

# **WELCOME**

## **Swimming & Diving 2021-2022 DIAA – NFHS Rules Clinic**



# **DIAA STAFF**

**Donna Polk, Executive Director**  
**Steph Mark, Coordinator of Athletics**  
**Tanya Reed, Secretary**

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

**[diaa@doe.k12.de.us](mailto:diaa@doe.k12.de.us)**



# Agenda

- **Welcome**
- **DIAA Updates**
- **NFHS Rules Interpreter, Kent Steeves**



# 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**.



# Connect with DIAA



**Page: Delaware Interscholastic Athletic Association**

**[www.facebook.com/DelawareInterscholasticAthleticAssociation](http://www.facebook.com/DelawareInterscholasticAthleticAssociation)**



**Twitter**

**@DIAA\_Delaware**



**Instagram**

**@DIAA\_de**

# DIAA

<https://education.delaware.gov/diaa/>

**Newly launched website in September  
2021 - Starting point for ALL  
DIAA information and related links**



# Resources

- DIAA Board of Directors
  - (found on DIAA Website)
    - Calendar
    - Minutes
- Sport Committee Meetings
  - (found on Delaware Public Meeting Calendar)
    - Minutes



# Websites4Sports

**Your School Site**

**WebSites4Sports.com**

Coaches and A.D.s

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





# DIAA Updates

## COVID Mask Guidance

- Current mask guidance is per [Department of Education Emergency Order 815](#) and [Delaware Health Social Services Emergency Order 4202](#)
- Orders for reference can be found at:  
<https://governor.delaware.gov/health-soe/>
- The Department of Education will receive, consider, and respond to petitions by any interested persons for reconsideration or revision of the amendments to the Emergency Regulation by addressing the petitions to the Department of Education,  
[regulations.comment@doe.k12.de.us](mailto:regulations.comment@doe.k12.de.us)



# DIAA Updates

## COVID Mask Guidance

- DIAA Regulation 1011 was repealed on August 11.
- [Department of Education Emergency Order 815](#)
  - 6.0 COVID-19 Mitigation and Prevention
    - 6.1.1 All schools that serve students kindergarten through twelfth grade shall require mask use by all students, faculty, staff, and visitors inside school buildings, regardless of vaccination status.
    - 6.1.3 Masks are not required in school buildings:
      - 6.1.3.3 When engaged in any activity that makes wearing a mask not feasible, such as swimming.

[Delaware Health Social Services Emergency Order 4202](#)



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- The Department will receive, consider, and respond to petitions by any interested person for recommendations or revisions of this Order. Petitions should be presented to the Division of Public Health, [alanna.mozeik@delaware.gov](mailto:alanna.mozeik@delaware.gov).



# DIAA Updates

## Recommended COVID Return to Play Protocol:

- DPH encourages member schools to continue to implement layered mitigation risk strategies among unvaccinated populations and in crowded settings where social distancing cannot be maintained.
- DPH reiterated that face coverings and frequent hand washing remain very effective to fighting the spread of COVID-19.
- DIAA member school coaches and sports teams are asked by DPH to encourage members of their communities to get vaccinated.
- Practicing Self-awareness - if you feel sick, stay home.



# DIAA Requirements

- **Coaches requirements (Regulation 1008/1009 7.0)**
  - Attendance at DIAA rules clinic (required by Head Coach)
  - Hold a current CPR certification (all coaches)
  - Complete the NFHS “Concussion in Sports” course through NFHSLearn.com every 2 years (all coaches)
  
- **Officials requirements (Regulation 1008/1009.8.3)**
  - Attendance at DIAA rules clinic
  - Passing score of 85% on NFHS PART I Swimming rules exam
  - Complete the NFHS “Concussion in Sports” course through NFHSLearn.com every 2 (two) years





# Sports Medicine

## PPE – Medical Card (page 5)

### COACHES:

Are encouraged to carry athletes' emergency contact information with you at ALL times. ATC should prepare and give them to you.

### PRACTICES & GAMES

This is page 5 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
- 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



# 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:	
---------------------	--	-----------	--	--------	--

1 911 TEAM			2 CPR/AED TEAM			3 AED TEAM																																															
<b>CALL 911</b>			<b>START CPR</b>			<b>GET THE AED</b>																																															
CALL 911. Explain emergency. Provide location.			<ol style="list-style-type: none"> <li>1. Position person on back.</li> <li>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.</li> <li>3. Take turns with other responders as needed</li> </ol>			<table border="1"> <thead> <tr> <th></th> <th>PRACTICE</th> <th>EVENTS</th> </tr> </thead> <tbody> <tr> <td>Closest AED</td> <td></td> <td></td> </tr> <tr> <td>Student 1</td> <td></td> <td></td> </tr> <tr> <td>Student 2</td> <td></td> <td></td> </tr> </tbody> </table>				PRACTICE	EVENTS	Closest AED			Student 1			Student 2																																			
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<b>MEET AMBULANCE at EMS Access Point. Take to victim.</b>			<b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS</b>			<b>CALL 911 for all medical emergencies.</b> <b>If unresponsive and not breathing normally, begin CPR and get the AED.</b>																																															
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						<ol style="list-style-type: none"> <li>1. Remove equipment/excess clothing. Move to shade.</li> <li>2. 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>3. Monitor vital signs.</li> <li>4. Cool First, Transport Second.                             <ol style="list-style-type: none"> <li>a. Cool until rectal temperature reaches 102°F if ATC or MD is available.</li> <li>b. If no medical staff, cool until EMS arrives.</li> </ol> </li> </ol>																																															

