

WELCOME

Spring 2022

DIAA RULES CLINIC

Outdoor Track & Field

2/16/2022



Agenda

- **Welcome**
 - Housekeeping
- **DIAA Updates - Steph Mark**
- **NFHS State Interpreter - Track & Field**
 - Pat Pollock



DIAA Contacts

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

Office: 302-857-3365

Email: diaa@doe.k12.de.us

DIAA Track Committee Chair - Charlie Pollard
Lake Forest HS



Connect with DIAA



Page: Delaware Interscholastic Athletic Association

www.facebook.com/DelawareInterscholasticAthleticAssociation



Twitter

@DIAA_Delaware



Instagram

@DIAA_de



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**.



Website

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

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



Resources

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



DIAA

Your School Site

WebSites4Sports.com

Coaches and A.D.s

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



COVID-19

COVID Mask Guidance

- DIAA Regulation 1011 was repealed on August 11.
- Masks are required to be worn by students, faculty, staff, and visitors inside school buildings regardless of vaccination status PER the following orders: **through March 31, 2022 (as of 2/7/22)**
 - [Department of Education Emergency Order 815](#)
 - [Delaware Health Social Services Emergency Order 4202](#)
 - Orders for reference can be found at:
<https://governor.delaware.gov/health-soe/>



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 2 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 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 complete the 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
- Coaches and Officials must take the NFHS Concussion Course once every 2 years (Coaches course completion tracked by Athletic Director)
 - **Officials course completion tracked in Dragonfly***



DIAA Concussion Protocol

Shows Signs or Symptoms

- a. Remove from play - Official or Coach
- b. Evaluated by a Qualified Healthcare Professional (QHP) includes: MD, DO, School Nurse, Nurse Practitioner, Physician's Assistant or Athletic Trainer (ATC)

At this point, athlete must have written clearance from a QUALIFIED PHYSICIAN to return to practice or play.



Emergency Action Plan [EAP]

Create an
Action
Plan and
practice it.



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:			Activity:			Level:														
1 911 TEAM			2 CPR/AED TEAM			3 AED TEAM														
CALL 911			START CPR			GET THE AED														
CALL 911. Explain emergency. Provide location.			<ol style="list-style-type: none"> 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 			<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		
	PRACTICE	EVENTS																		
Closest AED																				
Student 1																				
Student 2																				
	PRACTICE	EVENTS	Coach			GET THE ATHLETIC TRAINER														
Closest Phone			Student 1			Typical location														
EMS Access Point			Student 2			Student 1														
Street Intersection			Student 3			Student 2														
Student 1			WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS			CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.														
Student 2			<ol style="list-style-type: none"> 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. 																	
MEET AMBULANCE at EMS Access Point. Take to victim.			4 HEAT STROKE TEAM			PREPARE TUB DAILY														
	PRACTICE	EVENTS		PRACTICE	EVENTS		PRACTICE	EVENTS												
Entry Door/Gate			Tub Location			Student 1														
Student 1			Water Source Location			Student 2														
Student 2			Ice Source Location			<ol style="list-style-type: none"> 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. <ol style="list-style-type: none"> a. Cool until rectal temperature reaches 102°F if ATC or MD is available. b. If no medical staff, cool until EMS arrives. 														
CALL CONTACTS. Provide location and victim's name.																				
			Ice Towel Location																	
	NAME	CELL	Student 1																	
Athletic Trainer			Student 2																	
Athletic AD																				
Student 1																				
Student 2																				

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



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



Practice Policies

- **Outdoor Track Maximum # of Competitions:**
 - 16 competition dates
 - 3 contests per week scheduled

- **Weekly Individual Limitations:**
 - 3 contests max student athlete may compete in



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.

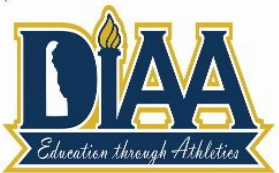


14 points of coach expectations in Regulation 1007 (Sportsmanship)

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)



INCIDENT/REPORTING FORM**

Forms

Home / DIAA for / Officials / **Forms**

All ejection and sportsmanship incidents will be reported using the forms below. This form is to be completed by the official/officials association incident coordinator following an incident or ejection. This form must be submitted to DIAA within 24 hours of completion of the contest. If you have questions regarding the reporting process, please contact [Stephanie Mark](#).

Form	Use
DIAA Incident Reporting Form	Please use this form to report unsportsmanlike 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.

Officials

[Officials Association Contact Info](#)
[DIAA Officials Requirements](#)
[Become A Sports Official](#)
[Make Up Rules Quizzes](#)
[Recommended Contest Assign Guidelines](#)
[Rules Clinic Schedule & Registration](#)

Forms

[State Tourney Game Balls](#)
[Official Fee Scale](#)

- Reporting positive instances of Sportsmanship by game participants



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



DIAA Sportsmanship - Coach's Role & Impact

- Coach's role in promoting good sportsmanship is invaluable
- Proactive - communicate with student athlete/coach/Athletic Director/DIAA
- Foster reflection and discussion around incident
- Use tools to impact future behavior
- Learning opportunities and student growth
- Set clear expectations of what acceptable sportsmanship looks like and what it does not look like
- Practice self-awareness & positive role modeling



Outdoor Track Season Dates

- 1st date of spring practices - 2/28
- 1st date competition -3/21
- Last date of competition - Monday 5/16
- Track Seeding Meeting - Tuesday 5/17
- Finals - 5/20 - 5/21



Tournament Manual

- DIAA website:
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



Arbiter

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



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



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.



Good luck this spring!

THANK YOU!

