2018 NFHS BASEBALL RULES POWERPOINT

National Federation of State High School Associations

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

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NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- 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.

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.

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
Volleyball

Bob Colgate
Football and Sports Medicine

Sandy Searcy
Softball and Swimming & Diving

Elliot Hopkins
Baseball and Wrestling

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

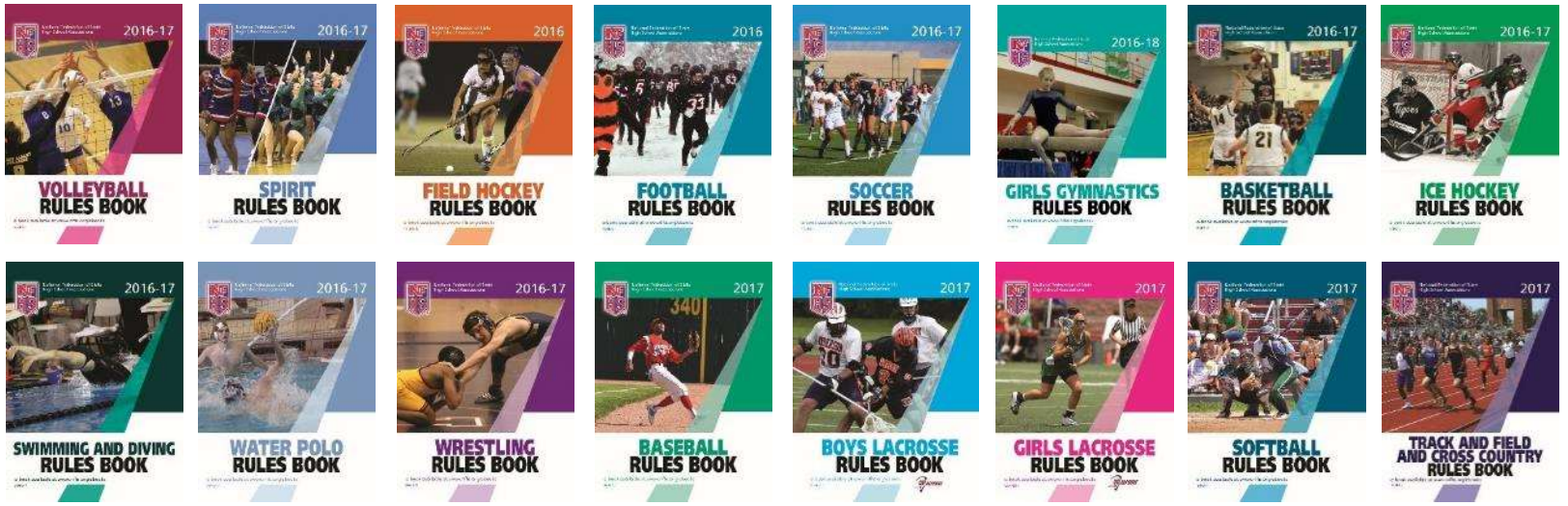
James Weaver
Boys and Girls Lacrosse and Spirit

Theresia Wynns
Basketball and Soccer

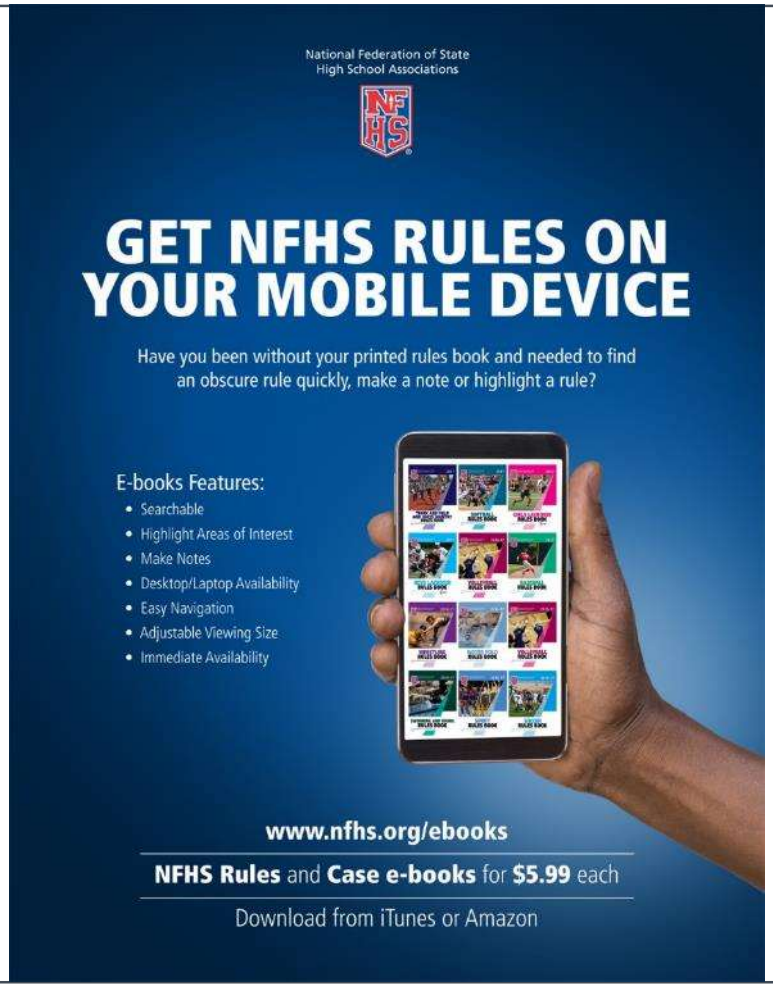
Dan Schuster
Ice Hockey

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
  - Publishes 4 million pieces of materials annually.

