WELCOME

Winter 2020-2021
DIAA – NFHS
Rules Clinic

Agenda

- **Welcome**
  - **Go To Webinar - Attendance**
- **DIAA Updates - Steph Mark**
- **NFHS Wrestling Rules Interpreter - Joe Lobozzo,** joelobozzo@gmail.com

DIAA STAFF

Donna Polk, Executive Director
Steph Mark, Coordinator of Athletics

Amoscita Rodriguez, Secretary

Main Number: 302-857-3365

diaa@doe.k12.de.us

DIAA
Education through Athletics

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
Education through Athletics

DIAA

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

Starting point for ALL DIAA information and related links

Manuals

DOE Main | Schools | Instruction and Assessment | Supports | Educators | Accountability and Performance | DIAA

COVID-19 | About DIAA | Sports | Athletic Directors And Coaches | Officials | Sports Medicine | Forms and Manuals | Parents and Guardians

DIAA / Forms and Manuals / DIAA Manuals

DIAA MANUALS

Handbooks & Manuals

Handbooks and Manuals

Official Handbook

2020 Fall Sports Tournament Manual

2019-2020 Winter Sports Tournament Manual

2020 Spring Tournament Manual

DIAA Approved Policies

Fall Sports

Winter Sports

Spring Sports

SCRIMMAGE LIMITS

The DIAA Board of Directors has limited the number of

Sports Medicine

FOCUS

Health and Safety of Student-Athletes, Coaches, Staff, Fans and Community during COVID

Sports Medicine Advisory Committee

Reminders for a Healthy and Safe Season

Reacclimatization of Athletes

Todd Fuhrmann, Med, ATC, CAA, PES
SMAC Committee Member
Athletic Director/Athletic Trainer
Indian River High School

SMAC

Student Athlete Safety Reminders for a Great Season

Heather Heidel, Athletic Trainer, Sussex Tech HS

Sports Medicine

PPE – Medical Card (page 5)

COACHES:

You MUST carry every athletes' Medical Card with you at ALL times. ATC will prepare and give them to you

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

Physicals

- Due to the COVID-19 pandemic, returning student-athletes that had a valid 2019-20 PPE may not be required to have a PPE until **December 31, 2020.** This means a physical that was good for the 2019-2020 season may be good for the start of the 2020-2021 season until December 31, 2020.
- 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 Course once every 2 years**
  - **Officials course completion tracked in Dragonfly***

COVID-19

Emergency Regulation 1010/Regulation 1011 Guidelines for DIAA Interscholastic Athletics during COVID-19

- All coaches, support staff, student athletes, and officials shall take the COVID-19 pre-screening questionnaire by the host school & have their temperature taken.
- Any “yes” responses to COVID-19 symptoms - start COVID-19 protocol - temperature <100.4
- Face coverings must be worn at all times while in the building

Mask Guidance

Face coverings should be two layers that fit tightly around the mouth and nose without gaps.

Student-athletes, Coaches, Officials:

- Face coverings with valves are prohibited.
- 2 layer gaiters that fit tightly around the mouth and nose without gaps are permitted
- Neck buffs, polyester masks, bandana's and mesh shall not be worn for officials or student athletes per DPH guidelines.
- Team face coverings design must be approved by school administration.
- Face coverings may have either a manufacture logo or a school approved logo.
- Officials - may wear a whistle mask or use a face covering and an electronic whistle. Either combo is fine. A whistle "pocket" is not acceptable

COVID-19

Regulation 1010 - Guidelines for DIAA Interscholastic Athletics during COVID-19

- COVID related face covering breaks - coaches/players must be socially distanced appropriately on the bench or if using the bleachers - use two rows.
- Players and/or coaches should be spaced at least 3” apart
- 1 hand sanitizer station per 15 people.
- Scrimmages count as a contest and cannot occur before the competition date.
- Coaches and staff should have their face covering on at all times and should not be taken down to coach

COVID-19 - DIAA Website

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DIAA / COVID-19 / Return to Play Plan

RETURN TO PLAY PLAN

- Coronavirus COVID-19
- DIAA Regulation 1010
- Guidance Documents
- FAQ – PPE
- AD Resources/Forms
- Screening Surveys
- COVID-19 Resources
- COVID-19 Signage

Coronavirus COVID-19

The DIAA continues to closely monitor COVID-19 and is taking proactive measures to mitigate the i
the virus. When it comes to decision-making, our commitment is this: protect the health and safety
interscholastic student athletes.

