



2022 NFHS SOFTBALL RULES POWERPOINT

National Federation of State
High School Associations



Rules Changes
Major Editorial Changes
Points of Emphasis

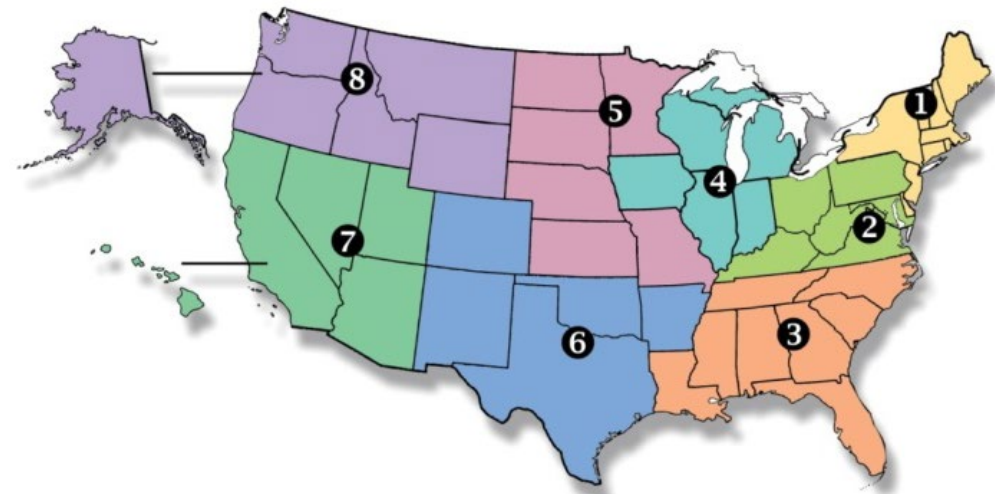


NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leader and advocate for high school athletics and performing arts programs.
 - Serves 51 state associations, 19,500 high schools and 12 million student participants.
 - Writes playing rules for 17 high school sports for boys and girls.
 - Offers online education courses for high school coaches, officials, parents, students and others.
 - Ensures that students have opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based athletics.



NFHS RULES REVIEW COMMITTEE

- 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.



Davis Whitfield
Chief Operating
Officer



Lindsey Atkinson
Basketball, Girls
Lacrosse and
Volleyball



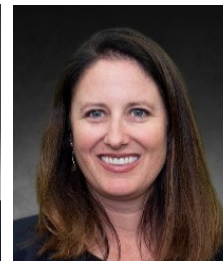
Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball, Swimming &
Diving and Water Polo



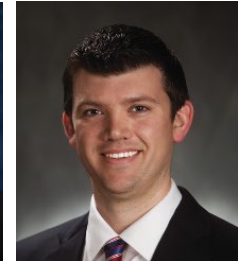
Elliot Hopkins
Baseball and
Wrestling



Julie Cochran
Cross Country, Gymnastics,
Field Hockey, Soccer and
Track & Field



James Weaver
Boys Lacrosse
and Spirit



Dan Schuster
Ice Hockey



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National Federation of State High School Associations