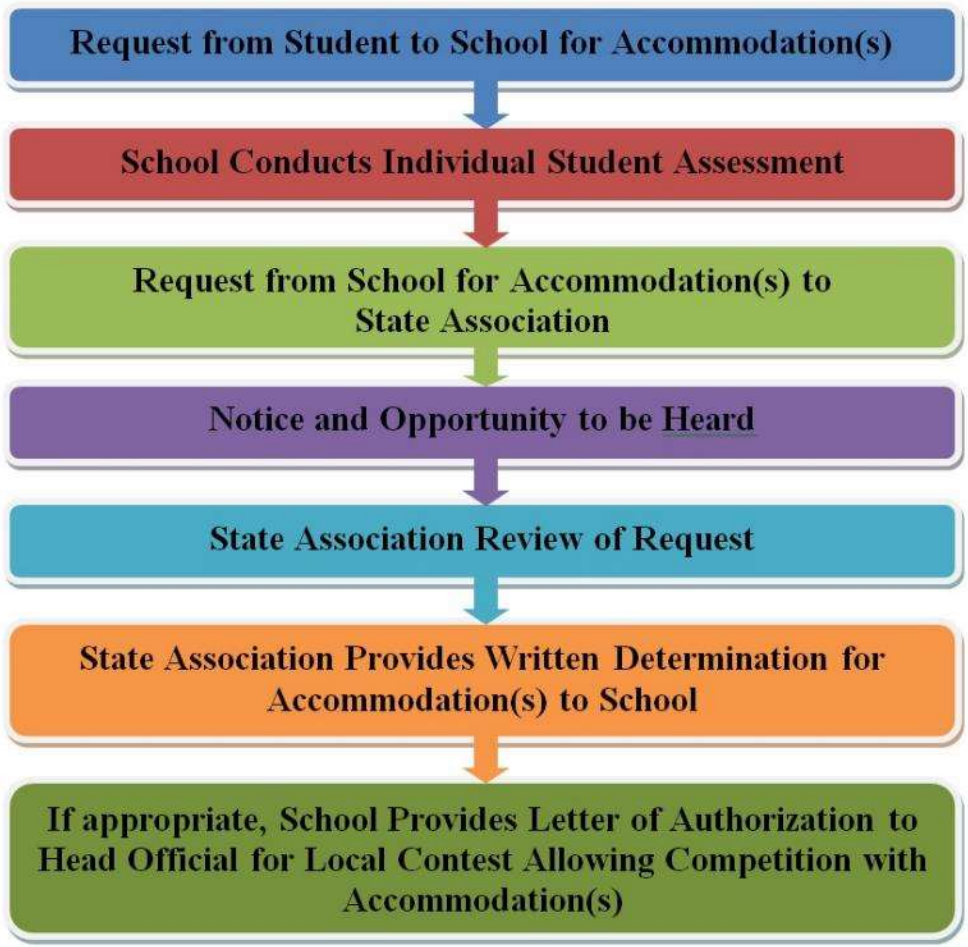


NFHS RULES BOOK AS E-BOOKS



- E-books features:
  - Searchable
  - Highlight areas of interest
  - Make notes
  - Desktop laptop availability
  - Easy navigation
  - Adjustable viewing size
  - Immediate availability

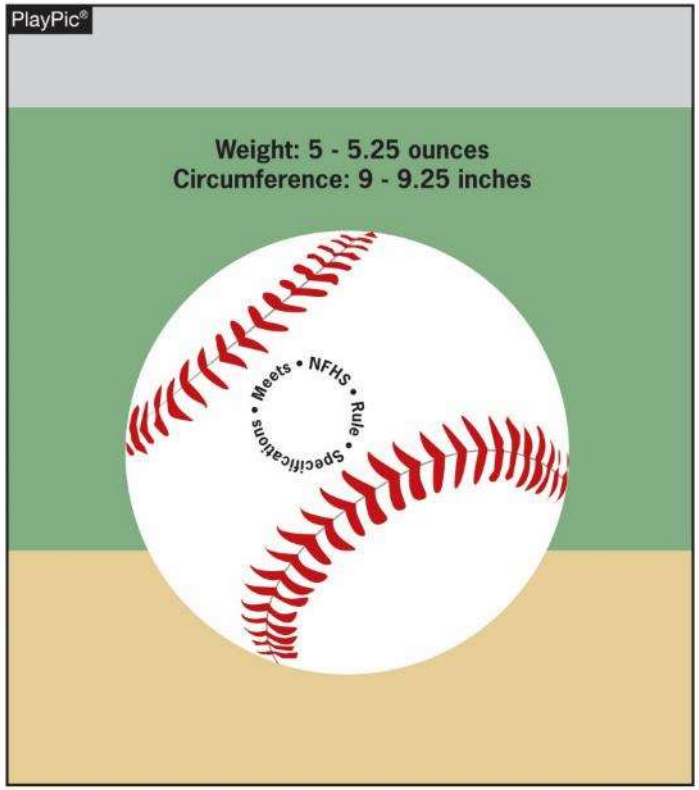
GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS



NFHS BASEBALL RULES CHANGES

BASEBALLS
RULE 1-3-1

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.



