

# WELCOME

## 2018-19

## DIAA – NFHS

## 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**



# 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

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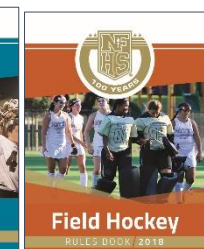
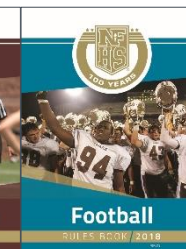
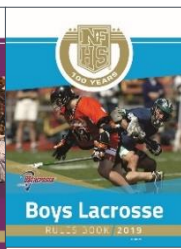
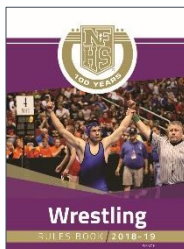
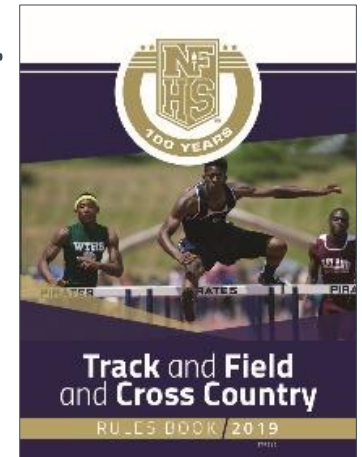
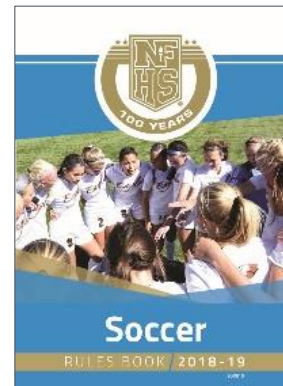
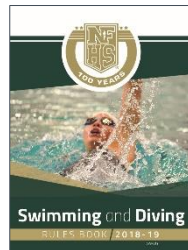
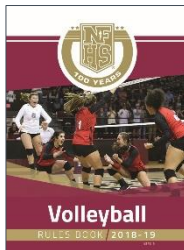
- MISSION

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




# 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](http://www.nfhs.org/ebooks)

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

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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**

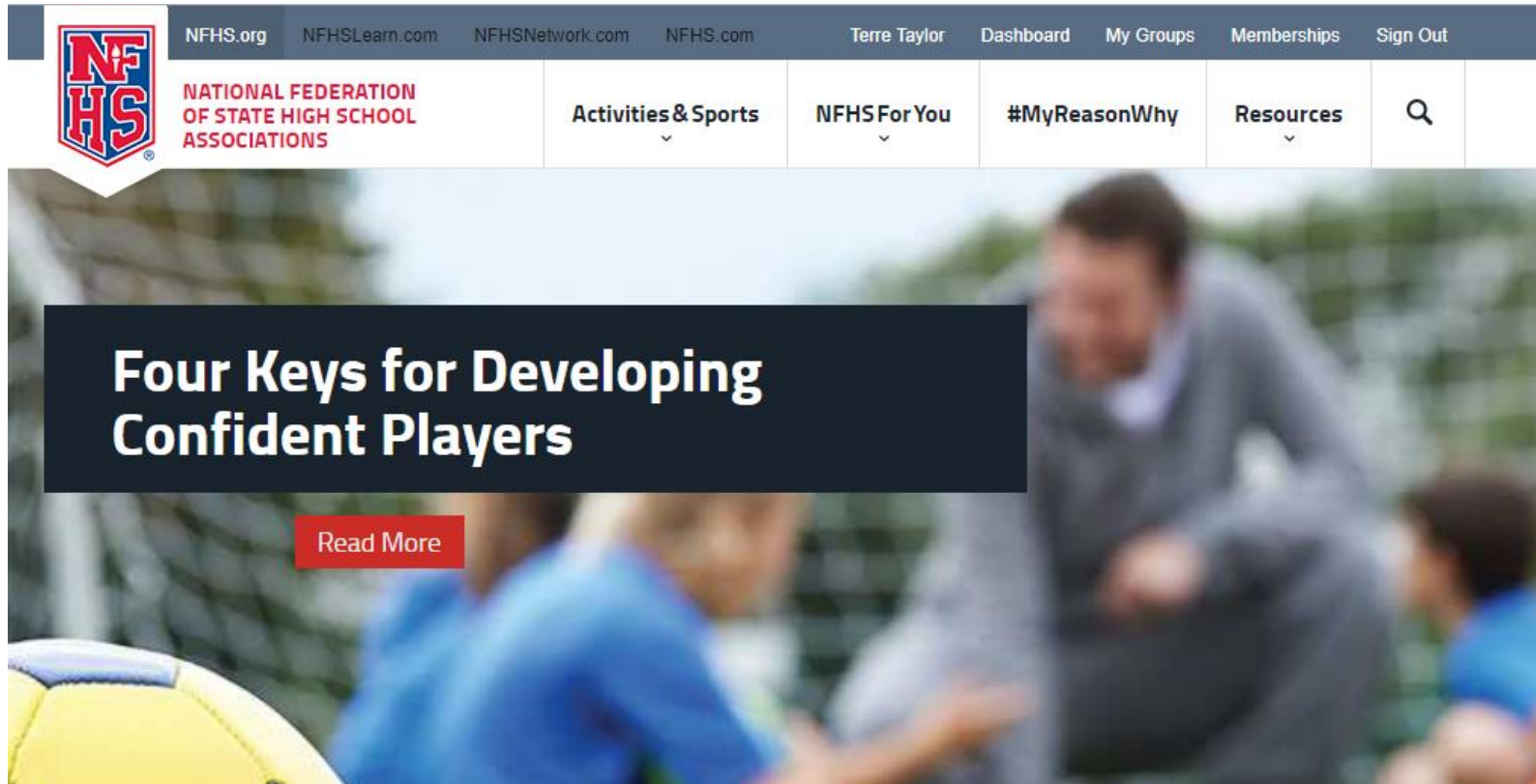
<http://www.nfhs.org/sports-resource-content/nfhs-sport-questionnaires/>

**Important to participate, early May**





# NFHS.org



The screenshot shows the top navigation bar of the NFHS.org website. On the left is the NFHS logo, a shield with 'NF' over 'HS'. To its right is the text 'NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS'. The navigation bar includes links for 'NFHS.org', 'NFHSLearn.com', 'NFHSNetwork.com', and 'NFHS.com'. On the right side of the bar are user links: 'Terre Taylor', 'Dashboard', 'My Groups', 'Memberships', and 'Sign Out'. Below the navigation bar is a horizontal menu with 'Activities & Sports', 'NFHS For You', '#MyReasonWhy', and 'Resources', each with a dropdown arrow. A search icon is on the far right. The main content area features a blurred background image of a soccer coach talking to players. A dark grey text box contains the title 'Four Keys for Developing Confident Players', and a red button below it says 'Read More'.



