WELCOME

2016-17
DIAA – NFHS
Rules Clinic
DIAA STAFF

Thomas E. Neubauer, CMAA
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Main Number:
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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.
http://www.doe.k12.de.us/diaa

Starting point for **ALL** DIAA information and related links
NFHS

- Mission: The National Federation of State High School Associations serves its members, related professional organizations and students by providing leadership for the administration of education-based interscholastic activities, which support academic achievement, good citizenship and equitable opportunity.
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.
Coaches

Playing rules, uniforms, diagrams, articles
NFHS RULES BOOK AS E-BOOKS

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

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
- Desktop/Laptop Availability
- Easy Navigation
- Adjustable Viewing Size
- Immediate Availability

www.nfhs.org/ebooks

NFHS Rules and Case e-books for $5.99 each
Download from iTunes or Amazon

www.nfhs.org
Mission: Provide ongoing professional development for Coaches, Administrators, Students, Parents and Officials on the role they play within interscholastic athletics and activities.
Register on NFHSLearn.com and receive the following great benefits:

- Immediate access to all 18 NFHS free courses
- Opportunity to receive email updates on your sport, upcoming courses and much more
- Access coursework 24/7/365
- Access completion certificates 24/7/365
NFHS FREE COURSES

- Concussion in Sports **REQUIRED**
- Coaching Pole Vault
- NCAA Eligibility
- Positive Sport Parenting
- Sportsmanship
- Sports Nutrition
- Heat Illness Prevention
- Introduction to Music Adjudication
- Introduction to Pitch Smart

- Concussion in Sports for Students
- Social Media for Students
- Coaching Unified Sports
- Creating a Safe and Respectful Environment
- Engaging Effectively with Parents
- Sudden Cardiac Arrest
- Captains Course
- Interscholastic Officiating

National Coach Certification Program

www.nfhslearn.com
Coaching Boys Lacrosse

- Differences between girls and boys lacrosse sessions
- Methods and techniques for teaching lacrosse
- Learn basic rules of boys lacrosse
- Understand essential beginning lacrosse skills and be able to teach those skills to players
- How to create drills and structure effective practice
- How lacrosse is played
- Player positions and game structure

More Information at nfhslearn.com!
Arbiter Sports

https://www.arbitersports.com

Officials’ Information and Testing
NFHS Officials Association
Central Hub

- contains:
  - sport information
  - rules information
  - rules library
  - searchable rules book
  - video content on officiating sport, competition situations and interpretations

https://nfhs-softball.arbitersports.com/front/105414/Site
Your School Site

WebSites4Sports.com

Coaches and A.D.s
Updated and accurate information: schedules, rosters, scores, pictures
DIAA Concussion Protocol

Parents and Athletes must read and sign PPE Concussion information sheet

ALL Coaches and Officials must take the NFHS Concussion Education Course
DIAA Concussion Protocol

Shows Signs or Symptoms
a. Remove from play - Official or Coach
b. Evaluated by a Qualified Healthcare Professional

Qualified Healthcare Professional (QHCP) is a MD, DO, School Nurse, Nurse Practitioner, Physician’s Assistant or Athletic Trainer [ATC]

IF CLEARED at that time by the QHCP, athlete may return to play that day.
DIAA Concussion Protocol

If **NOT CLEARED** by QHCP at that time, athlete **CANNOT** return to play that day.

At this point, athlete must have **Written Clearance** from a **QUALIFIED PHYSICIAN** to return to practice or play.

Failure to comply = INELIGIBLE athlete
Sudden Cardiac Arrest (SCA)

SCA is the leading cause of death for high school athletes.
School Responsibility for SCA

The Gracie Firestone Act recognizes the threat SCA poses to high school athletes.

What do you & your school need to do?
Please ensure that…

- 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.
DIAA Responsibility for SCA

What is DIAA doing?

- DIAA provides annual SCA awareness for Coaches.
- DIAA has SCA information on our website.

ALL Coaches must hold valid CPR certification.
Coaches/A.D:

Create an ACTION PLAN and PRACTICE it

1. Call 911
2. Start chest compressions [CPR]
3. Get an Automated External Defibrillator (AED)
4. Turn it on and follow the voice prompts

Sample Plan on DIAA website

Books were distributed to ALL member schools
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 [3-22-17]
- Student must practice at least 7 calendar days prior to participating in a contest

School day practices limited to two [2] hours
DIAA Regulation 1008/1009-4.2

These are in effect for NON-SCHOOL days

- A limit of no more than 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
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]
NFHS-DIAA Relationship

DIAA is a 100% compliant member of the:
National Federation of High School Associations [NFHS]
DIAA Rules

Adoptions/Modifications of NFHS Rules

DIAA website → Sports → DIAA Approved Polices
GAME EJECTION PROCEDURE

- Incident Report Form
  - found on either Website
- MUST be sent to Incident Chair by next morning

If you eject someone, the DIAA Office/Incident Chair must be notified by noon of the next day so the school A.D. can be notified too.
When sending Ejection Reports by email, please use abbreviations or punctuations marks for profane words.