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.

ILLEGAL

BATS, BALLS AND GLOVES
RULE 1-3-2A2

- **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.

CATCHER'S CHEST PROTECTOR RULE 1-5-3

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

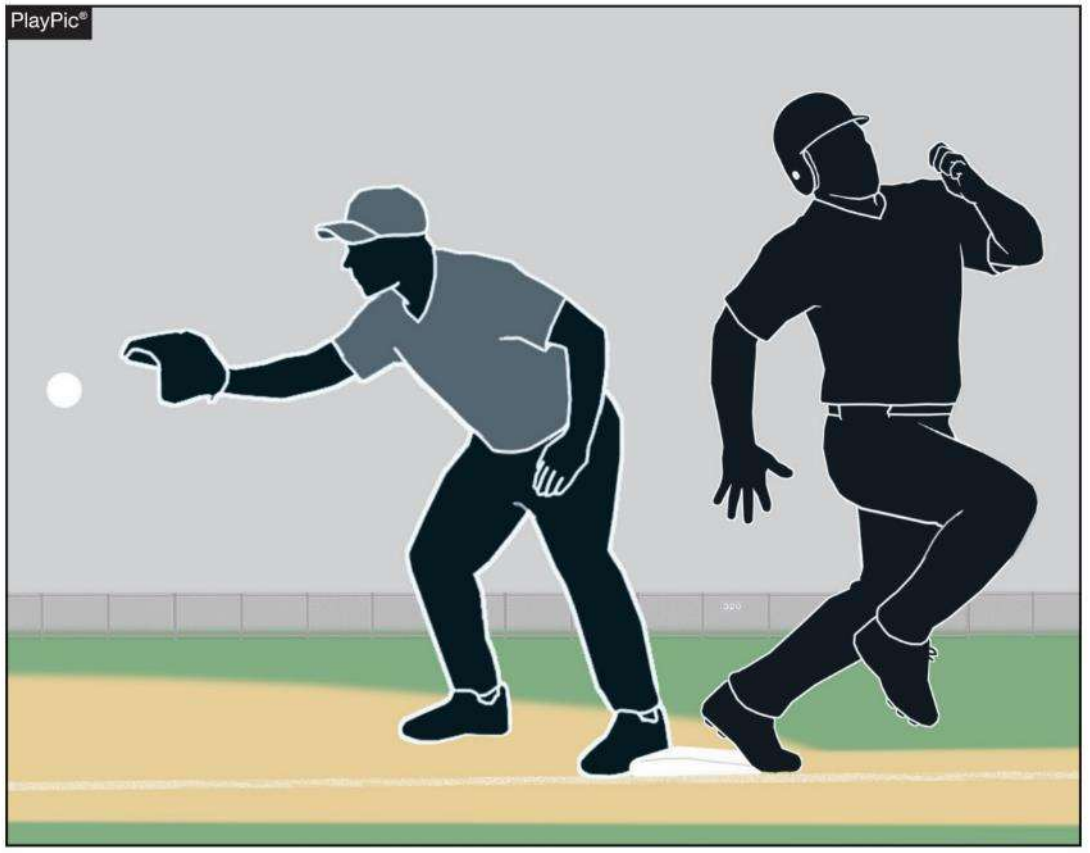
- ART. 3 . . . The catcher shall wear, in addition to a head protector, a mask with a throat protector, body/chest protector that meets the NOCSAE standard (Effective January 1, 2020), protective cup (male only), and baseball protective shin guards.

- **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.

BATTER OVERRUNS FIRST BASE RULE 8-2-7

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.



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

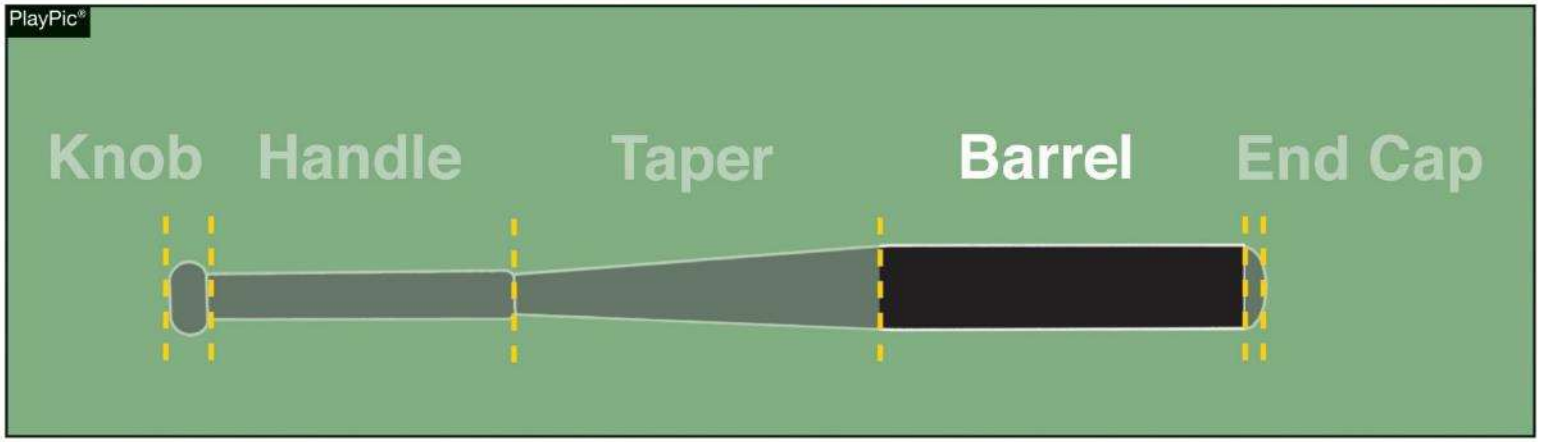
- **ART. 7 . . .** A runner who reaches first base safely and then overruns or overslides may immediately return without liability of being put out provided he does not attempt or feint an advance to second. ~~A player who is awarded first base on balls does not have this right.~~