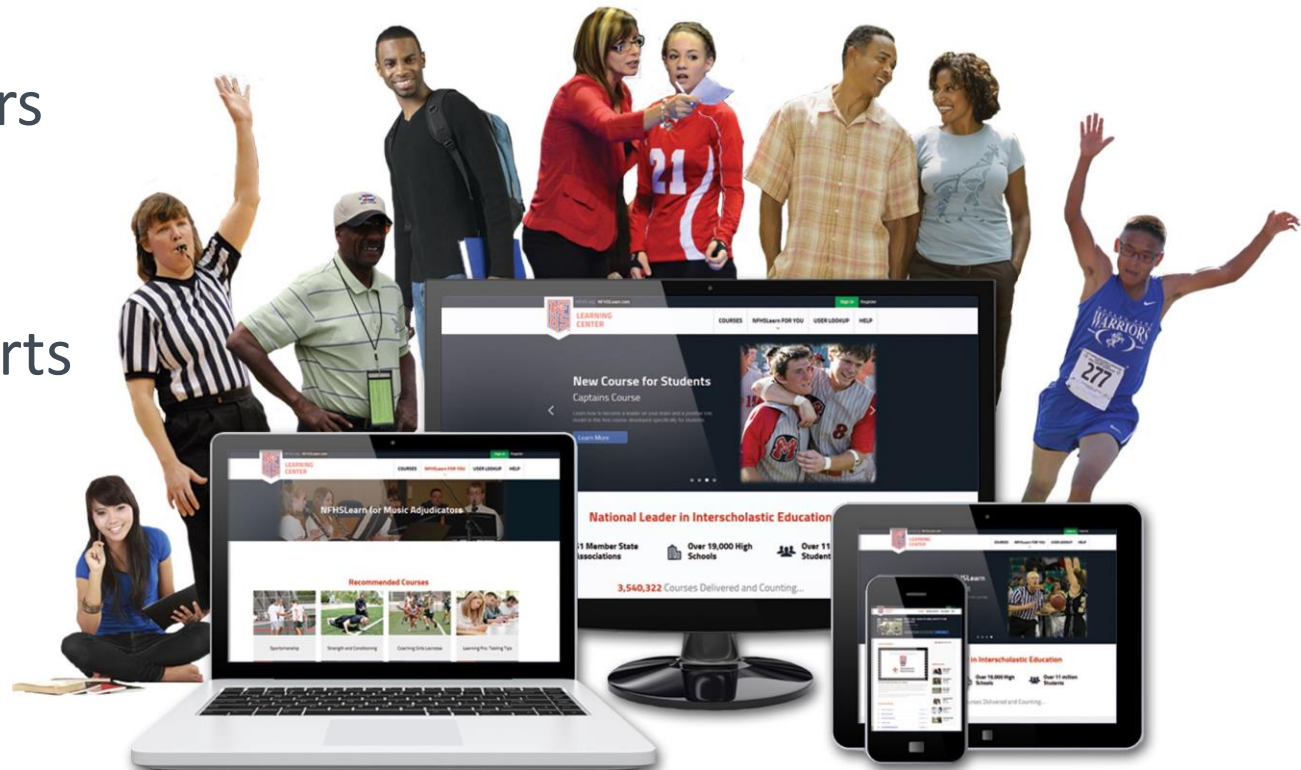
**Playing Rules, Uniforms,  
Diagrams, Articles**

# NFHS LEARNING CENTER

## WWW.NFHSLEARN.COM

### Professional Development For ALL

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





# SPORT SPECIFIC COURSES AVAILABLE

## ■ Courses Available

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- 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

Softball



Three Umpire Mechanics Bases

Softball



Three Umpire Mechanics Bases

Softball



# NFHS FREE COURSES

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- 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 dark blue header with the NFHS logo, 'OFFICIALS ASSOCIATION', and 'POWERED BY ArbitersSports'. A navigation bar includes links for MAIN, WELCOME, VIDEO, PUBLICATIONS, CONTACT, TESTING, and COURSES. A search bar is located on the right. The main content area is titled 'NFHS Officiating CENTRAL HUB' and includes sections for 'NFHS Publications Committee', 'In the News!', 'Features', and 'Sport Specific Information'. The 'Sport Specific Information' section lists various sports: Water Polo, Swimming &amp; Diving, Baseball, Basketball, Cross Country, Field Hockey, Football, and Gymnastics. A featured article titled 'MHSAA's "Be the Referee" Program Promotes the Correct Call' is highlighted, dated 10/23/2017, with a quote from Rob Kaminski and a photo of a baseball game.

# 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: \_\_\_\_\_

# 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 |
|---------------------|----------------------|---------------------|---------------------|-------------|
| <b>Spring</b>       |                      |                     |                     |             |
| 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](http://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.



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\* – 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.

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.