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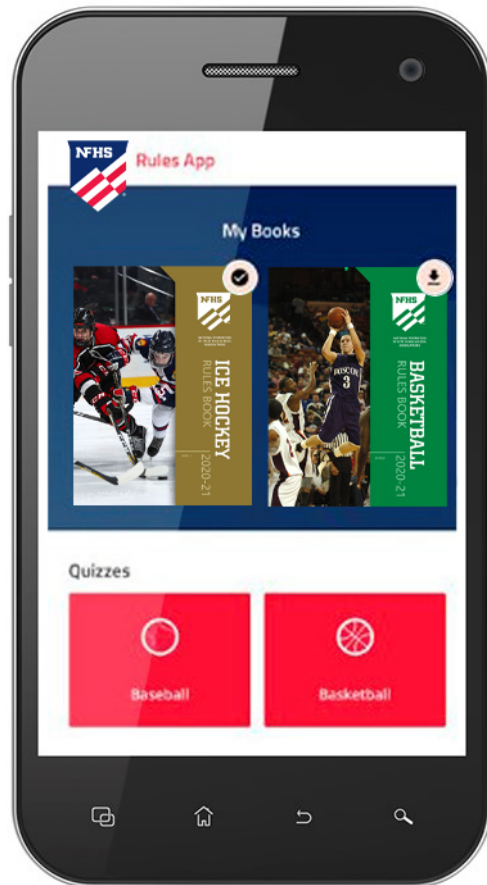
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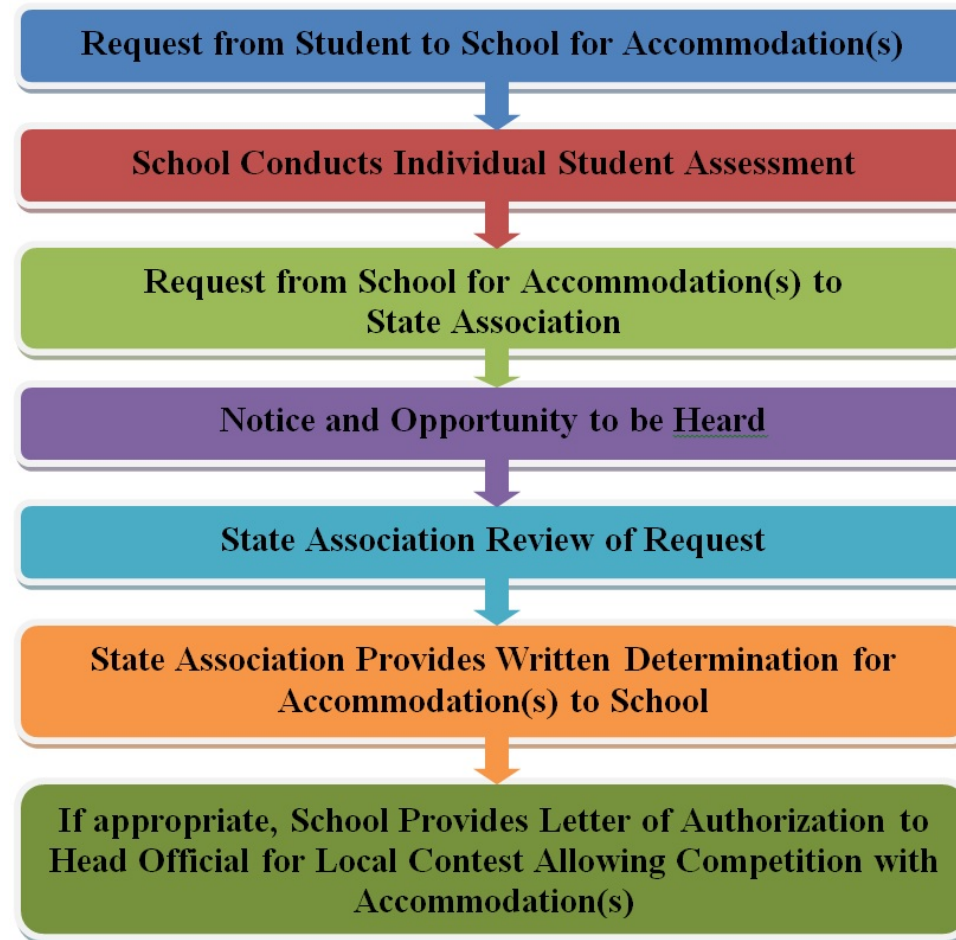
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GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





2022 NFHS SOFTBALL RULES CHANGES



BASES, PLATES RULE 1-2-1



- Bases may be designed to disengage from their anchor system.



SOFTBALLS

RULE 1-3-3

Play	Size	COR	Compression	Weight & Circumference
Slow Pitch	11"	.44 max	375 lbs. max	5 ⁷ / ₈ to 6 ¹ / ₈ ounces 10 ⁷ / ₈ to 11 ¹ / ₄ inches
Slow Pitch	12"	.44 max	375 lbs. max	6 ¹ / ₄ to 7 ounces 11 ⁷ / ₈ to 12 ¹ / ₄ inches
Fast Pitch	12"	.47 max	375 lbs. max <u>*325 lbs. +/- 50</u>	6 ¹ / ₄ to 7 ounces 11 ⁷ / ₈ to 12 ¹ / ₄ inches *6 ¹ / ₂ to 7 ounces 11 ⁷ / ₈ to 12 ¹ / ₄ inches

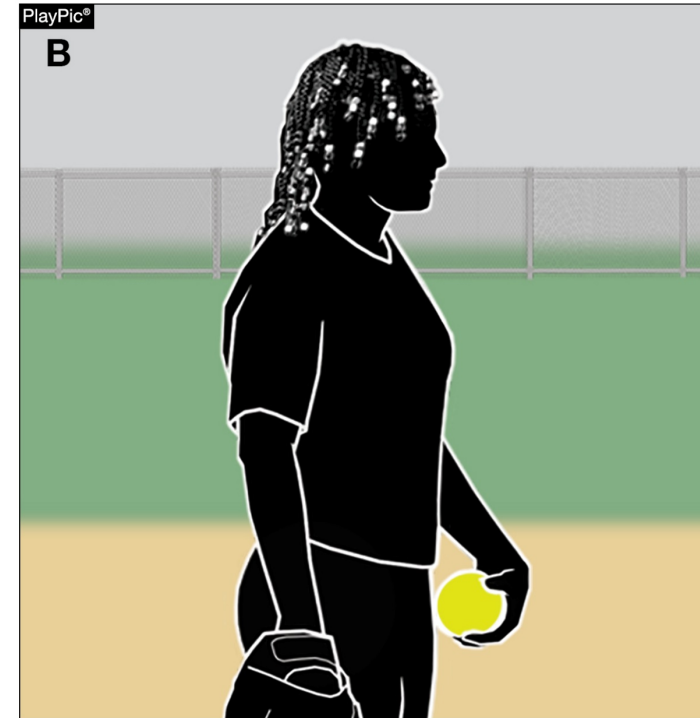
*Mandatory January 1, 2025

- The new ball specifications are permissible currently and will be required January 1, 2025, for high school competition.
- Balls manufactured with the current specifications will be permitted for use through 2024.



