2018 FHSAA/NFHS BASEBALL RULES POWERPOINT

Robbie Lindeman, Director of Athletics, FHSAA

B. Elliot Hopkins, MLD, CAA
Director of Sports, Sanctioning and Student Services
AGENDA ITEMS

- NFHS Rule Changes
- Editorial Changes
- Points of Emphasis
- Pitch Count
- FHSAA Updates
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.
Membership = 50 member state associations and D.C.
NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.
The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.
The NFHS writes playing rules for 17 sports for boys and girls at the high school level.

- Publishes 4 million pieces of materials annually.

www.nfhs.org
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
The ball shall meet the current NOCSAE standard for baseballs (effective Jan. 1, 2019). A performance standard that measures the ball’s circumference, mass, coefficient of restitution and compression deflection.
Art. 1 . . . The ball shall be a sphere formed by yarn...shall not exceed .555. The ball shall meet the current NOCSAE standard for baseballs at the time of manufacture and is required on all balls that will be used in high school competition (Effective January 1, 2019). A minimum of three umpire-approved baseballs shall...used in high school competition.
BATS, BALLS AND GLOVES
RULE 1-3-1

- Rationale:
  To maintain a consistent and uniform standard for high school competition. To ensure that every baseball manufactured meets the same level of quality and playability.
Bats shall not have exposed rivets, pins, rough or sharp edges or any form of exterior fastener or attachments that would present a potential hazard.
ART. 2 . . . The bat shall have the following characteristics and components,

- a. Each legal wood, aluminum or composite bat shall
  - 1. Same language.
  - 2. Not have exposed attachments, rivets, pins, rough or sharp edges or any form of exterior fastener that would present a potential hazard.
  - 3. Same language.
BATS, BALLS AND GLOVES
RULE 1-3-2A2

- **Rationale:**
  Further clarification concerning attachments that would present a potential hazard are not permitted.
The catcher’s chest protector shall meet the NOCSAE standard (effective Jan. 1, 2020). A performance standard based on the pertinent requirements of projectile testing.
PLAYER EQUIPMENT
RULE 1-5-3

- ART. 3 . . . The catcher shall wear, in addition to a head protector, a mask with a throat protector, body/chest protector that meets the NOCSAE standard (Effective January 1, 2020), protective cup (male only), and baseball protective shin guards.

- Rationale:
A NOCSAE standard has been developed to protect the heart and the cardiac silhouette from commotio cordis. The effective date is January 1, 2020.
A batter-runner who reached first base safety and then overruns or over slides may immediately return without liability of being put out provided he does not attempt or feint an advance to second. This now applies to a player who is awarded first base on a base on balls as well as who has a base hit.
Rule Change

TOUCHING, OCCUPYING AND RETURNING TO A BASE RULE 8-2-7

- **ART. 7** . . . A runner who reaches first base safely and then overruns or overslides may immediately return without liability of being put out provided he does not attempt or feint an advance to second. A player who is awarded first base on balls does not have this right.

- **Rationale:**
  This change is easy to coach, officiate and execute as a player. All batter-runners are treated equally and consistently.
The barrel is the area intended for contact with a pitched ball. The rulebook language was updated for editorial clarity.
Rule language was updated to better reflect the 2017 rule change regarding a coach physically assisting a runner during playing action. If a runner is physically assisted by a coach, the runner is called out immediately and the ball remains live.
National anthem standoffs do not reflect the mission of education-based athletics. Staring down opponents after the national anthem to try to intimidate them or refusing to leave the respective baseline before the other team departs is poor sporting behavior.
Points of Emphasis

SPORTSMANSHIP — BENCH JOCKEYING AND CELEBRATIONS

Coaches, players, substitutes, attendants or other bench personnel shall not leave the dugout during a live ball for any unauthorized purposes.
Players are not allowed to stand outside their dugout/bench area and make “cat-calls” or other disparaging remarks while the other team is taking infield practice.
Points of Emphasis

SPORTSMANSHIP — NEGATIVE COMMENTS BETWEEN OPPONENTS

Chants, intentional distractions and loud noises directed at the opponent’s pitcher prior to his pitching, the batter getting ready to hit, or a fielder getting ready to make a play do not represent good sportsmanship.
Jewelry — including necklaces, bracelets and earrings — shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.
ENFORCEMENT AND ADMINISTRATION OF NFHS RULES

The rules of high school baseball are designed for the age and skill level of high school players and best serve education-based athletics. Use of non-approved interpretations or rulings that are contradictory to NFHS rules as written can confuse students, coaches, umpires and fans.
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.
The windup is the 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.
The so-called hybrid stance is illegal as it does not meet the requirements of either the windup or set positions.
REPLANTING THE PIVOT FOOT

