2018 NFHS BASEBALL RULES POWERPOINT

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Director of Sports, Sanctioning and Student Services
NFHS CORPORATE PARTNER

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- 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.
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- 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.

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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.
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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)
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.
Rule Change

BATS, BALLS AND GLOVES
RULE 1-3-1

- 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
RULE 1-3-2a2

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.
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.
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).
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CENTRAL HUB
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- Teaching fundamental serving and passing skills – verbal cues, standing float serve, forearm pass and overhead pass
- Teaching fundamental defensive skills – attacking, blocking and digging
- Learn offensive and defensive rotational systems
- How to evaluate and select players
- Match protocols and rules of the court – player positioning, service order, substitutions, libero player, time outs and lineups

Course Details

National Federation of State High School Associations
National Wrestling Coaches Association

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