UNIFORMS, PLAYER EQUIPMENT

RULE 3-2-5b, 3-2-12

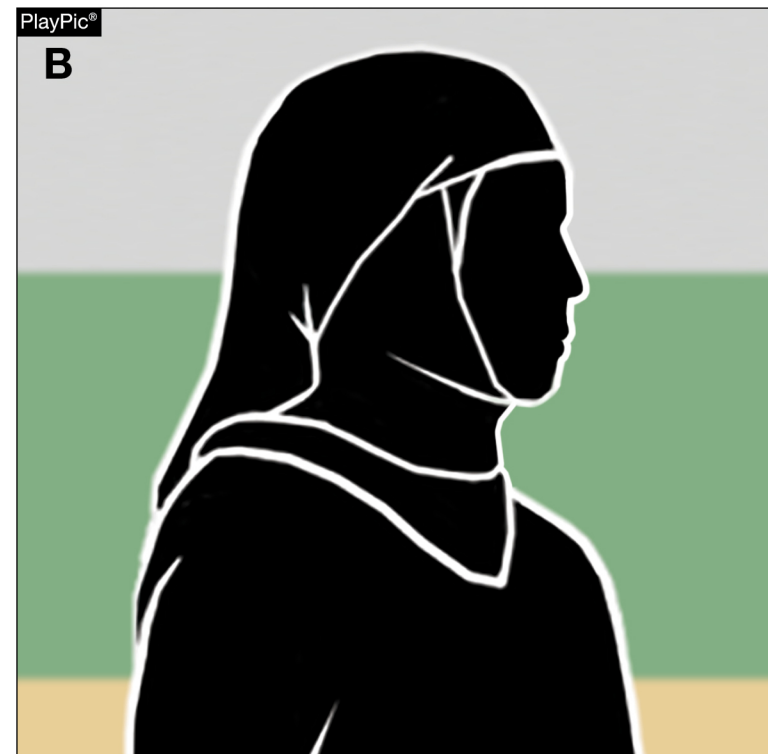
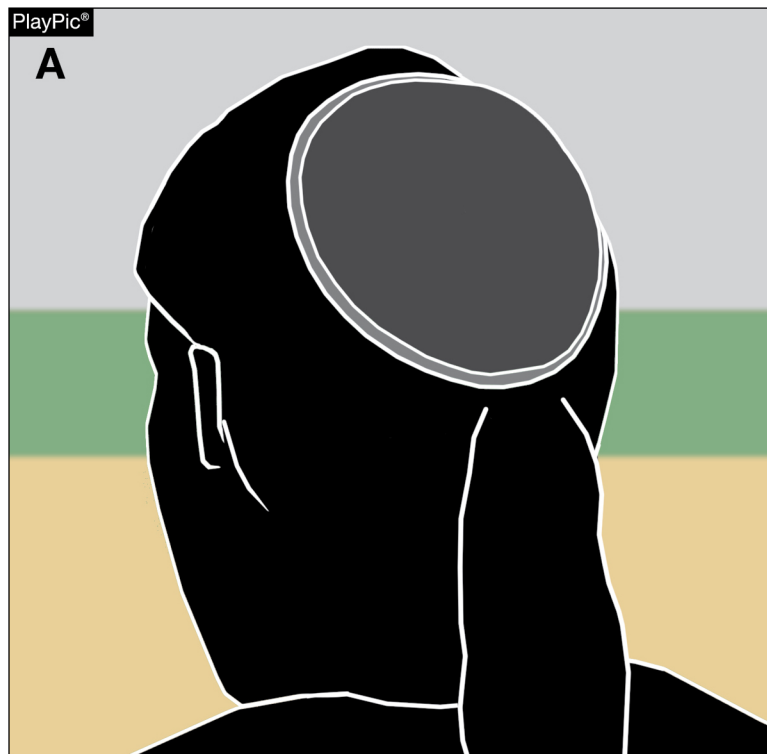


Plastic visors and bandannas are still prohibited. However, language prohibiting hard items to control the hair, such as beads, has been removed.



UNIFORMS, PLAYER EQUIPMENT

RULE 3-2-5c



Players may wear head coverings for religious reasons. The headwear must be made of non-abrasive, soft materials and must fit securely so that it is unlikely to come off during play. Head coverings worn for medical reasons must still receive state association approval.