Most firewalls [especially the state’s] will block emails containing spelled out profanity.

E.G – S$%T, F#$K etc.
DIAA POLICIES & PROCEDURES

APPEAL OF GAME EJECTION

- for NON-SPORTSMANSHIP related removals or disqualifications
- only to be used when TECHNICAL violations occur (not many of these)
BENCH PERSONNEL RULE

- Players **DO NOT** leave the bench (or playing area) to enter playing area to get involved in a confrontation.
- Only the HEAD COACH may enter unsolicited to **break up** an altercation.
DIAA POLICIES & PROCEDURES

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.

- Baseball & Softball: three (3) bench confinements

- Soccer & Girls’ Lacrosse: three (3) yellow cards

- Boys’ Lacrosse: three (3) unsportsmanlike conduct fouls or any combo of 5 conduct and unsportsmanlike conduct foul
Thunder and/or Lightening Policy

- The site management or the contest officials, if they have assumed control of the game, will stop the game at the first sound of thunder, or observation of cloud to ground lightning.
- The playing area will be cleared and all participants and spectators will be advised to seek shelter.
- The contest will not be resumed until **30 minutes** after the last clap of thunder was heard or flash of lightning was seen.
DIAA POLICIES & PROCEDURES

PROHIBITION AGAINST USE OF TOBACCO PRODUCTS

Very Simple: DON’T SMOKE*, DON’T CHEW, DON’T DIP

*E-cigarettes included

NFHS Marked VARSITY Game Balls

- Must have NFHS branded logo
- State Tournament:
  - Baseball: Wilson A1010
  - Softball: Dudley SB12L
  - Girls Soccer: Nike Catalyst
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

1. Request from Student to School for Accommodation(s)
2. School Conducts Individual Student Assessment
3. Request from School for Accommodation(s) to State Association
4. Notice and Opportunity to be Heard
5. State Association Review of Request
6. State Association Provides Written Determination for Accommodation(s) to School
7. If appropriate, School Provides Letter of Authorization to Head Official for Local Contest Allowing Competition with Accommodation(s)
DIAA POLICIES & PROCEDURES

MOUTH GUARD RULE

- must be worn by ALL who have METAL braces.
- must cover top brace and separate biting surfaces.
- must extend to shield lower braces.
- can be white or clear if NOT prohibited.
Recommended Contest Assignment Guidelines

- Read the Code of Ethics
- Read and follow the Hand Out Guidelines
- Do NOT put yourself in a situation where your integrity, ethics and character are questioned
- Follow appropriate lines of communication.
“Live” Web streaming Of DIAA Events $9.95 per month
27 DIFFERENT SPORTS AND ACTIVITIES

3 MILLION UNIQUE VIEWERS
NFHS Campaign
#MyReasonWhy

- Campaign to celebrate all the reasons why students participate
- Invite students to share their personal reasons – and parents, coaches, officials
- Began in October; national campaign in 2017
- Push on your school social media channels and website

- Use the hashtag: #MyReasonWhy
- NFHS.org/myreasonwhy
Social Media Profile

Facebook
Page: Delaware Interscholastic Athletic Association
Link: www.facebook.com/DelawareInterscholasticAthleticAssociation

Twitter
Page: DIAA
Handle: @DIAA_Delaware

Instagram
Handle: DIAA_Delaware
2017 NFHS RULES BOOK

- 2017 Boys Lacrosse Rules Book available at:

  www.nfhs.com
  
  
  $8.20 Plus S/H
E-Books are available for purchase at: www.nfhs.org/ebooks/
$5.99 Apple or Android
WWWWW.NFHS.ORG
ACTIVITIES & SPORTS – BOYS LACROSSE

Lacrosse-Boys

Lacrosse-Boys Articles

New Faceoff Procedure Among Rules Changes in High School Boys Lacrosse

OHSAA to Sponsor Boys and Girls Lacrosse Beginning in 2016-17

Implementation of Boys Lacrosse Rule 1-7-3 Delayed Until 2016

Restart Procedure Altered in High School Boys Lacrosse

Rules Changes

Boys Lacrosse Rules Changes - 2016
2017 NFHS BOYS LACROSSE RULE REVISIONS

Major Rules Changes
Situations and Rulings
Points of Emphasis
2017 NFHS BOYS LACROSSE

Major Rules Changes
Beginning in 2018, minimum stick specifications shall be as follows:

<table>
<thead>
<tr>
<th>Measurement from throat (inches)</th>
<th>Minimum distance between narrowest point of head (inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.25</td>
<td>3 (all measurements)</td>
</tr>
<tr>
<td>3.0</td>
<td>3 (all measurements)</td>
</tr>
<tr>
<td>5.0</td>
<td>3.5 to 4 on front, 3.5 on back</td>
</tr>
<tr>
<td>Widest point</td>
<td>6 (all measurements)</td>
</tr>
</tbody>
</table>
If a flat-iron goal is used on a grass field, it may be attached to the ground with ground anchors.
If a player or team commits a foul before any faceoff, the ball will be awarded to the offended team in its offensive side of the field at the Center.
Paint, a single wrap of tape, or other material of contrasting color to the head may now be used on the handle of the crosse for any player taking a faceoff.
No defensive player, other than a properly equipped goalkeeper, can enter his own crease with the perceived intent on blocking a shot or acting as a goalie. Penalty: Conduct foul on the defensive player. A second violation by the player will be enforced as releasable unsportsmanlike conduct.
Failure to wear the required mouthpiece (unless it comes out during play) is now a technical foul.
During the last two minutes of regulation play, stalling rules are in effect for the team that is ahead by four goals or less. When the score differential is five goals or more, neither team is forced to keep the ball in the goal area unless warned to “keep it in.”
2017 NFHS BOYS LACROSSE

Points of Emphasis
POINTS OF EMPHASIS

Points of Emphasis – Page 91

- Coaches and Team Area
- Defenseless Hits
- Blindside Hits
- Mouthpieces
- Reminder of Crosse Change in 2018
The only time a coach is allowed to enter the lacrosse field is to attend to an injured player, to warm up a goalkeeper or during halftime. If a coach is on the field of play during a live ball or dead ball for any other instance and the coach does not have permission from an official, it is considered a foul. Officials are encouraged to enforce this rule and keep coaches restricted to the sideline and coaches’ area during live play, during time-outs and between quarters.
POINTS OF EMPHASIS
DEFENSELESS HITS

- An illegal body check includes, but is not limited to: hitting a defenseless player from the “blindside,” a body check when the player’s head is down, and when there is a check to the player whose head is turned.
As with any contact sport, continued awareness and emphasis to minimize risk for all participants is important. The penalty for excessive hits to the head and neck is in place as an effort to eliminate this type of contact from the game. A section is in place to address penalties for hits to defenseless players and blindside hits. Coaches should continue to educate their players about how to make a proper body check and the dangers and risks of unnecessary or excessive contact. Officials should strongly enforce penalties for body checks.
POINTS OF EMPHASIS
MOUTHPIECES

- It is strongly recommended that mouthguards be properly fitted and not be altered in any manner that decreases effective protection. Mouthguards cannot be clear and must be of any visible color other than white to allow for easier rule enforcement by officials. Coaches should instruct players to have their mouth guards properly in their mouths at all times, i.e., no fish hooking. Officials must enforce this rule.
Online Test for Clinic Credit

- Answer the following ten questions.
- Email your responses to: reply2diaa@gmail.com

  - In the email subject line write: Lacrosse Clinic
  - In the email body write:
    - Name and School (or Association)
    - List Answers #1-10
    - Ex. 1 – A, 2 – B, 3 – D, etc...

You must get at least 8 out of 10 correct for credit.
#1. Which website would you use to find the best information regarding playing rules, uniform information and field or court diagrams?

A. DIAA.org

B. NFHSNetwork.com

C. NFHSLearn.org

D. NFHS.org
#2. Which website would you use to find all of the free online courses from the National Federation?

A. DIAA.org

B. NFHSNetwork.com

C. NFHSLearn.org

D. NFHS.org
#3. What brand new course has the Federation (NFHS) introduced designed especially for student-athletes?

A. Cardiac Arrest for Students
B. Concussions for Students
C. EAPs for Students
D. Learning Enrichment for Students
#4. Failure to wear the required mouthpiece (unless it comes out during play) is now what type of foul?

A. Releasable.

B. Non-releasable.

C. Technical.

D. Personal.
#5. Who is allowed to go onto the field during a fight, without being beckoned by the official?

A. The Head Coaches

B. Student Managers

C. The Team Captains

D. Students who passed the Concussion Education class
#6. Paint, a single wrap of tape, or other material of contrasting color to the head may now be used on the handle of the crosse for any player taking a faceoff.

A. True

B. False
#7. Which of the following best describes a body-check of a player in a defenseless position?

A. A body-check to a player’s “blind side.”

B. A body-check to a player whose head is down in an attempt to play a loose ball.

C. A body-check to a player whose head is turned away to receive a pass.

D. All of these describe body checks to a defenseless player.
#8. If the score is tied in the last two minutes, both teams must “keep it in.”

A. True

B. False
One or more defenders from Team B are standing in the crease in front of the goal with a clear intention of blocking shots, not defending another player. What is the correct ruling?

A. Team B is offside.

B. Conduct foul on Team B.

C. Team B is awarded the ball.

D. Team A is awarded a goal.
#10. Shooting strings must be within:

A. 6 inches of the top of the crosse.

B. 4 inches of the top of the crosse.

C. Anywhere on the crosse.

D. 2 inches of the top of the crosse.
Thank you for your support of Interscholastic Athletics!

www.nfhs.org
Thank You!