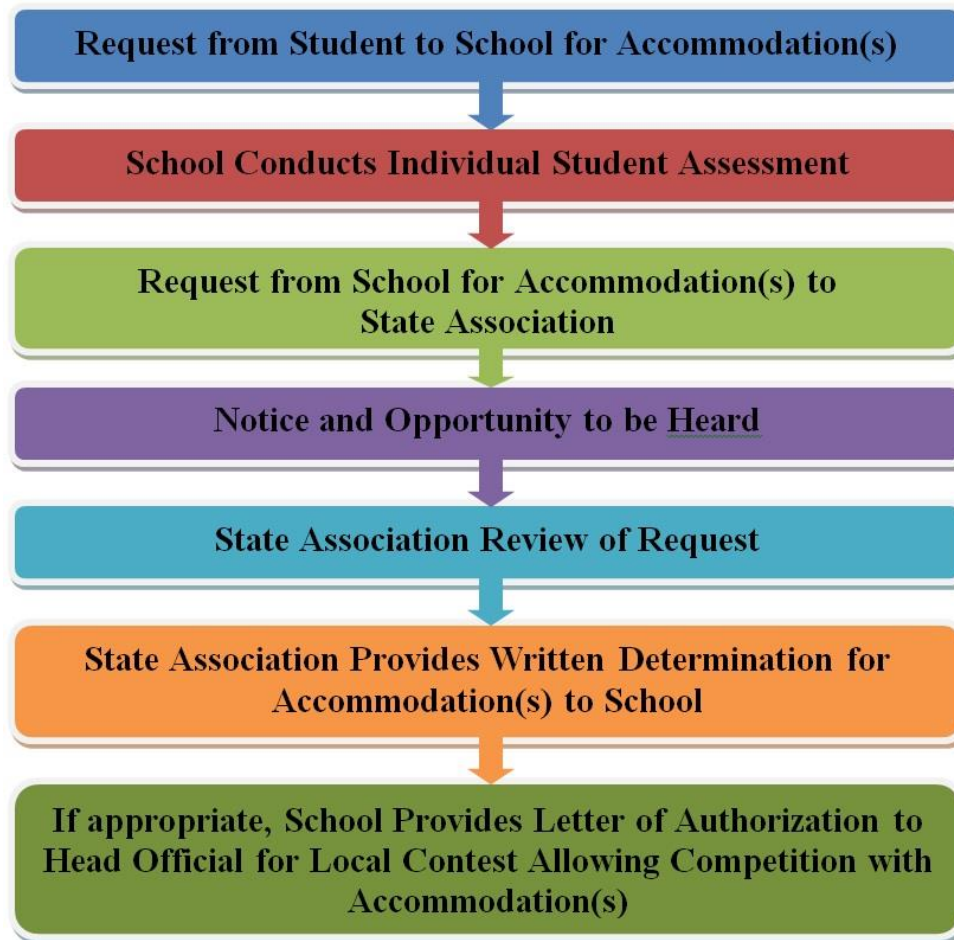


- Medical, Religious, Other

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.
- Basketball: 3 direct technical fouls
- Wrestling: 3 unsportsmanlike conduct penalties
- Swimming: N/A





# 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 Winter 2016-2017

Sport	Number of Incidents
Basketball Players	145 technical fouls 6 ejections
Basketball Coaches	45 technical fouls 17 ejections
Wrestling	5 ejections 44 unsportsmanlike conduct



# Tournament Manual

- DIAA website: Forms and Manuals → DIAA Manuals
- Review General Information and Sport Specific Information
- Pay attention to important dates



	<b>Boys' Basketball</b>	<b>Girls' Basketball</b>
<b>First Competition Date</b>	December 1, 2017	
<b>Last Competition Date</b>	February 21, 2018	
<b>Schedule Locked</b>	January 1, 2018	
<b>Team Report Due</b>	February 22, 2018	
<b>Out of State Due</b>	February 22, 2018	
<b>Committee Meeting</b>	February 23, 2018	
<b>Coach Pass Request Due</b>	February 16, 2018	
<b>Program Info Due</b>	February 9, 2018	
<b>Round 1</b>	February 27, 2018	February 28, 2018
<b>Round 2</b>	March 1, 2018	March 2, 2018
<b>Quarterfinals</b>	March 3, 2018	March 4, 2018
<b>Semifinals</b>	March 8, 2018	March 7, 2018
<b>Championship</b>	March 10, 2018	March 9, 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.



# 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**<sup>®</sup>



# NFHS Network

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

The screenshot shows a web browser displaying the NFHS Network website. The address bar shows the URL <http://www.nfhsnetwork.com/associations/diaa>. The page header includes the NFHS Network logo, a search bar, and navigation links like "Buy DVDs", "Sign In", and "JOIN NOW". The main content area is titled "Delaware Interscholastic Athletic Association" and features a "DIAA FOLLOW" button. Below this, there is a section for "0 EVENTS LIVE NOW" with a video player showing a volleyball game. To the right, there is a list of "UPCOMING GAMES" including the 2014 DIAA Cross Country, Volleyball, Field Hockey, and Soccer Championships. A sidebar on the left contains navigation options like "WHAT TO WATCH", "FOLLOWING", and "EXPLORE". At the bottom, there is a "SUBSCRIBE TO WATCH YOUR HIGH SCHOOL EVENTS" banner and a "Produce and Broadcast" section.



# 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](https://www.facebook.com/DelawareInterscholasticAthleticAssociation)



## Twitter

Page: DIAA

Handle: @DIAA\_Delaware



## Instagram

Handle: DIAA\_Delaware



Thank you for your support of  
Interscholastic Athletics!