COACH ATTIRE RULE 3-5-3



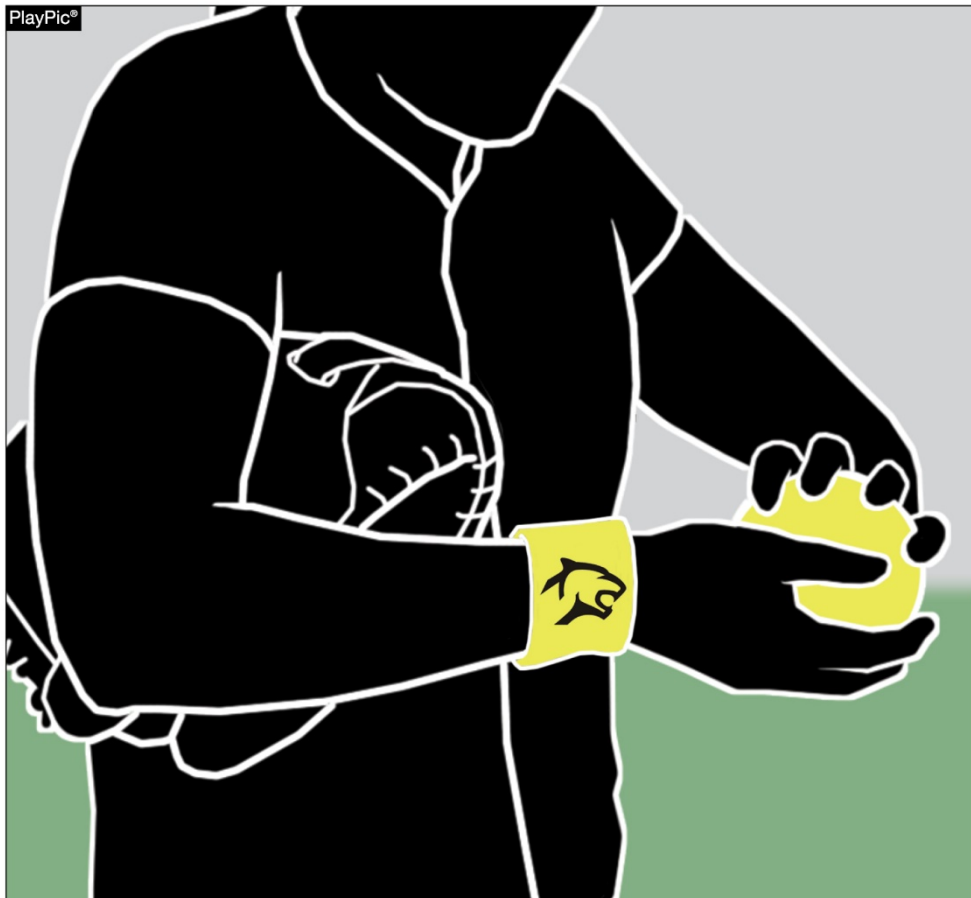
- While in live-ball areas, a coach shall be attired in a school uniform or jersey/coaching shirt with slacks, shorts, or other leg coverings in school colors or colors of khaki, black, white or gray.

BENCH AND FIELD CONDUCT RULE 3-6-21 & PENALTY (NEW)



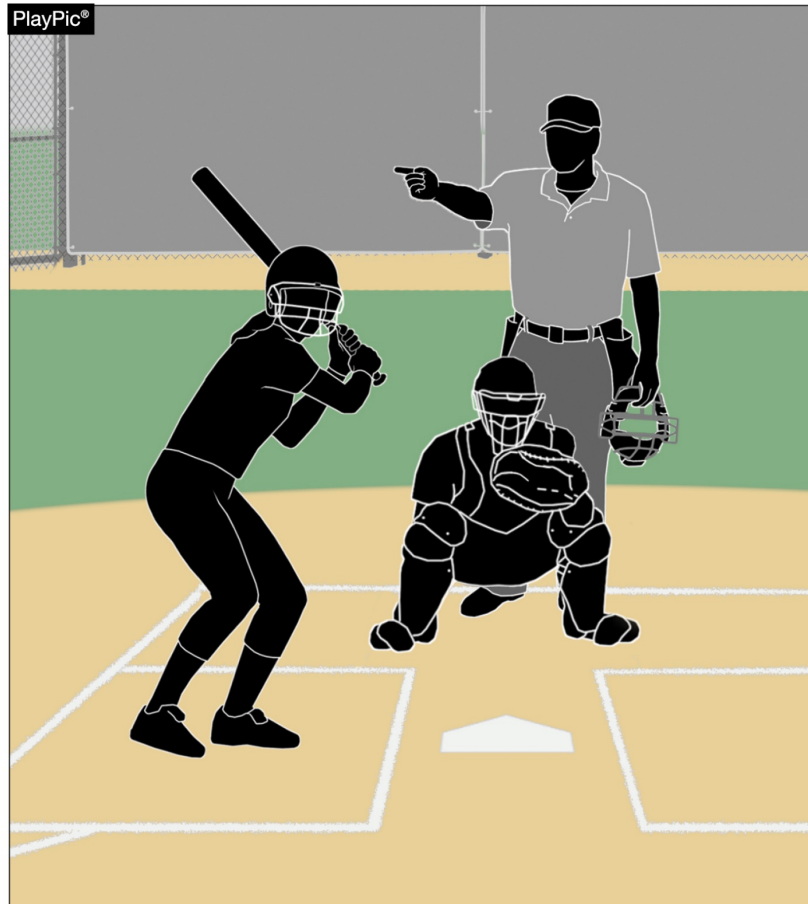
Batters shall not use a damaged bat that was previously removed from the game by an umpire. **PENALTY:** The batter shall be called out and the batter and head coach shall be restricted to the dugout for the remainder of the game.

INFRACTIONS BY PITCHER (FP) RULE 6-2-2 & NOTE (NEW)



- Pitchers are prohibited from wearing anything on the pitching hand, wrist, arm or thighs which the umpire judges to be distracting to the batter.
- This language has been moved out of the penalty for 6-2-2 and a new note was created to clarify distracting items fall under equipment and are not subject to an illegal pitch penalty.

