2014 NFHS Baseball Rules PowerPoint Presentation

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The set is one of two legal pitching positions. For the set position, a pitcher shall stand with his entire non-pivot foot in front of a line extending through the front edge of the pitcher’s plate and with his entire pivot foot in contact with or directly in front of and parallel to the pitcher’s plate.
Legal Pitching Positions
Rule 6-1-3

The windup is second of two legal pitching positions. For the windup, the pitcher’s non-pivot foot shall be in any position on or behind a line extending through the front edge of the pitcher’s plate.
Illegal Pitching Position
Rule 6-1-3

A number of pitchers are starting in this position and coming set. This is not a legal position because it does not meet the requirements of either the windup or set position.
Rule 6-1-3

- **ART. 3 . . .** For the set position the pitcher shall have the ball in either his gloved hand or pitching hand. His pitching hand down at his side or behind his back. Before starting the delivery, he shall stand with his entire non-pivot foot in front of a line extending through the front edge of the pitcher’s plate and with his entire pivot foot in contact with or directly in front of and parallel to the pitcher’s plate.
Rule 6-1-3 (continued)

- **Rationale:** To eliminate any confusion or circumvention of the set position pitching rule by a pitcher or coach. Also, to emphasize the pivot foot requirement to be in a legal set position.
Backswing Interference
Rule 7-3-5c

The batter is responsible for his bat throughout his swing. If the batter’s swing prevents the catcher from making a play, he has committed backswing interference.
Backswing Interference
Rule 7-3-5c

When the batter commits backswing interference and the attempt to retire R1 at second is unsuccessful, the batter is ruled out and R1 must return to first base.
Rule 7-3-5

- **ART. 5 . . .** Interfere with the catcher’s fielding or throwing by:
  - leaning over home plate,
  - stepping out of the batter’s box,
  - making any other movement, including backswing interference, which hinders action at home plate or the catcher’s attempt to play on a runner, or
  - Failing to make a reasonable effort to vacate a congested area when there is a throw to home plate and there is time for the batter to move away.

- **Rationale:** Prior rule did not address this specific type of interference.
Points of Emphasis
Points of Emphasis

- Malicious Contact
- Coaching Attire
- Umpire Authority and Enforcement
Malicious Contact

An unnecessarily hard tag is an example of defensive malicious contact. If that occurs, the ball is dead and the defensive player is ejected.
Malicious Contact

Offensive players can be guilty of malicious contact. When malicious contact by an offensive player occurs, the ball is dead and the player is out and ejected.
Malicious Contact

- Not a new topic of discussion
- Difference between incidental and malicious contact
- NFHS Rules support in Rules 2, 3, 5, 8, Dead Ball Table and Base Running Awards Table.
- Umpires have the flexibility to judge witnessed contact as malicious or not.
- Umpire judgment should not be removed by rule but enhanced by education, game experience and field locations/mechanics.
Malicious Contact

- The majority of collisions occur at home plate or on the bases.
- Runners should be instructed to slide or attempt to avoid contact with any defensive player.
- Malicious contact can be committed either by an offensive or defensive player (3-3-1n PEN).
Malicious Contact

- Suggested Parameters:
  - Was the contact the result of intentional excessive force?
  - Was there intent to injure?
- The absence of these two conditions does not guarantee that malicious contact did not exist; they only provide a starting point for consideration!
Coach’s Attire

This is a traditional coach’s uniform in most states.
Coach’s Attire

This uniform might be allowed in your state. Check with your local state association for their requirements.
Coaching Attire

- Coaches wearing the same uniform of the team is a longstanding tradition in the sport of baseball.
- Coach’s attire supports uniformity and speaks to the notion of camaraderie of the team.
- Baseball coaches are some of the few coaches that are on the field of play and have an active role during a live ball in any sport.
Coaching Attire

- Identification of the adult coaches is the primary focus.
- It provides visual security.
- One can easily identify who does not belong because they are not dressed the same as the rest of the team.
- Umpires have to be discerning and flexible in their approach with these coach/teacher individuals.
Coaching Attire

- Today’s current school model is different from the past.
- Every school and program is under tremendous pressure for program resources.
- Umpires should know their state association’s requirements and procedures for coaches’ uniform violations.
- Many schools have chosen not to require the coach to wear a uniform like his players and use the surplus resources to buy a uniform for an additional player.
Coaching Attire