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 (practice, scrimmage, or contest) per seven day period
- A minimum of 21 calendar days of pre-practice prior to the first competition date
- Student must practice at least 7 calendar days prior to participating in a contest



# Practice Policies

## DIAA Regulation 1008/1009

- **School day practices** are limited to two (2) hours which includes all instructional activity (team meetings, film, warm up/cool down sessions)
- **Practice on Non School Days:**
  - Each practice session should not exceed 3 hours
- **Swimming & Diving Maximum Game Schedules:**
  - 15 contests maximum
  - 3 contests per week scheduled



# 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. Demonstrate high ideals, good habits and desirable attitudes in their behavior. Coaches interactions shall be of the highest ethical and moral standard. Coaches should recognize the tremendous influence they have on student athletes and never place the value of winning above the highest ideals of character.



14 points of coach expectations in Regulation 1007 (Sportsmanship)

# Sportsmanship

**1007.1.2.1.5.4** **Officials** are participants in the educational development of high school students. They must exercise a high level of self-discipline, independence and responsibility. Remember that the field is a classroom. Officials must be highly ethical in all forums, chat rooms, all forms of social media, and communications regarding the sport and participants.

9 points of officials expectations in Regulation 1007 (Sportsmanship)





# DIAA POLICIES & PROCEDURES

## Incident & Game Ejection Procedure:

- Submit Incident Report Form (found on the website)
- <https://education.delaware.gov/diaa/digital-assets/diaa-incident-reporting-form/>
- 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.
- If association does not have an incident chair coordinating, individual officials are responsible for reporting incidents directly to DIAA using form above.



# REPORTING FORM

## Sportsmanship

<https://www.doe.k12.de.us/page/2167>

DIAA Sportsmanship Committee

DIAA Regulation 1007 – Sportsmanship

### Form

### Use

[DIAA Incident Reporting Form](#) Please use this form to report unsportsmanlike conduct and behavior.

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

[DIAA Soccer Card Accumulation Policy](#)

[Home](#) / [Resources](#) / **Sportsmanship**

### Resources

[Website4Sports](#)

[NFHS](#)

[Important Links](#)

[Student Leadership and Awards](#)

### ☐ Sportsmanship

[Dale Farmer Sportsmanship Award](#)

- Reporting positive instances of Sportsmanship by game participants



# Tournament Manual

- DIAA website:  
[https://education.delaware.gov/diaa/sport\\_championships/tournament\\_manuals/](https://education.delaware.gov/diaa/sport_championships/tournament_manuals/)
- Review General Information and Sport Specific Information
- Pay attention to important dates
  - Team report deadline
  - Website Information deadline



# 2021 Winter Season Dates

- Winter sport practices may begin Nov 8, 2021
- First date of competition (Dual meets may begin) - Dec 1, 2021
- State tournament dates **(tentatively)**
  - Tuesday 2/22/22 - Diving Preliminaries
  - Wednesday 2/23/22 - Swimming Preliminaries
  - Thursday 2/24/22 - Swimming Preliminaries
  - Saturday 2/26/22 - Swimming Finals

## Officials

NFHS Swimming & Diving Part I Sport Exam Open now  
(access through Dragonfly)

Exam Closes Nov 29 @11:59pm



# DIAA Resources

Found on DIAA Website:

- Yearly Calendar
- Board of Directors Meetings
- Committees
- Rule Clinics
- NCAA Eligibility Website
- NFHS Website



# Officials Registration Checklist

<https://www.dragonflymax.com>

- Update demographic info
- Join DIAA & local association
- Upload concussion certificate (every 2 years)
- Take NFHS Sport Exams
  - Part I - pass 85% or better in 2 tries
- NFHS & DIAA payments



CENTER FOR  
**OFFICIALS  
SERVICES**

Powered by



# Center for Officials Services

- Officials are responsible for paying all their own fees in real time - through the Dragonfly platform.
  - NFHS fee (\$17) should be paid before 1st contest date to ensure officials have insurance
  - DIAA fee (\$18) should also be paid before 1st contest date
  - Both fees open now and can be paid at the same time
  - Once fees are paid - access will be requested for NFHS mobile rules app
  - email Steph Mark - DIAA Officials Coordinator for troubleshooting/assistance or use Dragonfly chat feature



# **DIAA Officials Appreciation Week**

October 24-30 - Fall Sports

February 7-11 - Winter Sports

April 25-May 1 - Spring Sports

DIAA is designating three weeks throughout the year to recognize the important contributions officials play in interscholastic athletics and it's an opportunity for all participants to express their gratitude for our officials in Delaware



Follow DIAA on our social platforms to contribute to the campaign and help us celebrate our officials !



# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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



# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS


- 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.



# 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)

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

Download from iTunes or Amazon

- E-books features:
  - Searchable
  - Highlight areas of interest
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# 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
- Sudden Cardiac Arrest
- Sportsmanship
- Positive Sport Parenting
- NCAA Eligibility







Thank you for your support of  
Interscholastic Athletics!