DAMAGED BAT RULE 7-4-15 (NEW)



- Adds language to identify a batter entering the batter's box with a damaged bat previously removed from the game is out.

BATTER-RUNNER IS OUT

RULE 8-2-6



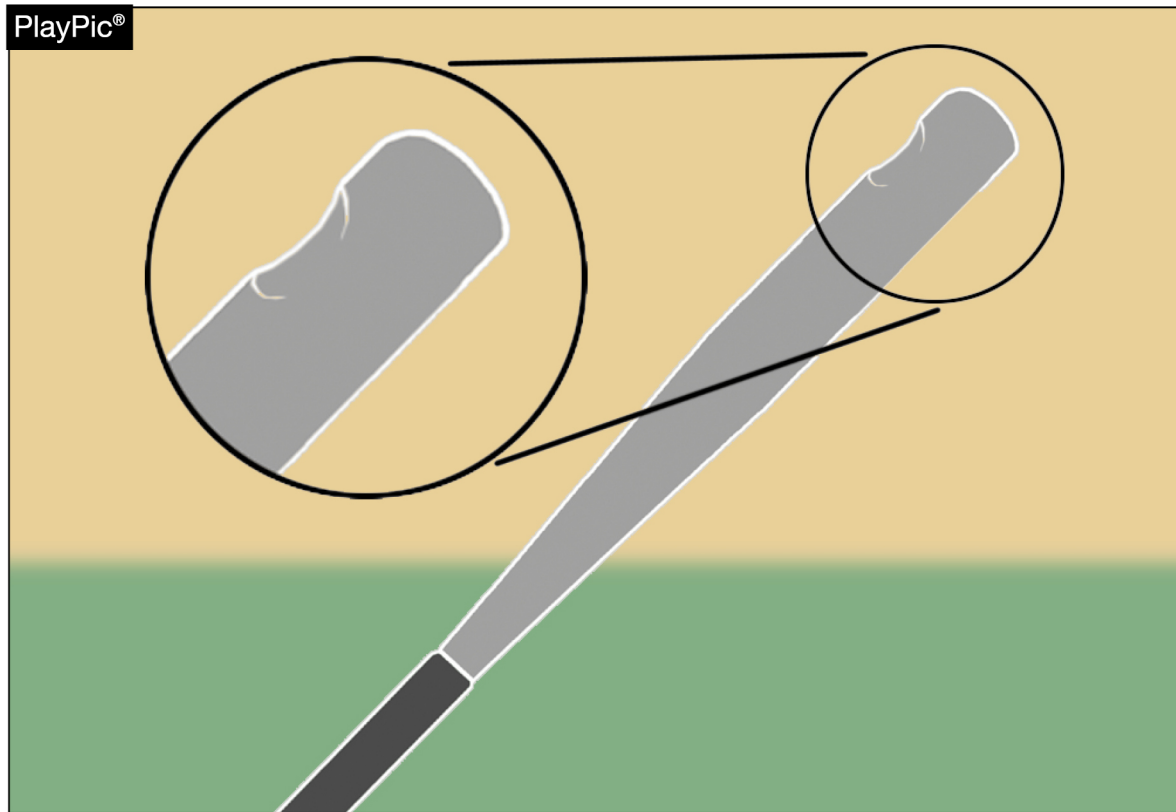
- A runner is considered outside the running lane if either foot last contacted the ground completely outside the lane.