- Some state associations permit coaches to dress similar to their players by wearing (not a complete list):
  - Team ball cap
  - Wind shirt with team colors
  - Team jersey
  - Warm up jacket with team colors
  - Grey baseball pants
  - Athletic coaching slacks
Coaches are permitted to question rules and their enforcements, but are not allowed to question the judgment of the umpire. The umpire is the sole authority for ruling on a game.
When an umpire comes to the mound, the defensive conference is over. The coach should respect the umpire's authority to resume the game and not linger or prolong the conference unnecessarily.
Umpire Authority and Enforcement

- The game official has one of the toughest roles in all sports:
  - He has to know all the rules.
  - He has to correctly apply those rules.
  - He has to know all the various case plays and variations.
  - He has to make hard decisions immediately.
  - He has to be perfect.
Umpire Authority and Enforcement

- Umpires have the unenviable responsibility and authority to make decisions based on the rules.
- The game official has to make calls, correct behavior and issue direction to students and coaches.
- At times, players, fans and coaches will not agree with the decision of an umpire and they have that right...however, they do not have the right not to accept the decision of the umpire.
A coach or player cannot (not limited to):

- Dispute an umpire’s call.
- Fail to comply with an umpire’s directive.
- Exaggerate the time allowed for conferences.
- Challenge the umpire’s authority.
- Incite fan/spectator negative behavior.
- Model inappropriate behavior to their team members.
Umpire Authority and Enforcement

- The positive effect of activity/athletic participation is well documented and is a determining factor for projecting success in life.

- If we allow bad behavior to become the norm, we are doing a huge disservice to the young people we serve and are systematically destroying the foundation of education-based athletics.
Pitcher’s Arm Care Suggestions
Arm Care

Coaches have an obligation to take care of their pitchers. Arm injuries continue to rise and proper care must be taken. No single win is worth unnecessary risk or injury to a player.
Arm Care

When a pitcher indicates he is injured, the coach should remove him from the game immediately. His replacement gets as many throws as reasonable to warm up.
Taking care of a pitcher’s arm following a game is one thing that can be done to help prevent injuries. However, no training or treatment program will prevent all injuries.
Arm Care Suggestions

- Arm injuries are on the rise in high school age players.
- Most of the arm injuries are at the pitcher position.
- 45% of pitchers under the age of 12 experience chronic elbow pain.
- Ulnar collateral ligament reconstruction (Tommy John) surgeries have increased over 700% in the last decade for adolescent pitchers.
Arm Care Suggestions
4 Main Areas of Concern

- Posterior Shoulder
- Medial Elbow
- Anterior Shoulder
- Lateral Elbow
Arm Care Suggestions

Reasons

- Overuse, undertrained, inadequate rest, insufficient recovery and repair time
- Poor throwing/pitching delivery
- Incomplete warm-up and cool down activity
- Anatomical limitations or restrictions
- Too many games and not enough practices
- Poor physical conditioning
- Parental and coaching ignorance or worse… indifference
Arm Care Suggestions

Red Flags

- Decrease in velocity
- Lack of command, breaking ball loses snap
- Reluctant to throw off-speed pitches
- Pitching delivery changes
- Facial grimaces, frustration, rubbing or shaking arm
- Normal routine altered, less or more time spent to get ready to pitch
- Pain, sensitivity, burning sensation or swelling
- Loss of range of motion and/or grip strength
Arm Care Suggestions
Corrective Actions

- Proper technical, mental, nutritional and physical training before, during and after pitching with appropriate rest, recovery and repair time
- Proper practices, workload management for pitches, pitchers and entire staff
- Develop other pitchers to share the pitching load
- Observe and understand pitchers’ tendencies, make pain assessments, review past performances, preparation and routine
Arm Care Suggestions

Corrective Actions

- No overhead throwing of any kind for at least 2-3 months per year (4 months preferable).
- No competitive baseball pitching for at least 4 months per year.
- Do not pitch more than 100 innings in games in any calendar year.
- Avoid pitching on multiple teams with overlapping seasons.
- A pitcher should not also be team’s catcher due to overuse concerns.
The references for these suggestions are from:

- Paul Niggebrugge – www.Be Your Best Academy.com
  - (http://www.asmi.org/research.php?page=research&section=positionStatement)
Thank you for your time and commitment to high school baseball. Have a great season!