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)

<u>IF CLEARED</u> 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:

1 911 TEAM

CALL 911

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		

2 CPR/AED TEAM

START CPR

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

Coach	
Student 1	
Student 2	
Student 3	

WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS

1. Remove clothing from chest.
2. Attach electrode pads as directed by voice prompts.
3. Stand clear while AED analyzes heart rhythm.
4. Keep area clear if AED advises a shock.
5. Follow device prompts for further action.
6. After EMS takes over, give AED to Athletic Administrator for data download.

3 AED TEAM

GET THE AED

	PRACTICE	EVENTS
Closest AED		
Student 1		
Student 2		

GET THE ATHLETIC TRAINER

Typical location		
Student 1		
Student 2		

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

4 HEAT STROKE TEAM

	PRACTICE	EVENTS
Tub Location		
Water Source Location		
Ice Source Location		
Ice Towel Location		
Student 1		
Student 2		

PREPARE TUB DAILY

	PRACTICE	EVENTS
Student 1		
Student 2		

1. Remove equipment/excess clothing. Move to shade.
2. Immerse athlete into cold ice water tub, stir water.
   *If no tub: cold shower or rotating cold, wet towels over the entire body
3. Monitor vital signs.
4. Cool First, Transport Second.
   a. Cool until rectal temperature reaches 102°F if ATC or MD is available.
   b. If no medical staff, cool until EMS arrives.

DIAA Education through Athletics

ANYONE CAN SAVE A LIFE

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
- Student must practice at least 7 calendar days prior to participating in a contest
- SMAC recommends that back to back scheduled contests are discouraged

Practice & Playing Policies

DIAA Regulation 1008/1009-4.2

School day practices limited to two (2) hours

Individual Playing Limits: (Official Handbook / 1009 HS FAQ)

Wrestling - Daily Limit: 5 matches

Winter Season Play and Week Limits (HS)

- Winter sport practices start date: November 30, 2020
- 1st day of competition: December 21, 2020
- Winter sports playoffs: February 26- March 13
  - Student must practice at least 7 calendar days prior to participating in a contest

Wrestling

- 12 regular season dual meets
- no tournaments

Middle School found in 1008 FAQs on DIAA website.

DIAA POLICIES & PROCEDURES

Reporting

- **Officials**
- **Sportsmanship**
- **COVID Related Feedback**
  - *positive and negative observations*

DIAA POLICIES & PROCEDURES

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DIAA / Officials / Information for Officials / Information for Officials

INFORMATION FOR OFFICIALS

Officials Main
Rules Clinic Information
OFFICIALS - FORMS
Resources

Edit Page

All ejection and sportsmanship incidents will be reported using the forms below. This form is to be completed by the official/officials association following an ejection. This form must be submitted to DIAA within 24 hours of completion of the contest. If you have questions regarding reportings, please contact Stephanie Mark stephanie.mark@doe.k12.de.us

DIAA Incident Report Form
Please use this form to report unsportsmanslike conduct behavior, fouls, cards, penalties and ejections.

Sportsmanship Incident Report Form
Please use this form to report all other sportsmanship incidents, including positive feedback of players, coaches or teams.

COVID-19 Athletic Activity Reporting Form
Please use this form to provide positive feedback, observations and/or concerns regarding COVID-19 protocols while attending DIAA athletic events.

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.