2022 NFHS SOFTBALL MAJOR EDITORIAL CHANGES

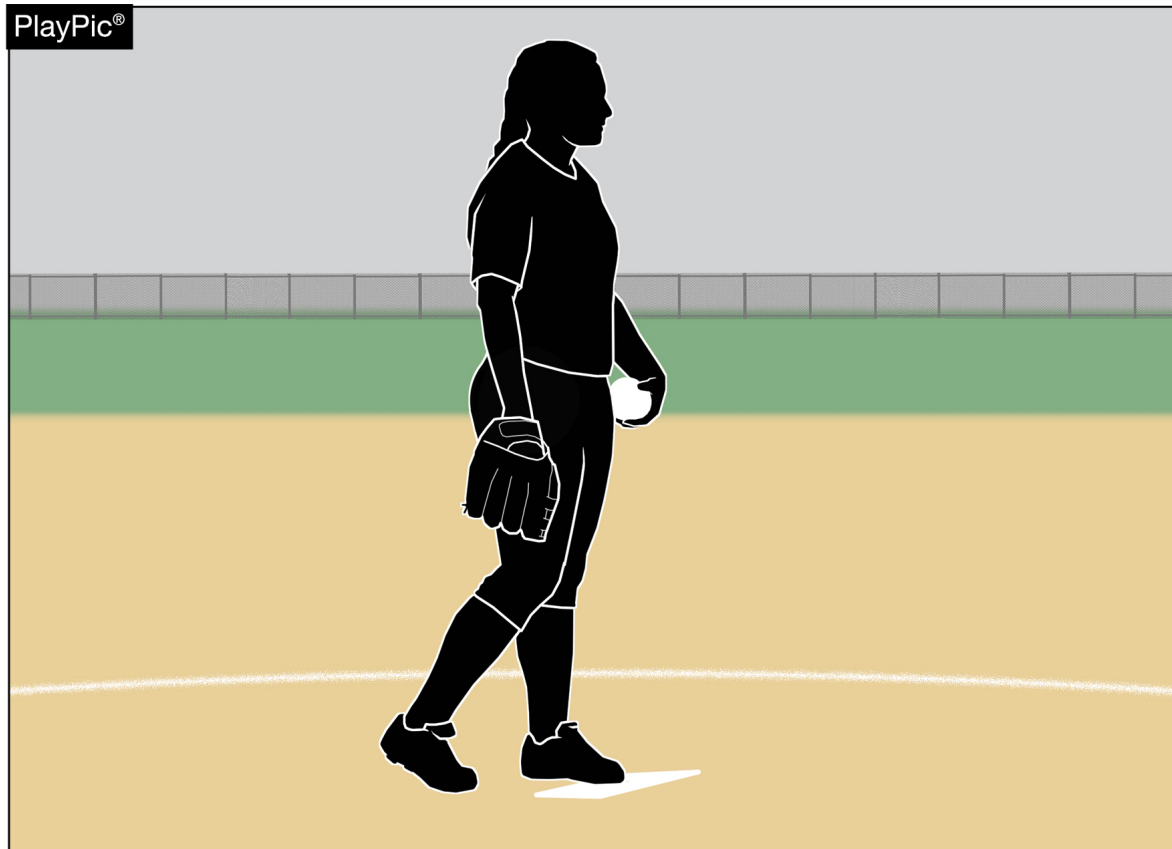


DAMAGED BAT RULE 2-4-3



- A damaged bat is one that could deface the ball and the bat shall be removed when initially detected without penalty.
- Also, a penalty was added for a batter detected using a damaged bat after it has been previously removed from the game.

PITCHER RULE 2-44



- The pitcher is the player who is ~~designated in the scorebook as being~~ responsible for delivering (pitching) the ball to the batter.

WARM-UP PITCHES RULE 3-7-1 NOTE



- Clarifies no warm-up pitches are permitted if a pitcher is removed and then returns to the pitching circle in the same half-inning.



DOUBLEHEADERS RULE 4-2-3 NOTE 2

- The number of innings for one or both games of a doubleheader may be scheduled for less than seven innings, by state association adoption.

DEAD BALL RULE 5-1

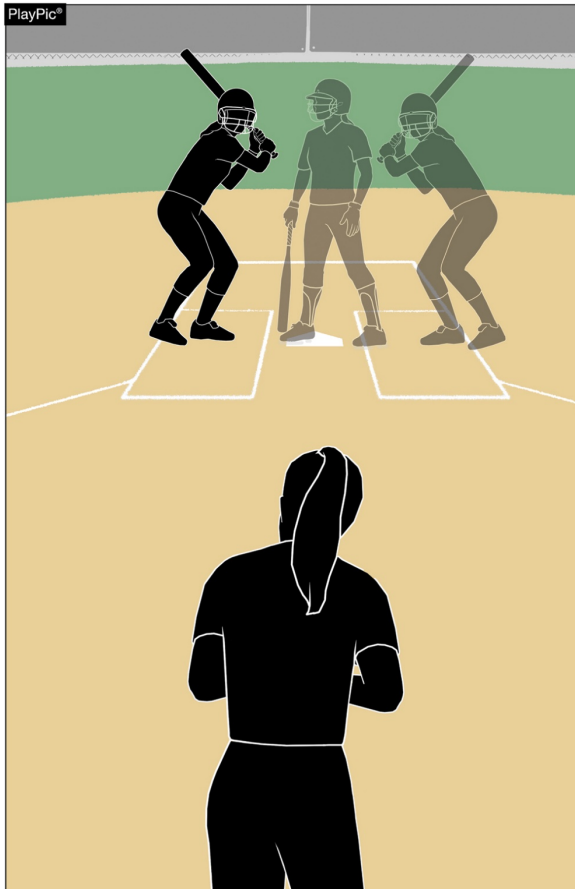
TABLE 5-1
BALL DEAD IMMEDIATELY

Activity	References	Awards or Penalties	References
12. Fair ball touches a spectator.	5-1-1f	Award all runners appropriate number of bases in umpire's judgement.	8-4-3j
13. Fair ball bounces over, through or lodges in fence.	5-1-1f	Award all runners two bases.	8-4-3g

- Table 5-1 previously combined two different rules with two completely different penalties/awards. The change separates the two rules and penalties/awards.
- The remaining rule references were renumbered.