- **Rationale:**

This change is easy to coach, officiate and execute as a player. All batter-runners are treated equally and consistently.

EDITORIAL CHANGES

BARREL
RULE 1-3-2b3



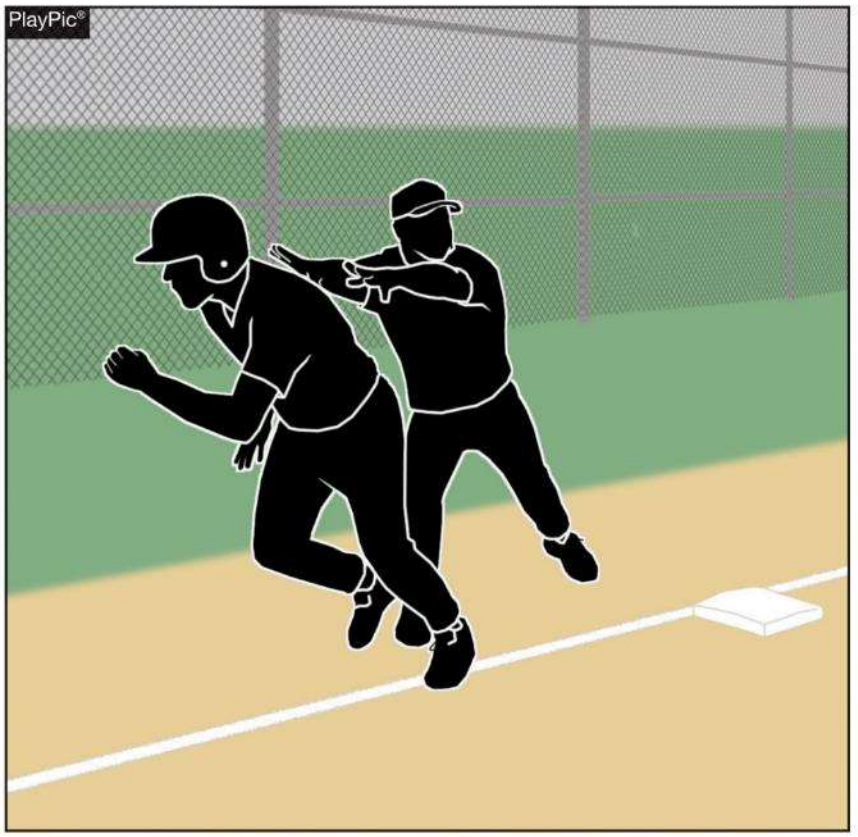
The barrel is the area intended for contact with a pitched ball. The rulebook language was updated for editorial clarity.

Editorial Change

COACH PHYSICALLY ASSISTING RUNNER

RULES 2-21-1c, 5-1-2f, DEAD BALL AND DELAYED DEAD BALL TABLE

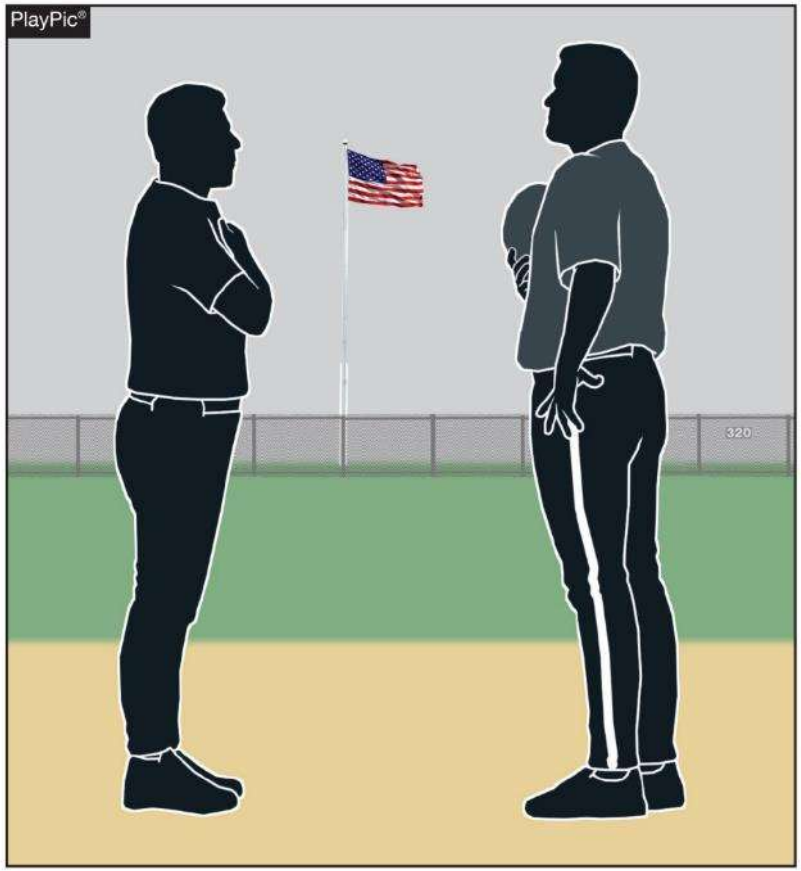
Rule language was updated to better reflect the 2017 rule change regarding a coach physically assisting a runner during playing action. If a runner is physically assisted by a coach, the runner is called out immediately and the ball remains live.