***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:            |  |        |
| <b>1 911 TEAM</b>  |          |  | <b>2 CPR/AED TEAM</b> |  |  | <b>3 AED TEAM</b> |  |        |
| <b>CALL 911</b>  |          |  |                       |  |  |                   |  |        |
| CALL 911. Explain emergency. Provide location.   |          |  |                       |  |  |                   |  |        |
|  | PRACTICE |  | EVENTS                |  |  | PRACTICE          |  | EVENTS |
| Closest Phone  |          |  |                       |  |  |                   |  |        |
| EMS Access Point   |          |  |                       |  |  |                   |  |        |
| Street Intersection  |          |  |                       |  |  |                   |  |        |
| Student 1  |          |  |                       |  |  |                   |  |        |
| Student 2  |          |  |                       |  |  |                   |  |        |
| MEET AMBULANCE at EMS Access Point. Take to victim.  |          |  |                       |  |  |                   |  |        |
|  | PRACTICE |  | EVENTS                |  |  | PRACTICE          |  | EVENTS |
| Entry Door/Gate  |          |  |                       |  |  |                   |  |        |
| Student 1  |          |  |                       |  |  |                   |  |        |
| Student 2  |          |  |                       |  |  |                   |  |        |
| CALL CONTACTS. Provide location and victim's name.   |          |  |                       |  |  |                   |  |        |
|  | NAME     |  | CELL                  |  |  | PRACTICE          |  | EVENTS |
| Athletic Trainer   |          |  |                       |  |  |                   |  |        |
| Athletic AD  |          |  |                       |  |  |                   |  |        |
| Student 1  |          |  |                       |  |  |                   |  |        |
| Student 2  |          |  |                       |  |  |                   |  |        |
| <b>START CPR</b>   |          |  |                       |  |  |                   |  |        |
| 1. Position person on back.<br>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.<br>3. Take turns with other responders as needed  |          |  |                       |  |  |                   |  |        |
| Coach  |          |  |                       |  |  |                   |  |        |
| Student 1  |          |  |                       |  |  |                   |  |        |
| Student 2  |          |  |                       |  |  |                   |  |        |
| Student 3  |          |  |                       |  |  |                   |  |        |
| <b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS</b>   |          |  |                       |  |  |                   |  |        |
| 1. Remove clothing from chest.<br>2. Attach electrode pads as directed by voice prompts.<br>3. Stand clear while AED analyzes heart rhythm.<br>4. Keep area clear if AED advises a shock.<br>5. Follow device prompts for further action.<br>6. After EMS takes over, give AED to Athletic Administrator for data download.  |          |  |                       |  |  |                   |  |        |
| <b>GET THE AED</b>   |          |  |                       |  |  |                   |  |        |
|  | PRACTICE |  | EVENTS                |  |  | PRACTICE          |  | EVENTS |
| Closest AED  |          |  |                       |  |  |                   |  |        |
| Student 1  |          |  |                       |  |  |                   |  |        |
| Student 2  |          |  |                       |  |  |                   |  |        |
| <b>GET THE ATHLETIC TRAINER</b>  |          |  |                       |  |  |                   |  |        |
|  | PRACTICE |  | EVENTS                |  |  | PRACTICE          |  | EVENTS |
| Typical location   |          |  |                       |  |  |                   |  |        |
| Student 1  |          |  |                       |  |  |                   |  |        |
| Student 2  |          |  |                       |  |  |                   |  |        |
| <b>HEAT STROKE TEAM</b>  |          |  |                       |  |  |                   |  |        |
|  | PRACTICE |  | EVENTS                |  |  | PRACTICE          |  | EVENTS |
| Tub Location   |          |  |                       |  |  |                   |  |        |
| Water Source Location  |          |  |                       |  |  |                   |  |        |
| Ice Source Location  |          |  |                       |  |  |                   |  |        |
| Ice Towel Location   |          |  |                       |  |  |                   |  |        |
| Student 1  |          |  |                       |  |  |                   |  |        |
| Student 2  |          |  |                       |  |  |                   |  |        |
| <b>PREPARE TUB DAILY</b>   |          |  |                       |  |  |                   |  |        |
|  | PRACTICE |  | EVENTS                |  |  | PRACTICE          |  | EVENTS |
| Student 1  |          |  |                       |  |  |                   |  |        |
| Student 2  |          |  |                       |  |  |                   |  |        |
| 1. Remove equipment/excess clothing. Move to shade.<br>2. Immerse athlete into cold ice water tub, stir water.<br>*If no tub: cold shower or rotating cold, wet towels over the entire body<br>3. Monitor vital signs.<br>4. Cool First, Transport Second.<br>a. Cool until rectal temperature reaches 102°F if ATC or MD is available.<br>b. If no medical staff, cool until EMS arrives. |          |  |                       |  |  |                   |  |        |

