

# WELCOME

## 2016-17

# DIAA Rules Clinic Tennis



# IMPORTANT WEBSITES

## DIAA

<http://www.doe.k12.de.us/programs/diaa/>

## Websites for Sports

<http://websites4sports.com/>

## NHFS Learning Center

<http://www.nfhslearn.com/>

## US Tennis Association

<http://www.usta.com/>



# State Tournament Eligibility

## 1006.2.4 Participation in State Championship Tournaments and Meets

- Be a DIAA member; pay fees
- Be in compliance with DOE/DIAA and tournament manual
- Sponsor a team in the given sport
- Have been a DIAA member for 2 years



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

# 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 by 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 CARDIA ARREST

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.



# Emergency Action Plan [EAP]

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

# Practice Policies

## 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

# Seasonal & Weekly Limits

Season: 15 total contests

Weekly: 3 contests

- Weather Exception: Four (4) contests are possible due to weather postponements provided the at least one contest is on a weekend.



# DIAA POLICIES & PROCEDURES

## Thunder and/or Lightning 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.



# Prohibition of Tobacco Products

No tobacco use in any form can be used on site by participants, coaches, officials or spectators.

- Don't smoke, don't chew, don't dip.
- No e-cigarettes



# Use of Insulin Pump

Pump can be utilized during timeouts, between quarters, at half-time, or whenever play is suspended

If a medical condition necessitates wearing the device during competition, written verification from a licensed physician must be presented to the contest officials prior to the event and the device must be padded so as not to be dangerous to the other participant





# Rules, Regulations & Procedures for DIAA Matches

- The 2017 United States Tennis Association official rules are used \*Refer to “Friend at Court”
- Team competition will consist of three singles and two doubles matches.
- A match begins with the first serve.
- A singles or doubles match will consist of best out of three sets.
- In all matches, once the team score outcome has been decided, all individual remaining matches must play the ten [10] point tie breaker.



# DIAA Matches

- Players may not compete in both a singles and a doubles match in the same team competition.
- The home team will provide a new, pressurized can of top quality tennis balls for each singles and doubles match. If both players request a new can for the third set, it is permitted
- If the score reaches six games all, the seven-point tiebreak will be used.
- Players will keep their own scores and call the lines but may ask for two line judges if they feel it is warranted.



# DIAA Matches

- Each coach will be responsible for providing a line judge if requested if he/she feels it is warranted and available. Players should attempt to resolve dispute before asking for line judge.
- The server will be responsible for announcing the point score and at the beginning of each game, also announcing the game score. If the score is in dispute, the match score will revert to the last score both opponents can agree upon.



# DIAA Matches

## Score Reporting:

- Coaches must agree who will report the results of the singles and doubles matches and the team score to [websites4sports](http://websites4sports.com).
- Post results on your site promptly.

## Warm-Up:

- The pre-match warm-up is limited to a maximum of 10 minutes and all practice must take place during this 10-minute period.
- No coaching is allowed during pre-match warm-up.



# DIAA Matches: Line Up

- Coaches will position their players based on a challenge system, of their own determination so that the team's best player competes against the opponent's best player at singles. This continues through the line-up.



# DIAA Matches: Line Up

- The doubles teams will be chosen from the remaining team members with the best doubles team playing in the 1<sup>st</sup> doubles position (players 4 & 5) and the second best doubles (players 6 & 7) team playing in the 2<sup>nd</sup> doubles position.
- The results of these challenge matches must be on file with the AD before the season begins and must be available for Tennis Committee review. Results must be updated as changes occur throughout the season.



# DIAA Matches: Absent Players

If a player is absent, his/her substitute may be selected from one of the following options:

- A. Any player ranked below the absent player on the Challenge System may be moved up, then all needed substitutions can be enacted to move players into any vacated slot(s) by moving other lower ranked players up into a vacated slot.
  
- B. The player ranked 8<sup>th</sup> on the Challenge System may be moved into the absent player's slot.



# DIAA Matches: Absent Players

- If a player is absent for more than 2 weeks (5 consecutive matches), due to INJURY or ILLNESS, the other players must move up and the substitute player may compete no higher than the 3<sup>RD</sup> singles position.
- If a doubles player is absent for more than 2 weeks (5 consecutive matches), his/her substitute may be any player below him/her on the challenge ladder. The strongest doubles team must compete in the #1 doubles position.





# DIAA Matches: Absent Players

- The absent player may regain his/her position through challenge matches.
- In this instance, challenge matches must consist of a minimum of a pro set (8 games) and the substitute cannot advance any higher than the 3<sup>rd</sup> singles position, for the remainder of the season



# DIAA Matches: Absent Players

- In the case of a player who
  - QUILTS,
  - HAS A SEASON ENDING INJURY,
  - IS ACADEMICALLY INELIGIBLE,
  - OR DISMISSED FROM THE TEAM,the substitute player will be considered the 7<sup>th</sup> ranked player on the team and everyone else must move up by the next match.



# DIAA Matches: Absent Players

- After season, before tourney, if player is dismissed, a substitute can be entered. The remainder of line-up can remain the same.