POINTS OF EMPHASIS

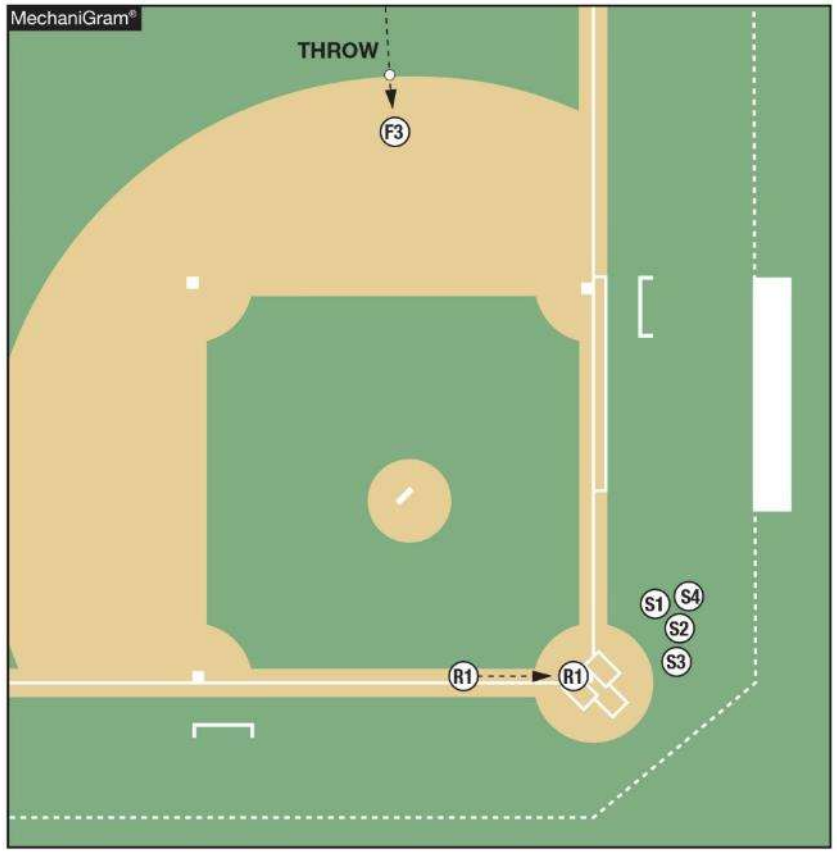
SPORTSMANSHIP — NATIONAL ANTHEM STANDOFF

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.



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.