**CALL 911 for all medical emergencies.**  
**If unresponsive and not breathing normally, begin CPR and get the AED.**



# 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

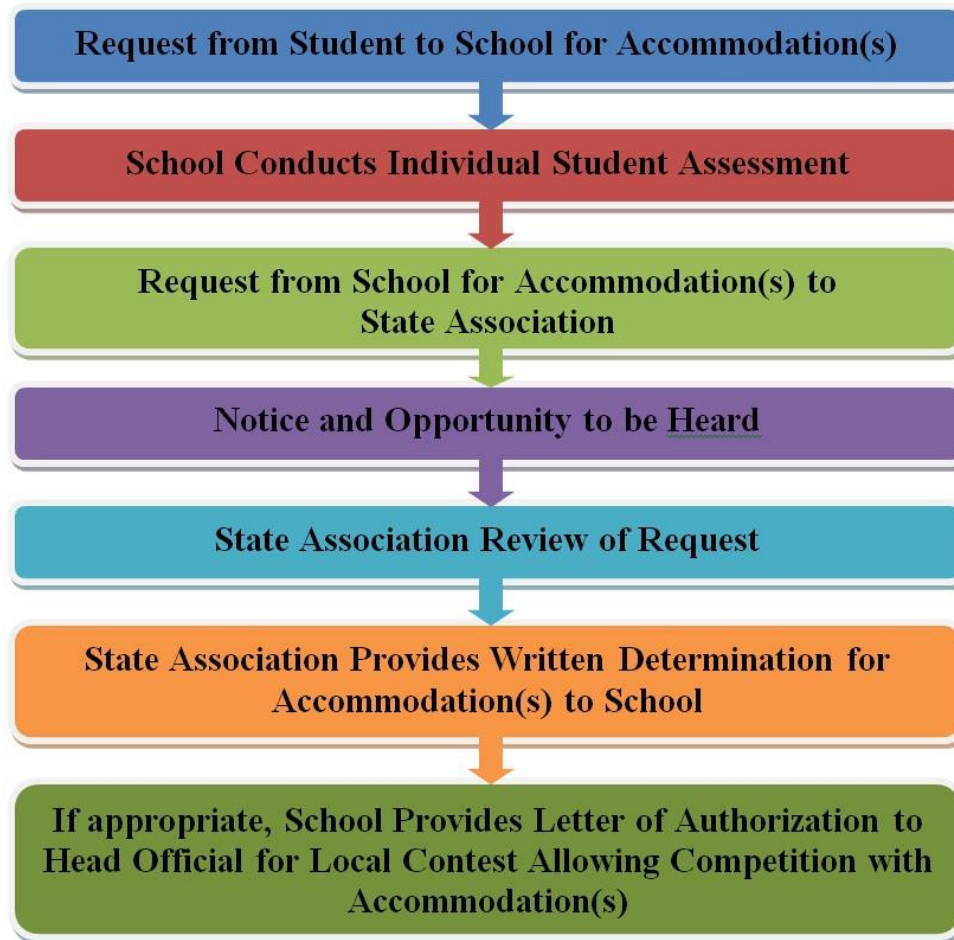
## Special Accommodations Requests

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



## Twitter

Page: DIAA

Handle: @DIAA\_Delaware



## Instagram

Handle: DIAA\_Delaware

# NFHS Campaign

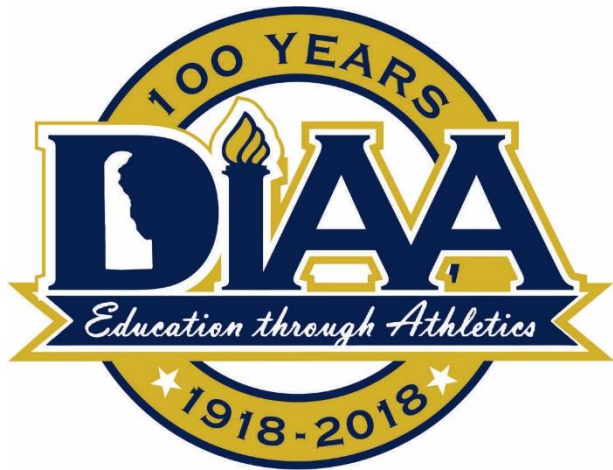
## My Reason Why – Year 3



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



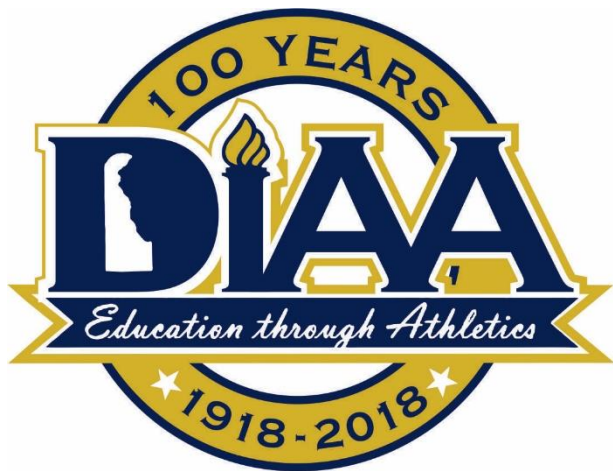
# QUESTIONS?







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.**







2018-19 NFHS

**SOCCER  
RULES CHANGES**



## **RULE 4-1-1A, B**

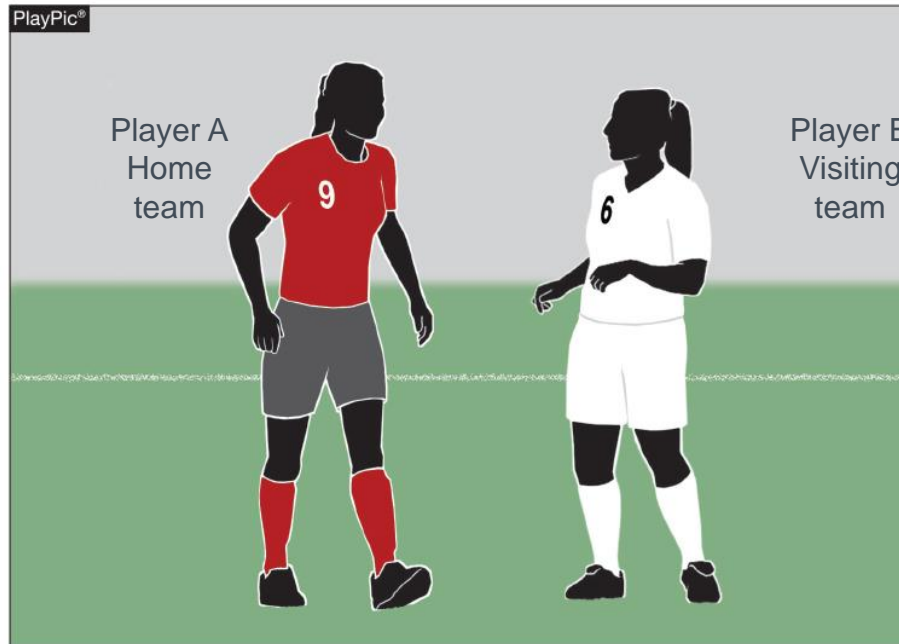
Alters the jersey colors required for teams such that the home team wears dark jerseys and socks and the visiting team wears all-white jerseys and socks.







# RULE 4-1-1A, B REQUIRED EQUIPMENT (UNIFORM)



Player A is on the Home team and is required to wear the dark colored jersey (clear contrast to white) and dark socks; Player B is a part of the visiting team and is required to wear an all-white jersey and all-white socks.



NFHS PARTNER

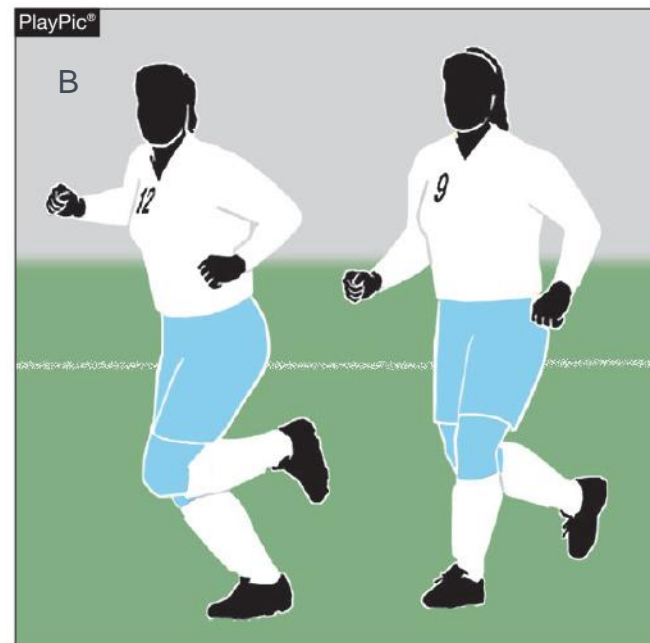
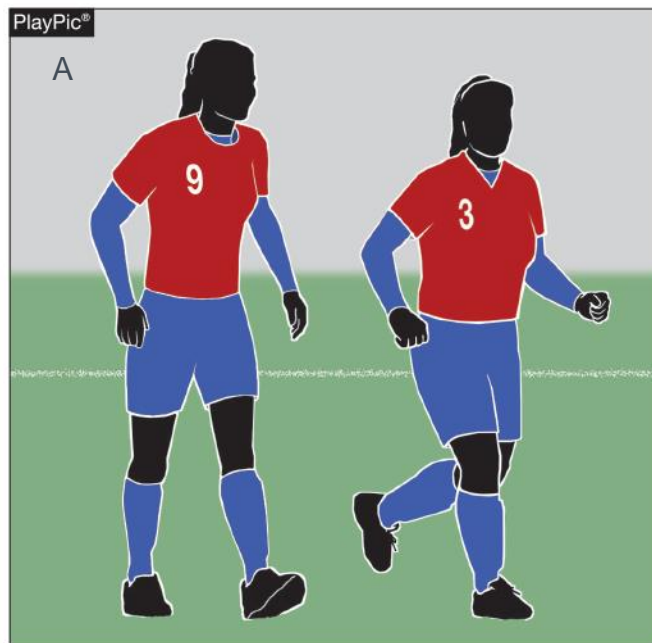