DIAA POLICIES & PROCEDURES

GAME EJECTION PROCEDURE

- Incident Report Form (found on the 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

- There is an appeal process in place for contest suspension resulting from a game ejection
  - The appeal process will follow NFHS rules and DIAA regulations

Dragonfly - COS

https://www.dragonflymax.com

Center for Officials Services (COS)

DIAA Officials - Registration, Tracking of DIAA Requirements and Payments, Local Association Requirements

Dragonfly

Officials Registration Checklist:

- Create a profile
- Join DIAA & local association
- Upload concussion certificate
- NFHS Sport Exams
- NFHS & DIAA payments
- Local association requirements

Dragonfly

Troubleshooting:

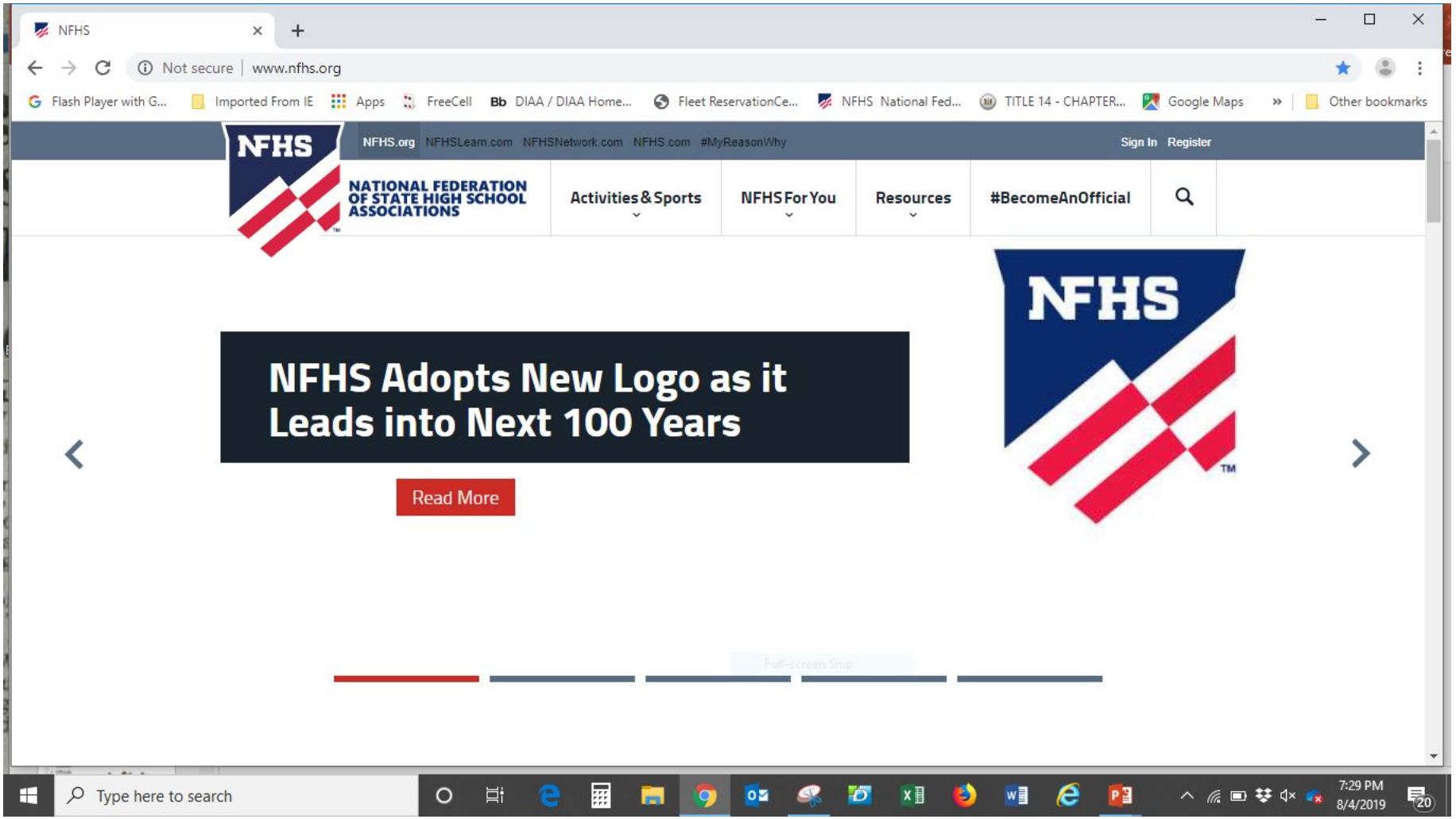
- Email Association Contact
- CC: Steph Mark - DIAA Coordinator
- www.dragonflymax.com
  - use HELP chat feature