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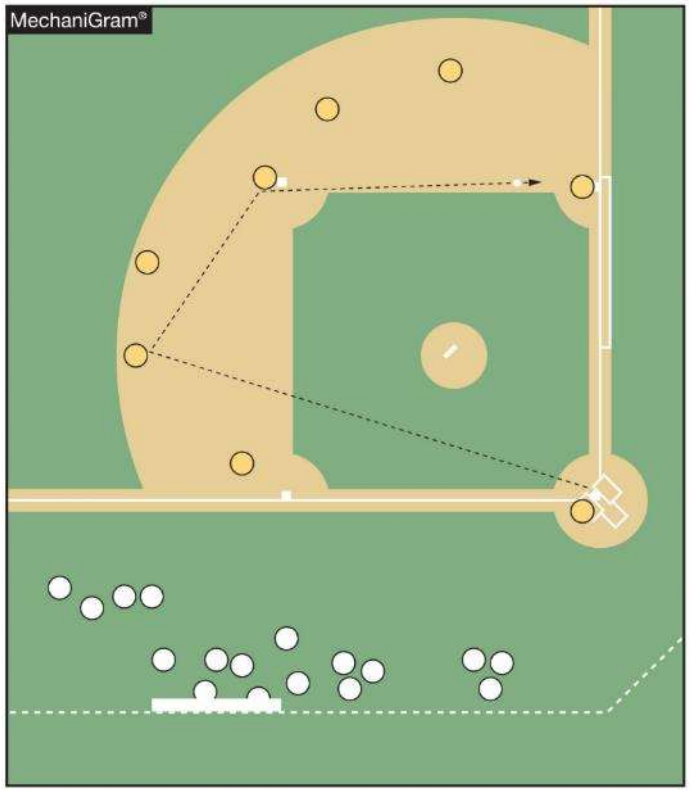
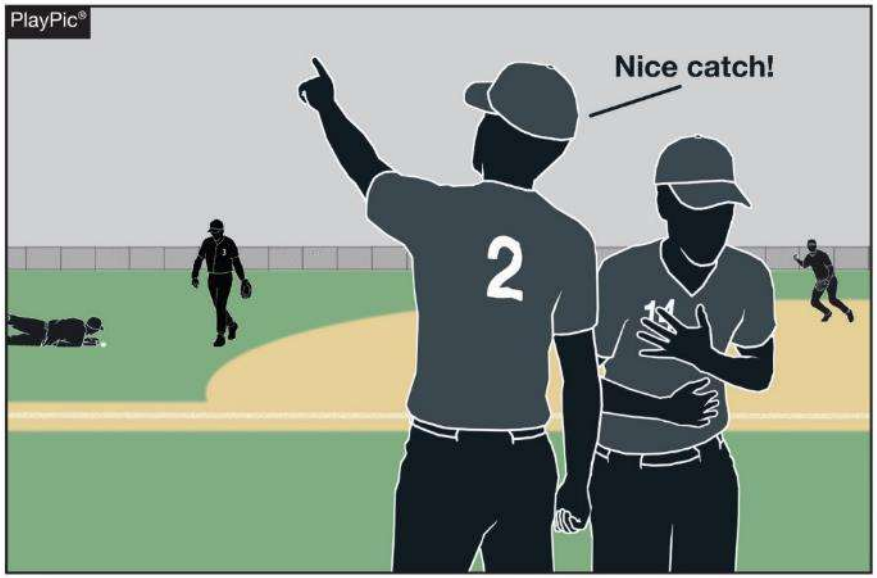
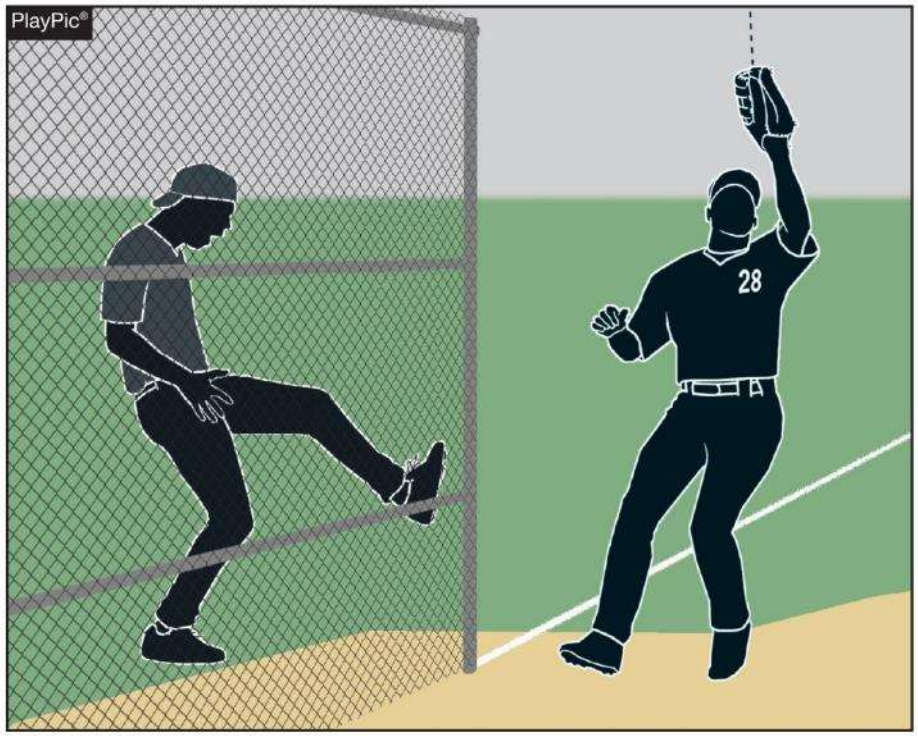




Players are not allowed to stand outside their dugout/bench area and make “cat-calls” or other disparaging remarks while the other team is taking infield practice.