## **RULE 4-1-1D**

Allows for visible undergarments to be worn if they are of similar length and of a solid color.

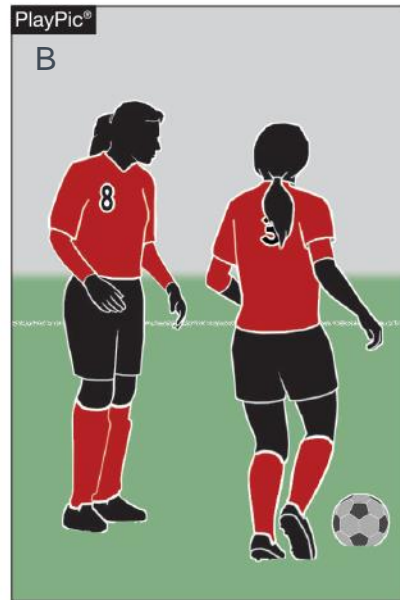


# RULE 4-1-1D: REQUIRED EQUIPMENT (UNDERGARMENT)



Any undergarment worn by players must be of a solid like-color for the team members and a similar length for individuals. PlayPic A shows the home team members wearing like-color undergarment. PlayPic B shows the visiting team wearing the all-white jersey and socks with blue shorts and tights.

# RULE 4-1-1D: REQUIRED EQUIPMENT (EQUIPMENT)



A: Illegal, undergarments, if worn, must be of a solid like-color.

B: Legal, if a player wears sleeves on both arms, they must be of similar lengths on each arm (but, they may be of different length than a teammates' sleeves).

C: Illegal, arm sleeves must be of a similar length.

D: Legal, one compression sleeve may be worn.

## **RULE 4-2-10 (NEW)**

Allows for state associations (or delegate) to permit the wearing of head coverings or wraps if criteria is met for medical/cosmetic and/or religious reasons.



## 4-2-10: OTHER EQUIPMENT



In PlayPic A and B, both items would be legal. In both A and B, wearing a head covering will require appropriate documentation showing state association approval to be allowed.

## **RULE 8-1-2**

Allows the kicker, on a kickoff, to be in the opposing team's half of the field to make the kick.



# 8-1-2: KICKOFF



The player taking the kickoff may be on the opposing team's side of the field to start the kickoff. All other players must be on the designated side of the field for their team.

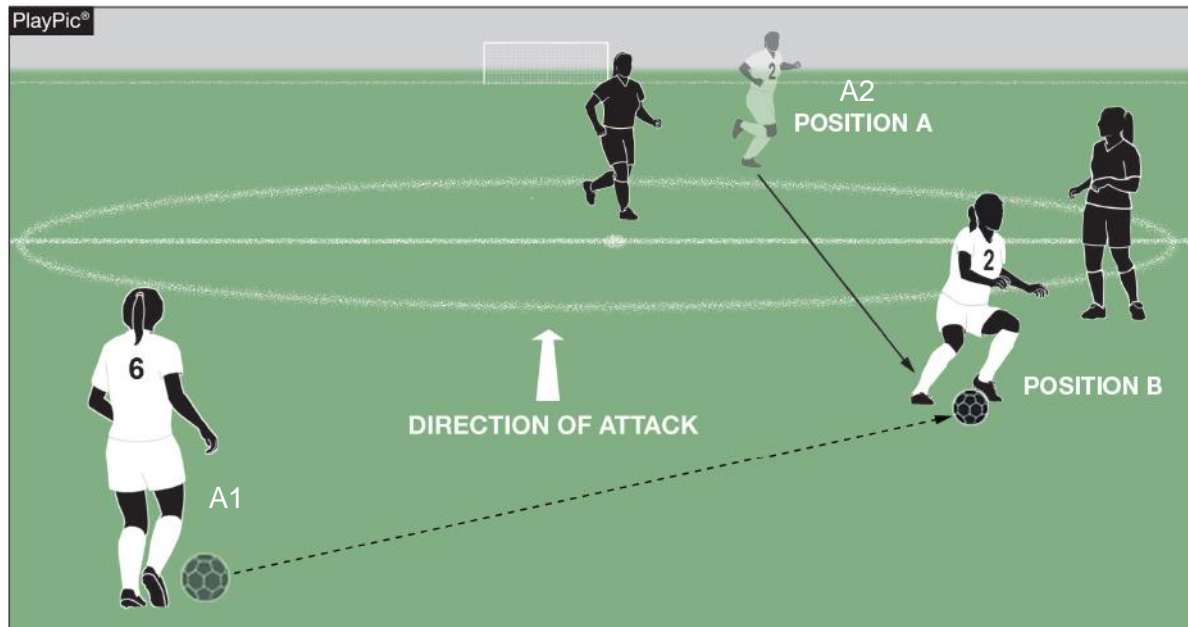


## **RULE 11-1-4**


Clarifies that a player in an offside position who becomes involved in active play must be penalized.



## 11-1-4: OFFSIDE



A2 is in an offside position when A1 plays the ball. A2 runs from the offside position into her own half of the field and plays the ball. A2 is offside as she was in an offside position when the ball was played. The restart for offside is an indirect free kick taken at the spot where A2 touched the ball.