BATTER'S BOX RESTRICTIONS

RULE 7-3-1



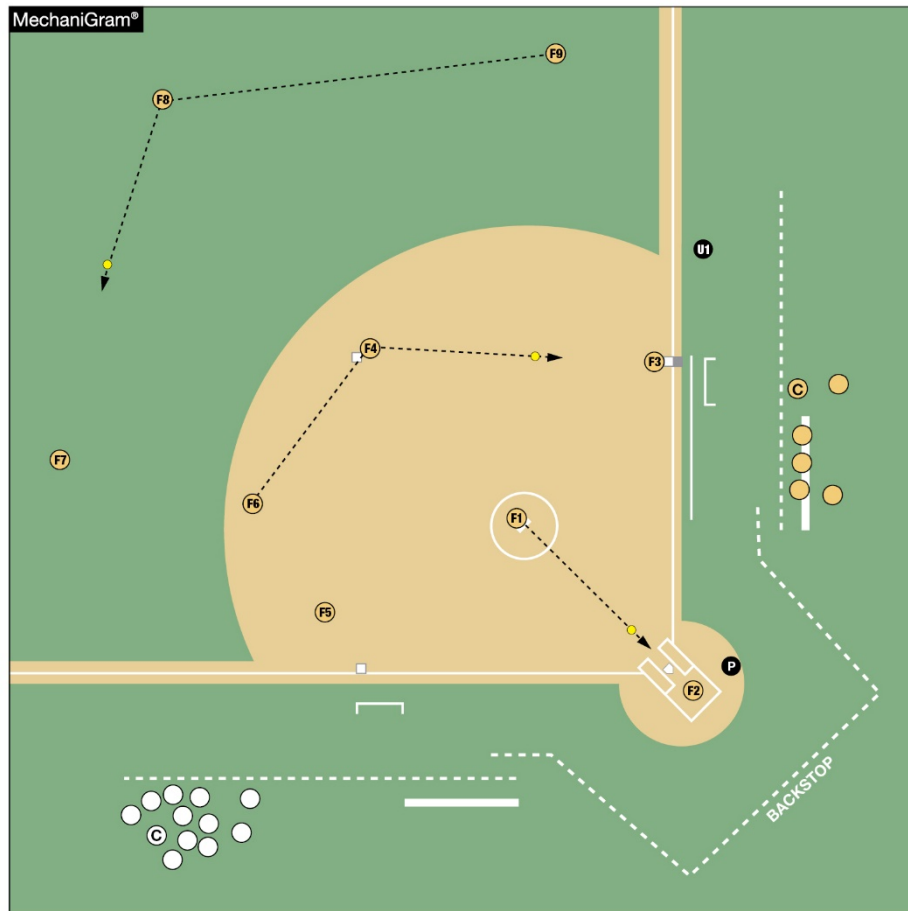
- A batter may not step out of the batter's box when the pitcher is in contact with the pitcher's plate.



2022 NFHS SOFTBALL POINTS OF EMPHASIS



HUDDLES BETWEEN INNINGS



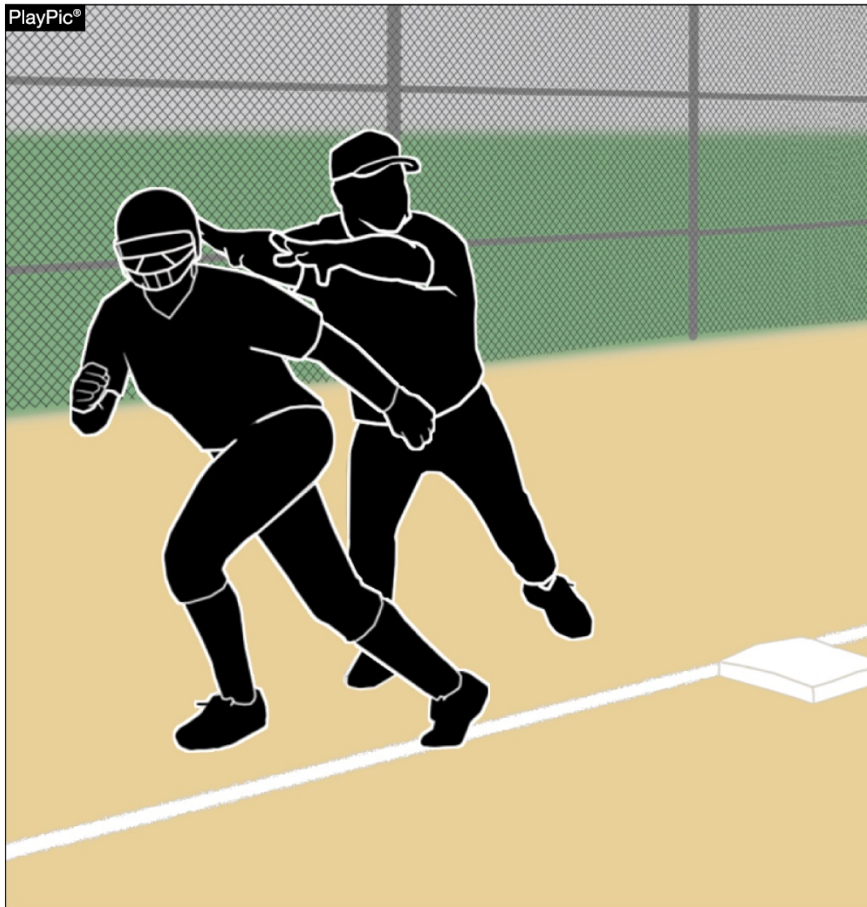
- Teams choosing to huddle:
 - should be in a safe location when the other team is warming up on the field;
 - does not impede the warm up of the defensive team;
 - does not place them in areas where overthrows are likely.