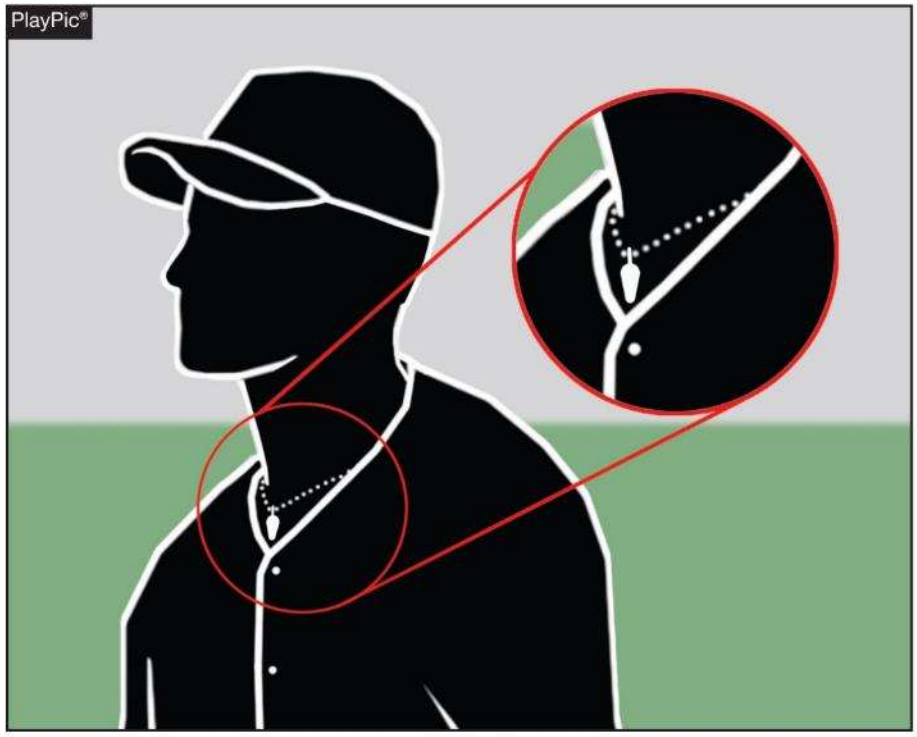
SPORTSMANSHIP — NEGATIVE COMMENTS BETWEEN OPPONENTS

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.

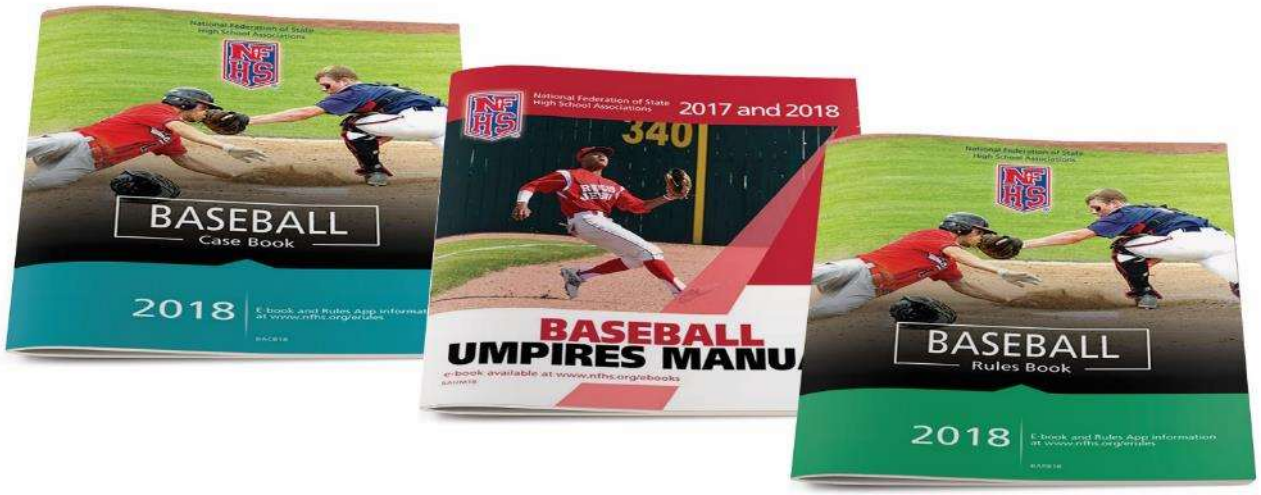


ENFORCEMENT OF NFHS JEWELRY RULE

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.



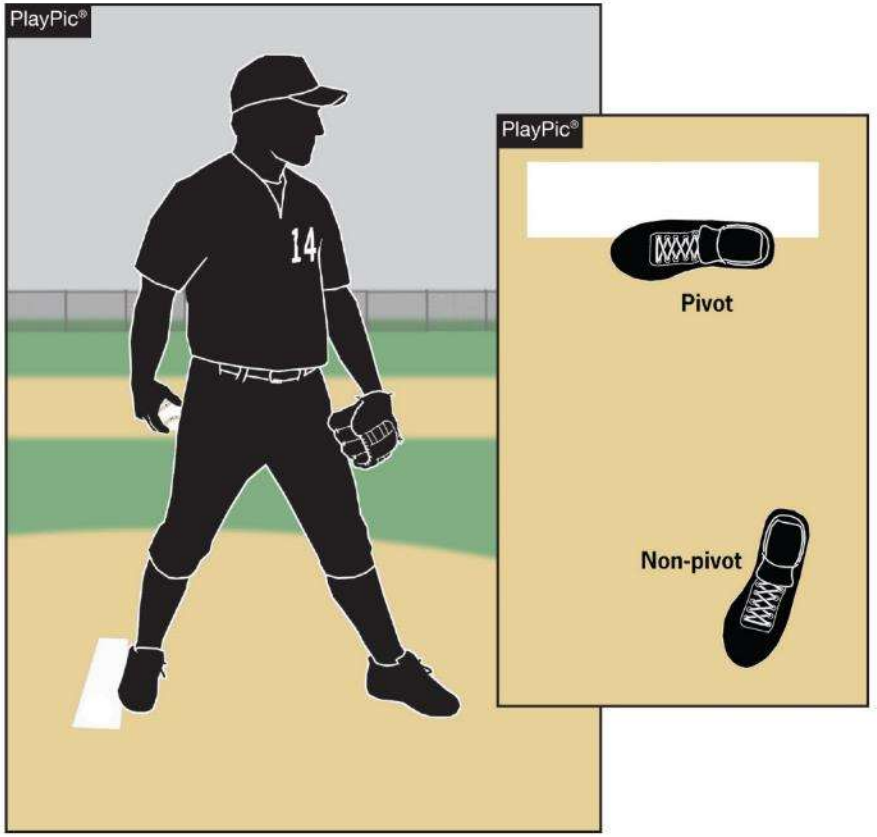
ENFORCEMENT AND ADMINISTRATION OF NFHS RULES



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.