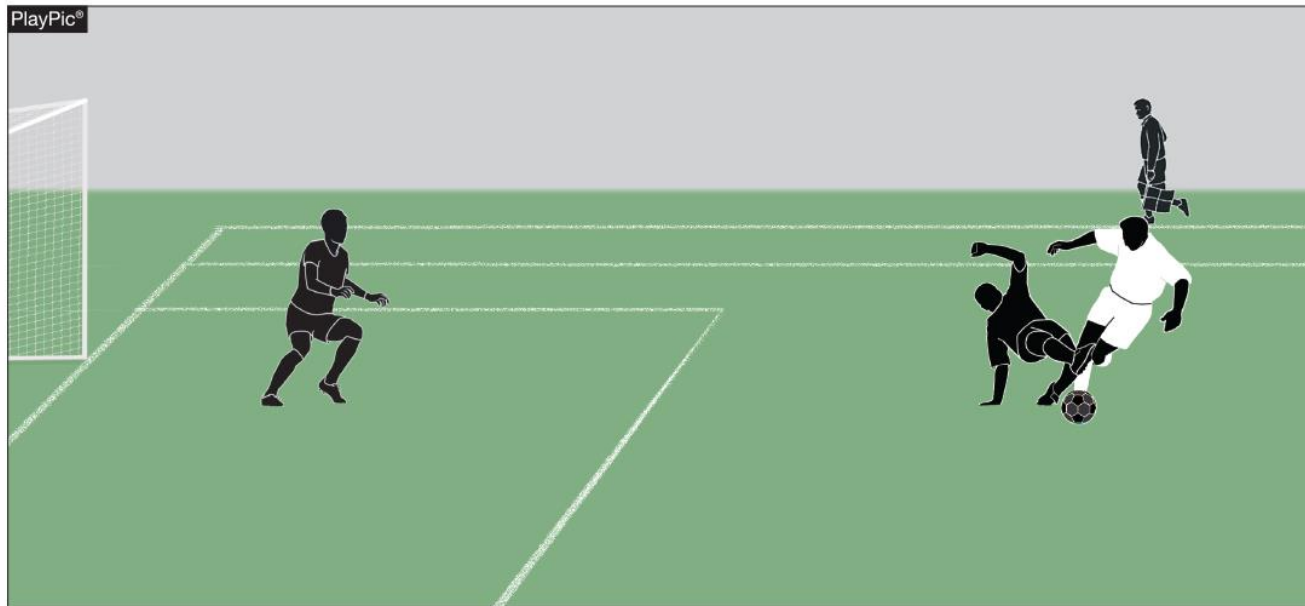


**RULE 12-8-1F, 12-8-15 (NEW),  
12-8-2D(3), 12-8-2D(4)(NEW)**

Clarifies the penalty for a player who denies an obvious goal-scoring opportunity.