# DIAA Matches: Challenge Matches

- A record of each challenge match should be kept on file in the athletic director's office.
- If a question arises regarding the legitimacy of a particular team's line-up, the DIAA Office should be notified.
- The DIAA Office may request the records of that team's challenge matches. Failure on the part of that school to provide the proper documentation will result in forfeiture of the match(es) in question.



# DIAA Matches: Coaches

A list of approved coaches for each school, signed off by the school, must be carried by the coach and on file with the DIAA Office.



# DIAA Matches: Coaching

A brief instructional period (maximum of 90 seconds) will be allowed during one change over per set and between the 1<sup>st</sup> and 2<sup>nd</sup> sets of a match. (maximum of 2 minutes)

- Players must remain on the court, must not interfere with the match on an adjacent court.
- Only the local school board approved coach(es) who have been identified at the start of the match may instruct a player and he/she will, when feasible, remain outside the playing area
- If two or more players finish at the same time, the coach must determine which player (except when the players are on adjacent courts ) to advise during the 2 minute instructional period.



# DIAA Matches: Coaching

- If the coach is not available during the 2-minute instructional period to advise his/her players, then the opportunity is forfeited. No coaching by parents, other players, or spectators will be permitted.
- Non-participants must remain off the playing courts and out of the coaching area immediately surrounding the playing courts.
- No coaching is allowed by anyone during the seven [7] point and ten [10] point tie breakers. However, in the 2 minute period before the ten [10] point tie break coaching is allowed.



# DIAA Matches: Rest Periods

- A rest period of not more than 10 minutes will be allowed between the 2nd and 3rd sets of a match during which time players may leave the court.





# DIAA Matches: Incomplete Match

- Any match which is not completed and is postponed to a later date must be finished by the same player/s that originally started the match.
- Failure to do so would result in a forfeit of that court.
- Coaches need to record all match data at the time of suspension/postponement (lineup, score, sides, serve).



# DIAA Matches: Attire

- Players should be dressed in proper tennis attire so as to present a neat appearance.
- Teams are required to have a school-approved uniform consisting of at least matching tennis shirts, shorts or skirts.
- Midriffs must be covered and no lettering or logos other than the school logo and a manufacturer's original logo will be permitted.



# DIAA Matches

## **TIE-BREAKERS:**

- The 7 Point Tie-break (Tie-break Game)
- The 10 Point Tie-break (Match Tie-break)

Details found on DIAA website.

## **ADJUSTED POINT PENALTY SYSTEM**

- Refer to the table of violations and penalties on website.
- Discuss at the start of each match throughout the season.



# Tennis Tournament Committee

**Chair: Sebrina Perialas (Wm Penn)**

Jack Rowell (WFS)

Jim Harvey (CR) \

Ron Alper (CR)

Rich Liu (WCS)

Tom Butterly

Mary Moore (UA)

Zach Taylor (CR)

Charlene Lambert (TAT)

John Lloyd (WFS)

Brian McArdle (McKean)

Lloyd Johns (Sanford)

Gail Hill (LF)

Carla Lawson (CR)

John Taylor (Newark)

Kahlil Fitzpatrick (McCullough MS)



# Tennis Injury Prevention and Performance Enhancement

Presented by:

Al Wood ATC, FMS, CSCS, TPI

Jaivon Wesley ATC, FMS, TPI

St. Andrew's School

February 21, 2015



St. Andrew's School  
Delaware



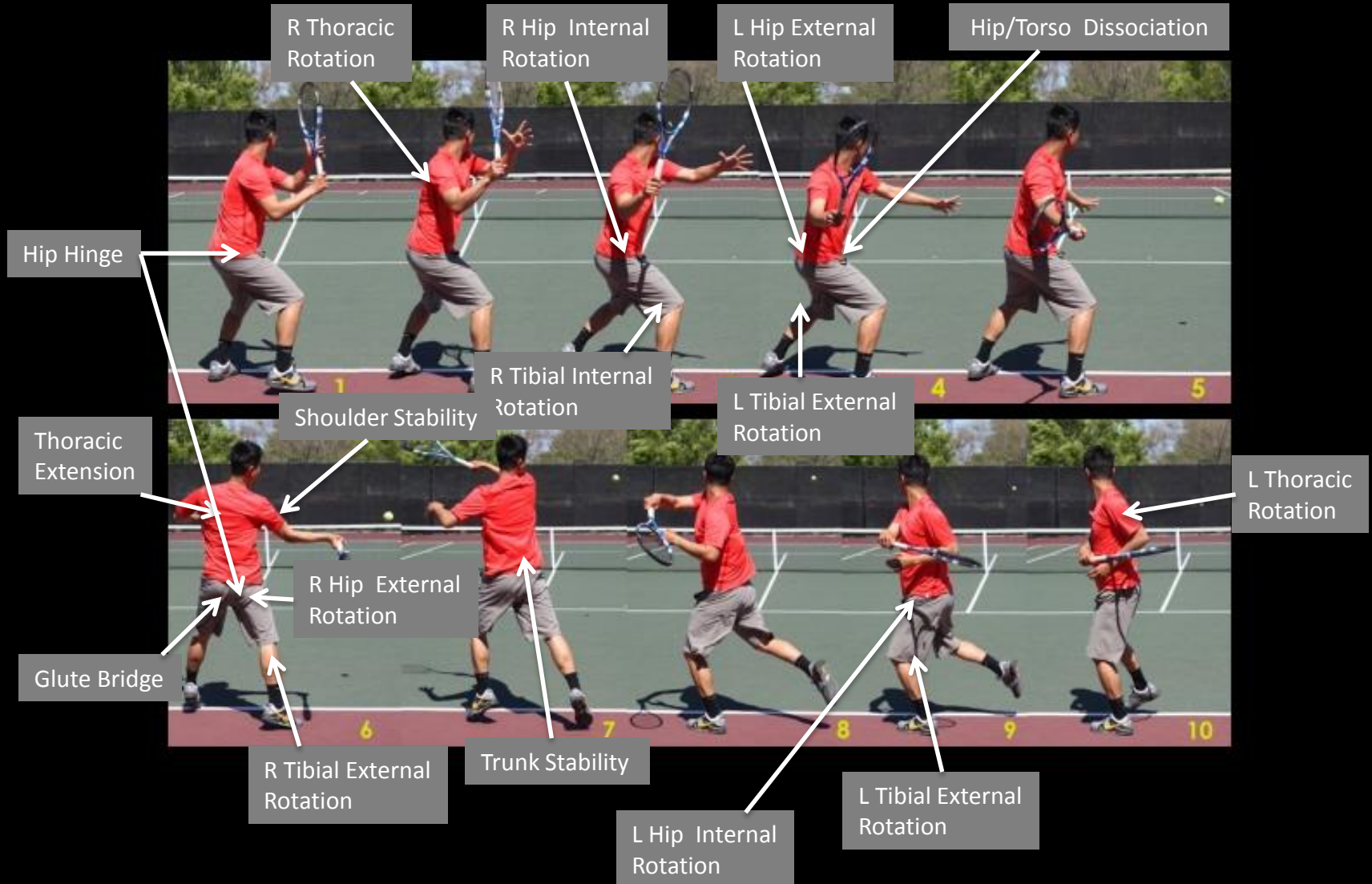
## Tennis Injury Prevention and Performance Enhancement

- Today we are going to talk about MOVEMENT
- Movement is the foundation of every sport
- Whenever you coach an athlete you are trying to improve movement skill and competency, movement speed, movement power, movement work capacity, etc.
- Fundamental movement dysfunctions are the biggest reason an athlete underperforms and gets injured more often

# Why use movement screening?



# Why use movement screening?





# Simple Preseason Tennis Tests

- 1. Shoulder Mobility Test
- 2. Thoracic Spine Mobility Test
- 3. Single Leg Stance
- 4. Glute Bridge
- 5. Overhead Deep Squat
- 6. Dissociation

## What Movement Screening IS and IS NOT

- IS NOT predictive of performance/talent
- A good score on a movement screen does not make your players bulletproof/immortal
- The screen does not make you better simply by performing it
- A screen's purpose is to let you know the movement limitations of an athlete so that you can either correct it or work around it.

## Tennis Injury Prevention and Performance Enhancement

- Functional Movement Systems (FMS)
- Selective Functional Movement Assessment (SFMA)
- [www.functionalmovement.com](http://www.functionalmovement.com)
- Titleist Performance Institute (TPI)
- [www.mytpi.com](http://www.mytpi.com)
- [facebook.com/302primal](https://facebook.com/302primal)

# Online Test for Clinic Credit

- Answer the following five questions.
- Email your responses to: [reply2diaa@gmail.com](mailto:reply2diaa@gmail.com)
  - In the email subject line write: Tennis Clinic
  - In the email body write:
    - Name and School Name
    - List Answers #1-10
    - Ex. 1 – A, 2 – B, 3 – D, etc...



You must get at least 4 out of 5 correct for credit.

# Test Question 1

#1. Which resource would you use to find the best information regarding playing rules?

- A. NFHS Tennis
- B. DIAA Friend at Court
- C. USTA Friend at Court
- D. NFHS Court and Field Diagram Guide



# Test Question 2

#2. Which statement regarding thunder and lightning is true:

- A. The site management will stop the match only at the observation of cloud to ground lightning; the match is not stopped for thunder.
- B. The playing area will be cleared and all participants and spectators will be advised to seek shelter.
- C. The contest will not be resumed until **20 minutes** after the last clap of thunder was heard or flash of lightning was seen.
- D. All of the above are true.



# Test Question 3

#3. A record of each challenge match should be kept on file with the school AD and available upon request to the DIAA Office.

A. True

B. False



# Test Question 4

#4. For a player/doubles team to be considered for seeding for the tournament, he/she/they must have competed in how many matches at that position?

- A. Less than seven
- B. At least seven
- C. At least one
- D. More than ten





# Test Question 5

#5. The “Entry Form” must be submitted

A. by all schools by May 16, 2017.

B. only by schools who wish to be seeded for the tournament.

C. only by schools who do not wish to participate in the tournament.

D. by all schools by May 20, 2017.