Pitching regulations do not permit a leap/hop and replanting of the pivot foot before delivery of a pitch from either the wind-up or set position (NFHS 6-1-2, 6-1-3).
“SKUNK IN THE GRASS” PLAY
The so-called “skunk in the grass” play involves R1 taking a lead-off into right field, attempting to cause confusion or draw the throw to give R3 an opportunity to advance home.
R1 may legally lead-off that way. But once a defensive player with the ball attempts to tag R1, his base path is locked in place — a straight line to each of the bases he is between.
“Skunk In The Grass” play has been around baseball for a long time. It has emerged again this past season.

NFHS Rule 8-4-2a2 provides guidance that, “When a play is being made on a runner or batter-runner, he establishes his baseline as directly between his position and the base toward which he is moving.”

This is a ruse to create a possible distraction for the defense in order to score the run from third base.
IMPORTANT FHSAA DATES

- **Important Dates**
  - Deadline for Non-Traditional student to register intent with AD (Week 32) - Jan. 29
  - First practice date (Week 32) – Jan. 29
  - Preseason classic tournaments (Week 34) – Feb. 12-17
  - First regular season playing date (Week 35) – Feb. 19
  - Last district game playing date (Week 43) – April 21
  - State entry list due (Week 44) – April 23
  - Last regular season playing date (Week 44) – April 28

- **District Tournaments**
  - **When:** Monday, April 30 - Friday, May 4, 2018
Section 1
VACANT
Gil Morales
Trinity Christian Academy

Section 2
Justin Varitek
Lake Mary Preparatory School
Eric Entrekin
Lake Brantley High School

Section 3
Orlando Landy Faedo
Alonso High School
Craig Faulkner
Venice High School

Section 4
Alan Kunkel
Calvary Christian Academy
Bruce Aven
American Heritage School

FACA Representative
Wayne Yancey
4.1.3 Pitch Count Policy

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAILY MAX (PITCHES IN GAME)</th>
<th>REQUIRED REST (PITCHES)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>0 Days</td>
</tr>
<tr>
<td>7-8</td>
<td>50</td>
<td>1-20</td>
</tr>
<tr>
<td>9-10</td>
<td>75</td>
<td>1-20</td>
</tr>
<tr>
<td>11-12</td>
<td>85</td>
<td>1-20</td>
</tr>
<tr>
<td>13-14</td>
<td>95</td>
<td>1-20</td>
</tr>
<tr>
<td>15-16</td>
<td>95</td>
<td>1-30</td>
</tr>
<tr>
<td>17-18</td>
<td>105</td>
<td>1-30</td>
</tr>
<tr>
<td>19-22</td>
<td>120</td>
<td>1-30</td>
</tr>
</tbody>
</table>

1. A pitcher at either level (Varsity/Sub Varsity) shall be allowed to finish the batter when the pitch count limit is reached during an at bat, but shall be replaced immediately when the at bat ends.

2. Once the student athlete reaches the maximum amount of pitches in the chart above, that student athlete is ineligible to pitch from that point forward. If there is a violation of the chart above that student athlete at the time is considered an ineligible student athlete at the pitching position. A student athlete who exceeds the maximum number of pitches listed in the chart above he/she will be required to rest for the next seven (7) days and shall not be permitted to pitch during that time period. The student athlete shall be permitted to play any other position during this mandatory rest period. The student athlete will be eligible to pitch on the eighth (8) day.

3. Days Rest – A day of rest is defined as a “calendar day”. Example: A varsity level pitcher who has reached the 105 pitch limit on Monday shall not be allowed to pitch again until Saturday.

4. Tabulation of Pitch Counts – The process for all level games will be done by each school. The school is responsible for tracking the pitches. If a school has a question in regards to total pitches for an opposing pitcher they are to contact our office the following day.
PITCH COUNT

How to enter Pitch Counts on MaxPreps

FHSAA Baseball
POLICY 22

NON-SCHOOL TEAM AND/OR OFF-SEASON PARTICIPATION

22.1 Definitions.
22.1.1 Off-Season. “Off-season” means the period of time during the regular school year but outside the defined sport season for a specific sport.

22.1.2 Sports Season. “Sports season” means the period of time for a specific school team in each respective sport that begins with the first permissible date of practice in that sport and ends either with

22.1.2.1 the last permissible date for a regular season contest (if not participating in Florida High School State Championship Series competition) in that sport; or

22.1.2.2 the date of the team’s elimination from Florida High School State Championship Series competition in that sport; or

22.1.2.3 the state championship game in that sport, whichever first occurs for that team.