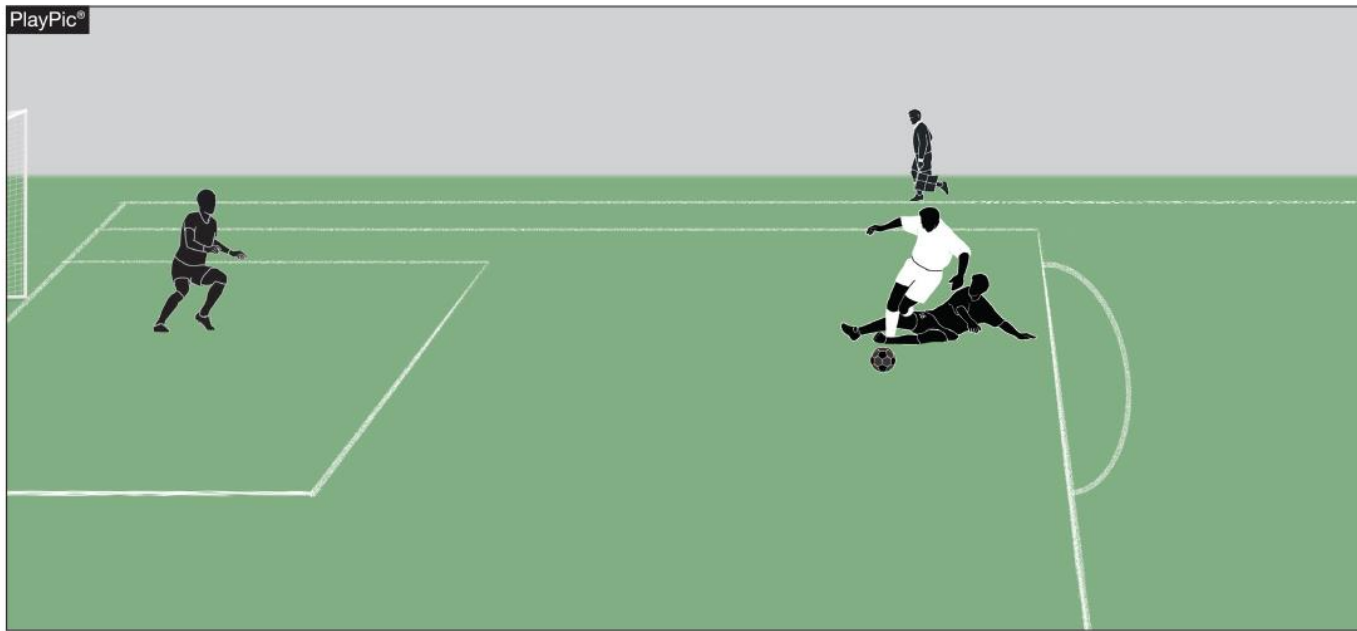


## 12-8-1F, 15: MISCONDUCT



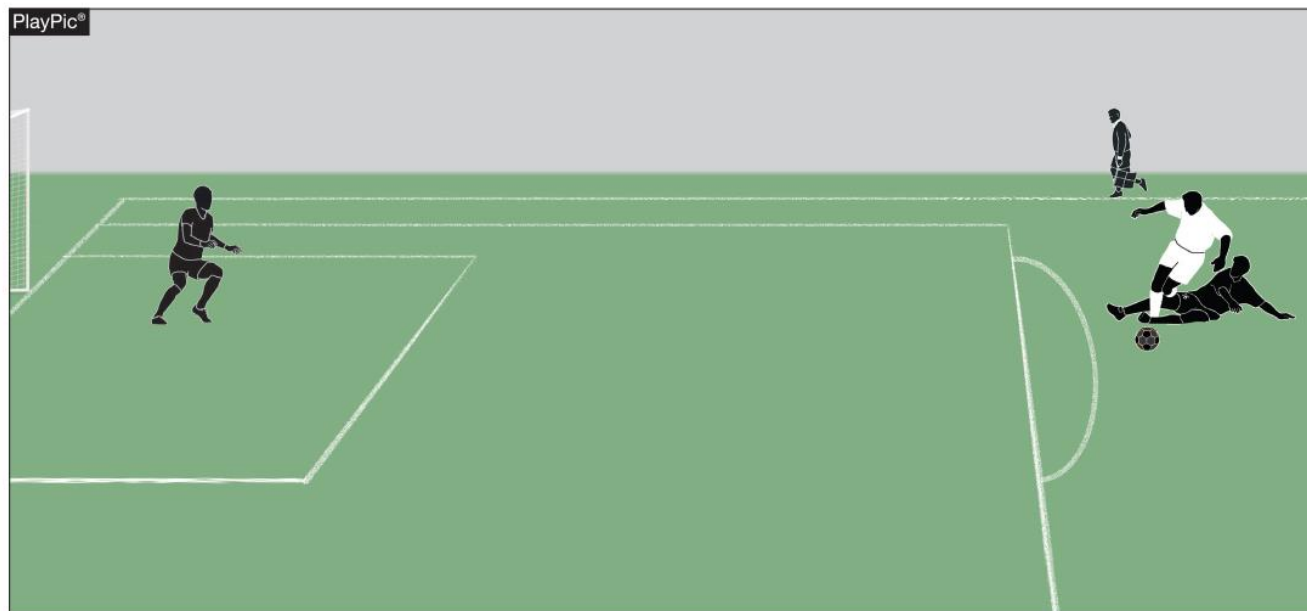
Player B1, while attempting to play the ball, trips the attacking player A1 in the penalty box denying an obvious goal-scoring opportunity. The referee awards the opponents a penalty kick and issues a caution to B1.

## 12-8-2D3, 4: MISCONDUCT



Player B1, with no attempt to play the ball, trips the attacking player A1 inside the penalty box denying an obvious goal-scoring opportunity. The referee awards the opponents a penalty kick and issues a red card to B1.

## 12-8-2D3, 4: MISCONDUCT



Player B1, with no attempt to play the ball, trips the attacking player A1 outside the penalty box denying an obvious goal-scoring opportunity. The referee awards the opponents a direct free kick and issues a red card to B1.

## **RULE 13-2-1J (NEW)**

Provides for a penalty for a player(s), coach or bench personnel who enters or leaves the field without permission from an official and interferes with play or an official.



# 13-2-1J: FREE KICK: WHEN AWARDED



A player, coach or bench personnel enters or leaves the playing field without permission from the official and interferes with play or an official shall be penalized with a direct free kick from the point of the infraction.



## **RULE 13-2-3**

Provides for a penalty for a player(s), coach or bench personnel who enters or leaves the field without permission from the official and does not interfere with play or the official.



# 13-2-3: FREE KICK: WHEN AWARDED



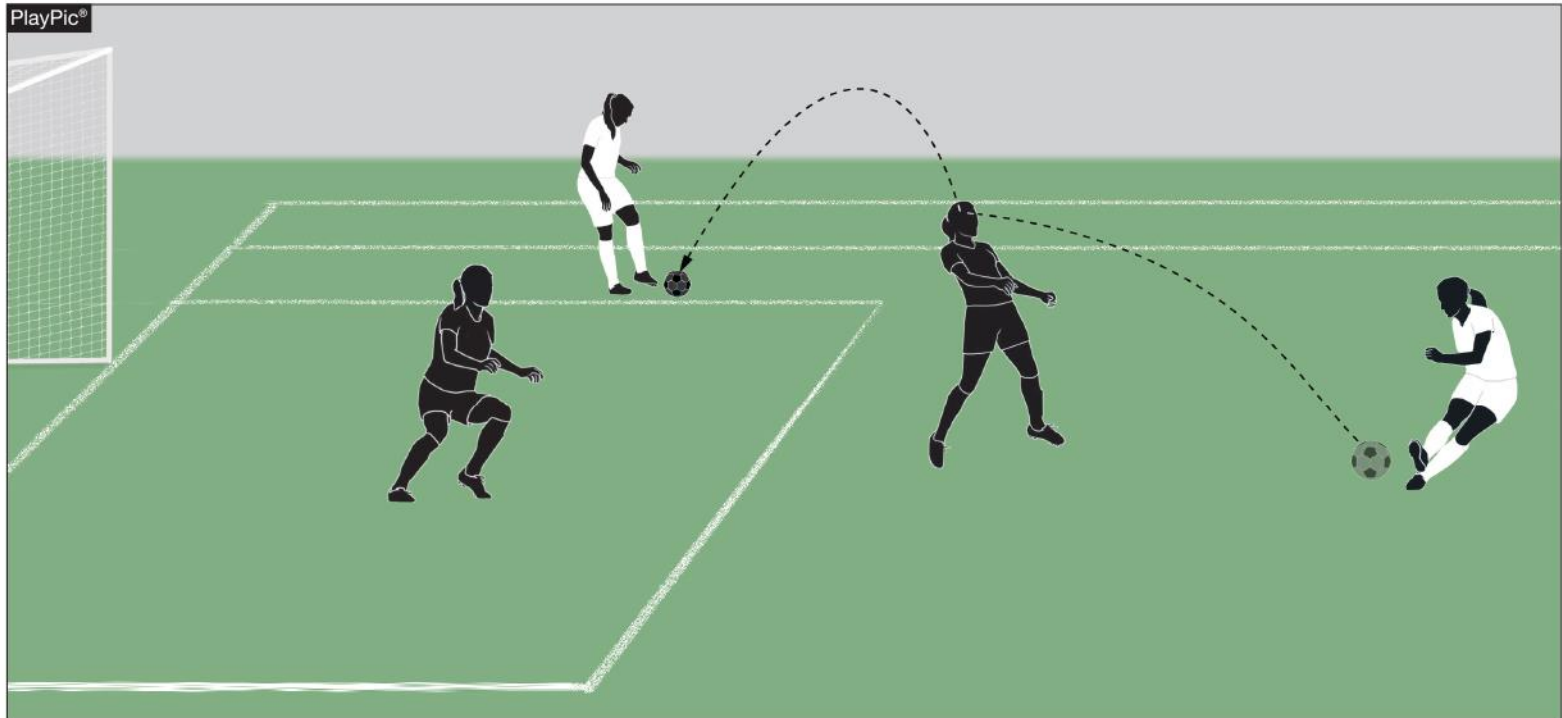
The Referee should blow the play dead at the appropriate time and award a an indirect free kick to the opposing team at the Point of the infraction.

## **RULE 18-1G**

Defines a deliberate act which provides guidance for interpretation of rules that contain the word deliberate or the phrase deliberate act.