Arbiter

- Being used this season **only** for contest assigning
- ALL Officials registration done exclusively in DRAGONFLY

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.org – all NFHS information

NFHS RULES BOOK AS E-BOOKS

- E-books features:
  - Searchable
  - Highlight areas of interest
  - Make notes
  - Easy navigation
  - Adjustable viewing size
  - Immediate availability

NFHS LEARNING CENTER
WWW.NFHSLEARN.COM

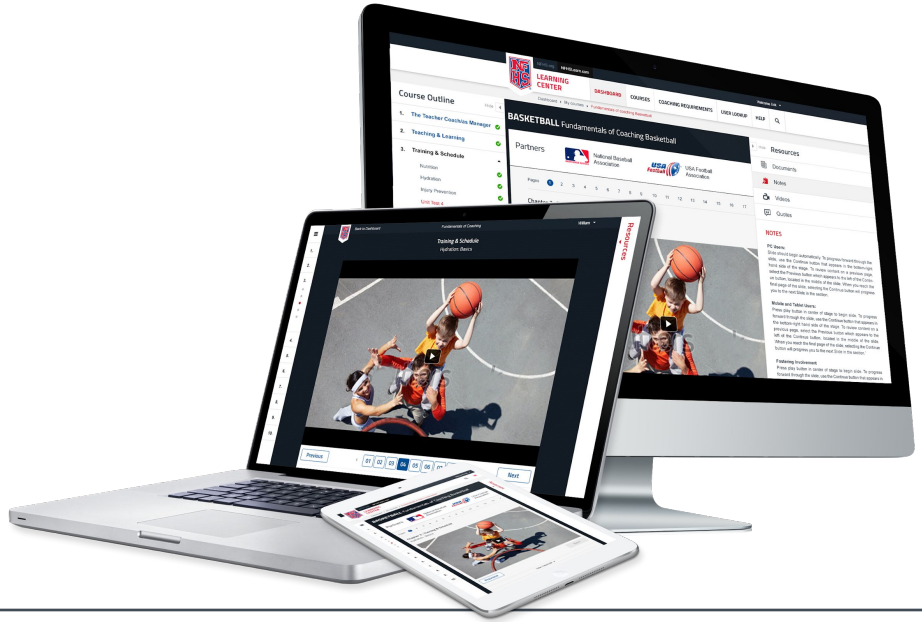
Professional Development For ALL

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

WWW.NFHSLEARN.COM

FREE courses include:

- Bullying, Hazing and Inappropriate Behaviors
- Understanding Copyright and Compliance
- **Hazing Prevention for Students**
- **Concussion in Sports**
- **Concussion for Students**
- **Heat Illness Prevention**
- **Sudden Cardiac Arrest**
- **Sportsmanship**
- Coaching Unified Sports
- Positive Sport Parenting
- NCAA Eligibility



Social Media Profile

Facebook

Page: Delaware Interscholastic Athletic Association

Link: www.facebook.com/DelawareInterscholasticAthleticAssociation

Twitter

Page: DIAA

Handle: @DIAA_Delaware

Instagram

Handle: DIAA_de

Thank you for your support of Interscholastic Athletics!

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