22.1.3 Coach. “Coach” means any person, regardless of whether he/she is employed by the school or volunteer, who instructs, supervises, or otherwise manages student-athletes in conjunction with a practice, tryout, drill, workout, evaluation or competitive activity.

22.1.4 “Involved In Any Respect.” “Involved in any respect” means engaged in anything to do with a non-school team, including but not limited to coaching, scheduling, transporting, officiating and the hiring of officials, training, taping, managing team expenses, purchasing of uniforms and equipment, etc.

22.2 During the off-season, a coach shall not have contact with students outside the normal teacher-student classroom environment except to:

22.2.1 make arrangements for and assist in the conduct of physical examinations; or

22.2.2 explain eligibility regulations; or

22.2.3 solve insurance problems; or

22.2.4 review films; or

22.2.5 conduct off-season conditioning as defined in the “Off-Season Conditioning Guidelines” as per Policy 21.

22.3 A coach, prospective coach of any member school or any individual involved in any respect may not be involved with a non-school team in a sport unless the non-school team meets the following requirements:

22.3.1 The team must be affiliated with an outside agency promoting athletic participation opportunities such as, but not limited to:

- Baseball – Babe Ruth, American Legion, city/county leagues
- Basketball – AAU, USA, USOC
- Football – USA Football
- Golf – USGA, AJGA
- Lacrosse – US Lacrosse
- Soccer – FIFA, Youth leagues
- Softball – ASA, USSSA
- Swimming & Diving – USS, NISCA, ASCA, CSCAA, AAU
- Tennis – ITA, USTA, USOC, ITF
- Track & Field – USA, AAU
- Volleyball – USVBA, USOC, USA, AVA
22.3.2 Participation must include competition in the published scheduled events of the outside agency.
22.3.3 Student athletes and coaches, where applicable, are not permitted to wear any portion of a school’s athletic uniform.
22.3.4 All fees or assessments, collected or paid for participation must be made to or from the outside agency.
22.3.5 Participation shall be voluntary and shall not be required, either directly or indirectly, for membership on an interscholastic team.

22.3.6 Member schools may make their gymnasiums and other athletic facilities available to outside groups or organizations provided a fully executed usage agreement is provided and available upon request.

22.4 Failure to comply with these guidelines may result in the assessment of penalties including, but not limited to, the following as per Policy 45:
22.4.1 Assessment of a minimum monetary penalty of $2,500 per violation and/or other sanctions.
22.4.2 Loss of permissible practice time.
22.4.3 Loss of privilege to participate in a preseason jamboree or preseason classic with reimbursement of a minimum of $500 to each affected school and the FHSAA.
22.4.4 Reduced number of regular season home contests.
22.4.5 Loss of privileges to participate in the Florida High School State Championship Series.
FROM PENSACOLA TO KEY WEST, THE SUNSHINE STATE PLAYS WITH WILSON.

FOR ORDERING, CONTACT:
Zane Green
Zane.green@wilson.com
(864) 650-4259

LEARN MORE AT WILSON.COM
SPORTS NUTRITION FOR ATHLETES

Carbs = Energy
Think of carbs like the gas that fills up your tank. Without it, you won't get very far. And, getting the right carbs at the right time affects performance.

<table>
<thead>
<tr>
<th>When To Eat</th>
<th>Before</th>
<th>During</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>energy</td>
<td>3-4 yrs before activity</td>
<td>Every 15-20 minutes for staying power</td>
<td>Combine protein &amp; carbs as soon as possible after activity to replenish energy</td>
</tr>
</tbody>
</table>

What To Eat
- Sauerkraut
- Oatmeal
- Pasta
- Bread

The Extra Mile: Protein
Protein after activity is essential. Your muscles rely on protein to rebuild what's broken down in activity. Research suggests that athletes get about 20g of protein as soon as possible after activity to help rebuild. And just like carbs, the type of protein you consume makes a big difference to your performance.

Make Good Protein Choices After Activity:
- Fish
- Eggs
- Milk
- Beans

Replenish & Rehydrate
When you train and compete, you lose a significant amount of fluids. Hydrate regularly to replenish the fluids & electrolytes you lose in sweat. Without the right amount of fluids, your body won't perform at its best.
TEAM IP IS PROUD TO BE THE
EXCLUSIVE CORPORATE PARTNER FOR NFHS BASEBALL
NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.

www.NFHSnetwork.com
THANK YOU AND HAVE A GREAT SEASON!

Robbie Lindeman
Director of Athletics
Ph: (352) 372-9551 x260
Fax: (352) 244-5042