# 18-1-1G: DEFINITIONS: DELIBERATE ACT



A deliberate Act is one in which a player chooses to act, regardless of the outcome of that action.



# 2018-19 NFHS SOCCER MAJOR EDITORIAL CHANGE



## **RULE 4-2-4**

Clarifies that a religious medal or other religious items must be taped to the body.



## 4-2-4: OTHER EQUIPMENT



Players are allowed to tape to their bodies, under the jersey, religious symbols.





2018-19 NFHS

# SOCCKER POINTS OF EMPHASIS



## DENYING AN OBVIOUS GOAL-SCORING OPPORTUNITY

The penalty associated with a player who denies an obvious goal-scoring opportunity has been amended. In an effort to make the penalty better fit the infraction, now when a player commits an offense against an opponent within his/her own penalty area which denies an obvious goal-scoring opportunity and the referee awards a penalty kick, the offender is cautioned if the offense was an attempt to play the ball.



## **DENYING AN OBVIOUS GOAL-SCORING OPPORTUNITY, CONT.**

Formerly, this player was disqualified and penalty kick was awarded. In circumstances where there was no attempt to play the ball, the player is still disqualified.



## DENYING AN OBVIOUS GOAL-SCORING OPPORTUNITY, CONT.

In evaluating whether there has been an obvious goal-scoring opportunity, officials are encouraged to consider the following:

- Distance between the offense and the goal (the offense must be near the goal).
- General direction of play (the attacking players are generally headed toward the goal).
- Likelihood of keeping or gaining control of the ball (the player must have or be able to get control of the ball in order to score).



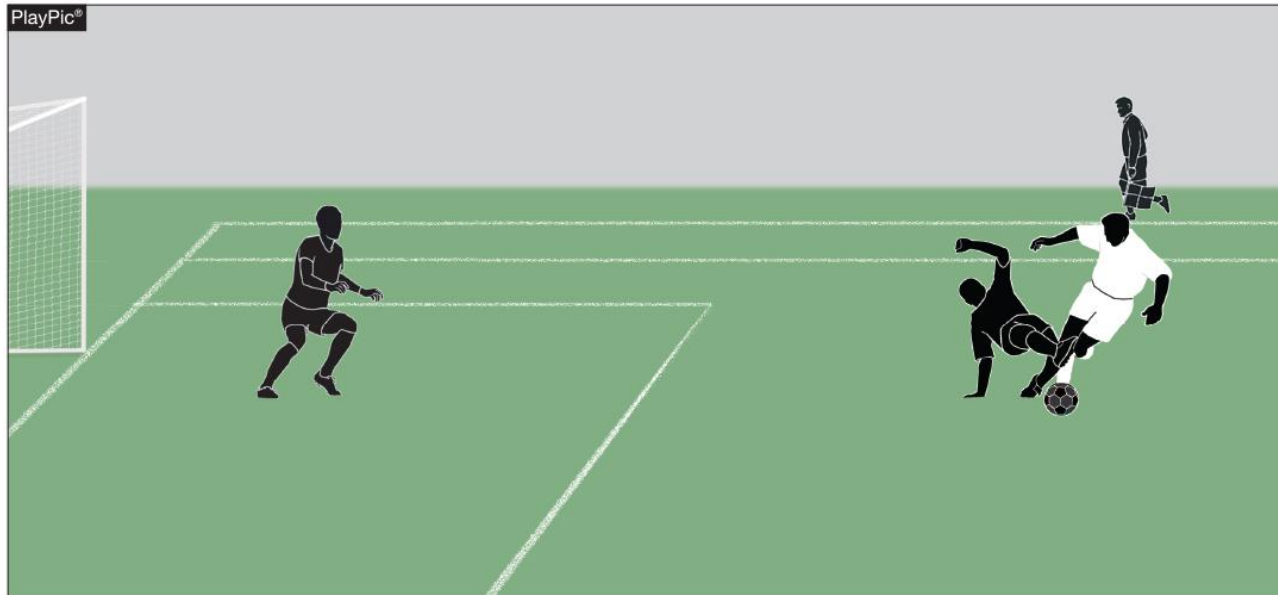


## DENYING AN OBVIOUS GOAL-SCORING OPPORTUNITY, CONT.

- Location and number of defenders (not more than one defender between the attacking player and the goal, not counting the player who committed the foul and the defenders must be able to challenge the attacking player).
- If any of the above considerations are missing, it is not an obvious goal-scoring opportunity.



# DENYING AN OBVIOUS GOAL-SCORING OPPORTUNITY



The penalty associated with a player who denies an obvious goal scoring opportunity has been amended. In an effort to make the penalty better fit the infraction, now when a player commits an offense against an opponent within their own penalty area which denies an obvious goal scoring opportunity and the referee awards a penalty kick, the offender is cautioned if the offense was an attempt to play the ball.

## EXCESSIVE PLAYER SUBSTITUTIONS

- Concern has been expressed in situations where teams make excessive substitutions toward the end of a game in an effort to waste time.
- According to Rule 3-6, a referee has the discretion to stop the clock during the substitution so that this time is not lost. Further, the referee may consider this unsporting conduct and a caution may be issued to the coach of the offending team.





# EXCESSIVE PLAYER SUBSTITUTIONS



When there are excessive substitutes near the end of the game in an effort to waste time, the official has the option of stopping the clock to avoid the loss of time. This situation also be considered unsporting conduct and a caution issued.



# REFEREE MECHANICS FOR INDIRECT FREE KICKS

- When a team is awarded a free kick, it is important that the referee correctly utilize the NFHS Official Soccer Signals and properly signal so the teams know whether the kick is direct or indirect.
- This is especially important if the free kick is near the opponent's goal. For an indirect free kick, the referee must raise one arm vertically and maintain that position until the ball is touched by a second player.



## REFEREE MECHANICS FOR INDIRECT FREE KICKS, CONT.

- It is critical players know what type of free kick is occurring so the team taking the kick can properly execute the kick and the team defending know whether a goal may be scored directly from the kick.
- For indirect free kicks, if the ball enters the goal directly from the kick, the restart is a goal kick.





# REFEREE MECHANICS FOR INDIRECT FREE KICKS



The Referee must correctly display the signal to indicate a direct or indirect free kick is being given. All players need to be aware to be ready to play, especially if the free kick is near the opponent's goal.

# THANK YOU

## National Federation of State High School Associations

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[www.nfhs.org](http://www.nfhs.org) | [www.nfhslearn.com](http://www.nfhslearn.com)