GUIDANCE FOR PITCHER UTILIZATION



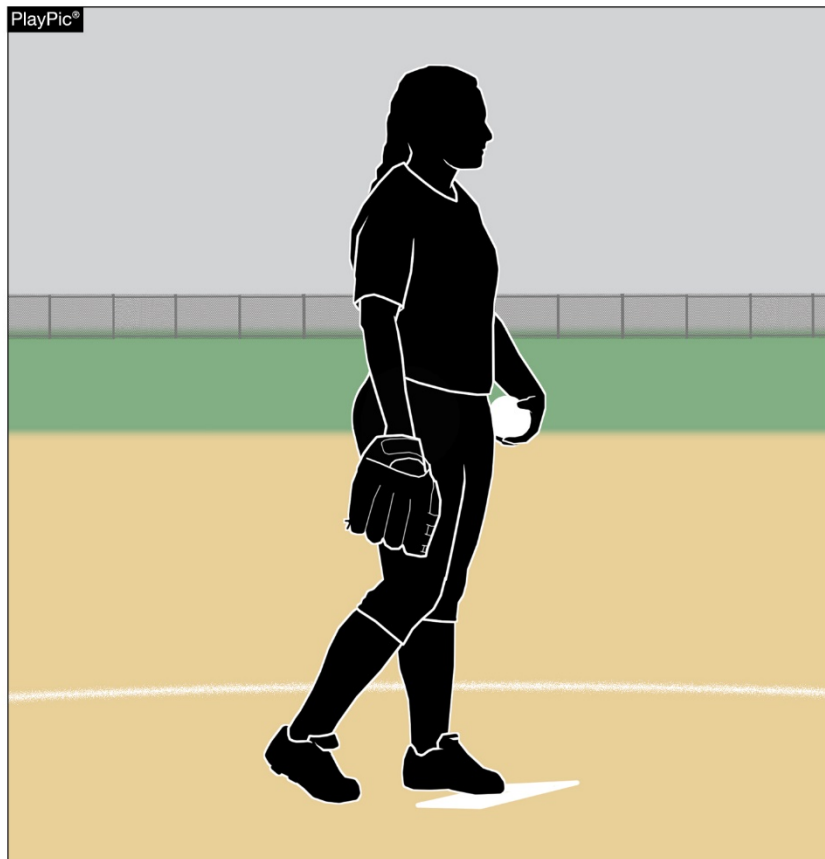
- Ongoing concern regarding overuse injuries of the shoulder and elbow of softball pitchers at the high school level;
- Available injury data do not warrant the implementation of pitch or inning limitations;
- Committees will continue to monitor all available research.

ASSISTING A RUNNER



- Coaches or any other team personnel are not permitted to assist a runner during playing action.
- When a home run occurs, although the ball is out of play (enters dead ball territory), runners have live ball running responsibilities and are still required to legally run the bases.

PITCHER SIMULATING TAKING A SIGN



- While the pivot foot is in contact with the pitcher's plate and prior to bringing the hands together, the pitcher must take or simulate taking a signal from the catcher.
- A signal may be taken from a coach either by hand signal, verbal call, or by looking up on a wristband with a playbook/playcard.
- If the pitcher does not pause after stepping onto the pitcher's plate, an illegal pitch should be called.



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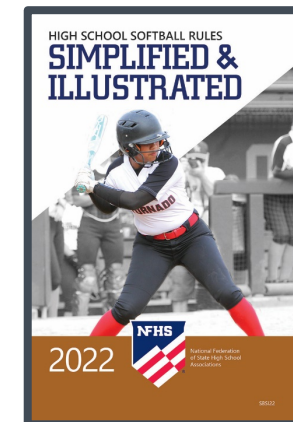
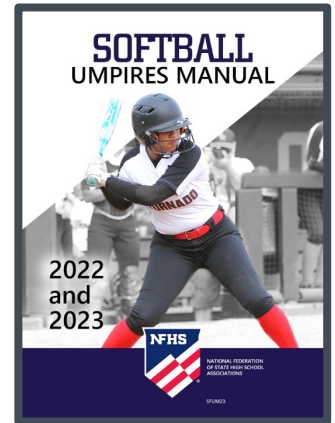
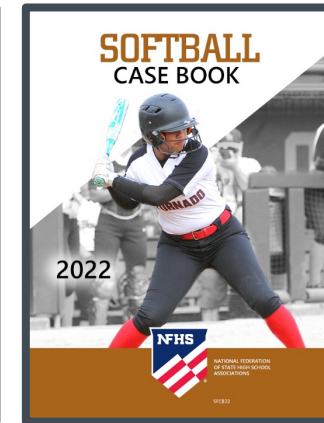
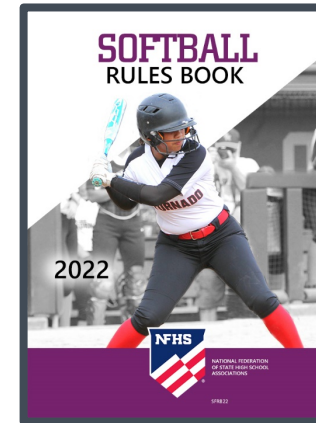


2022 NFHS SOFTBALL RESOURCES



NFHS SOFTBALL RESOURCES

- NFHS Rules Books, Case Books and other softball resources can be ordered:
 - online at www.nfhs.com
 - by calling 1-800-776-3462



THANK YOU

National Federation of State High School Associations

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