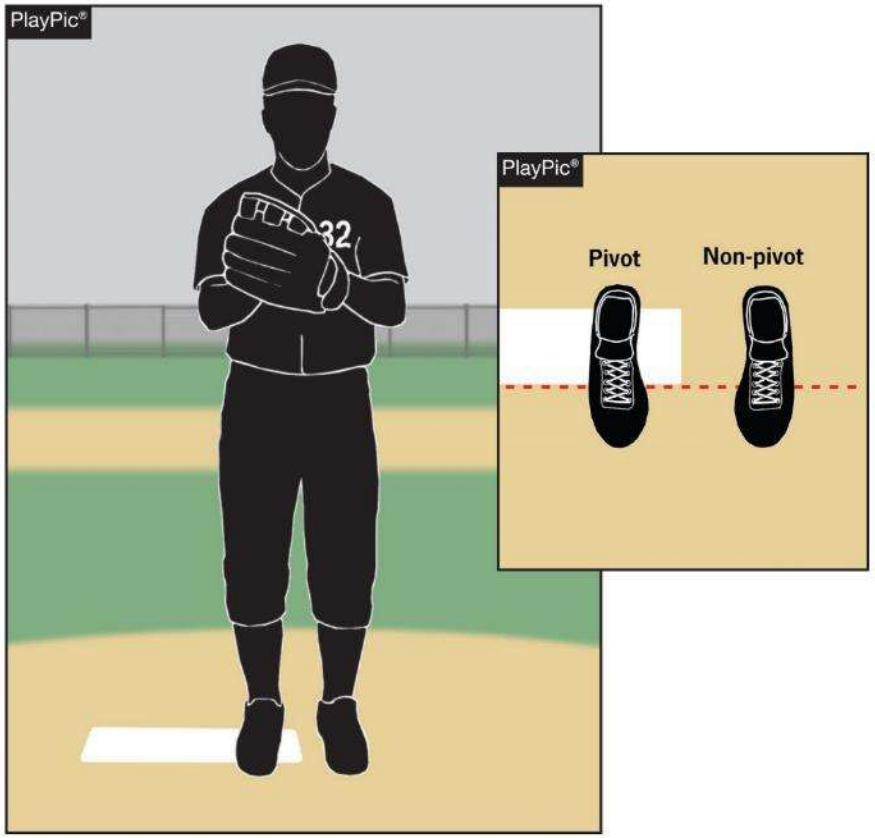
PROPER PITCHING POSITIONS

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.



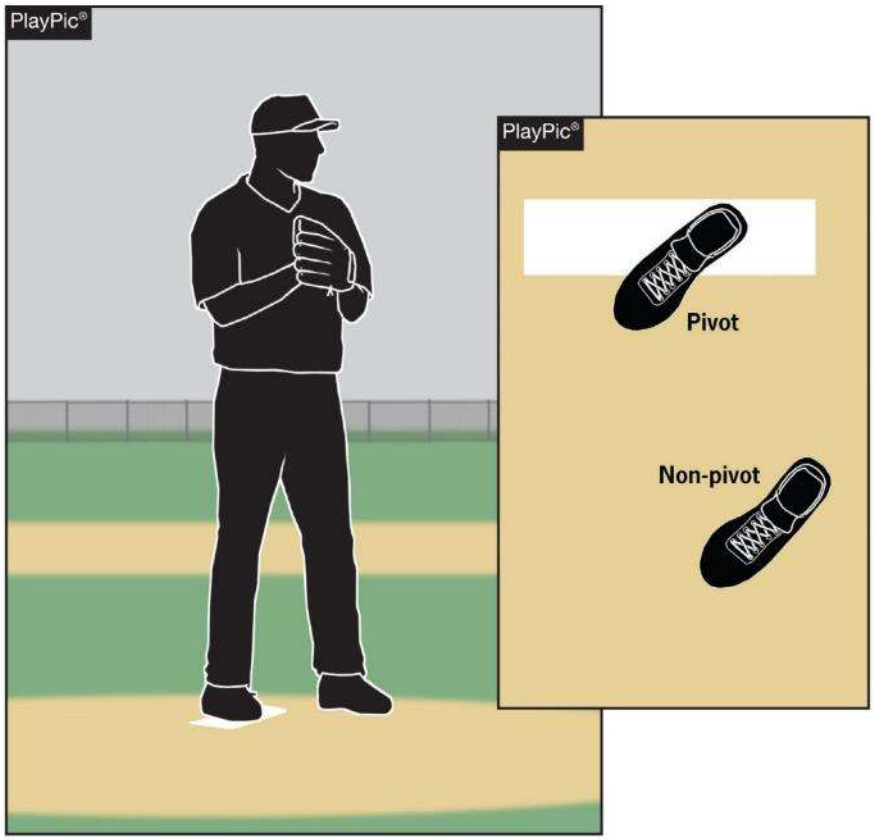
PROPER PITCHING POSITIONS

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.



PROPER PITCHING POSITIONS

The so-called hybrid stance is illegal as it does not meet the requirements of either the windup or set positions.



ILLEGAL

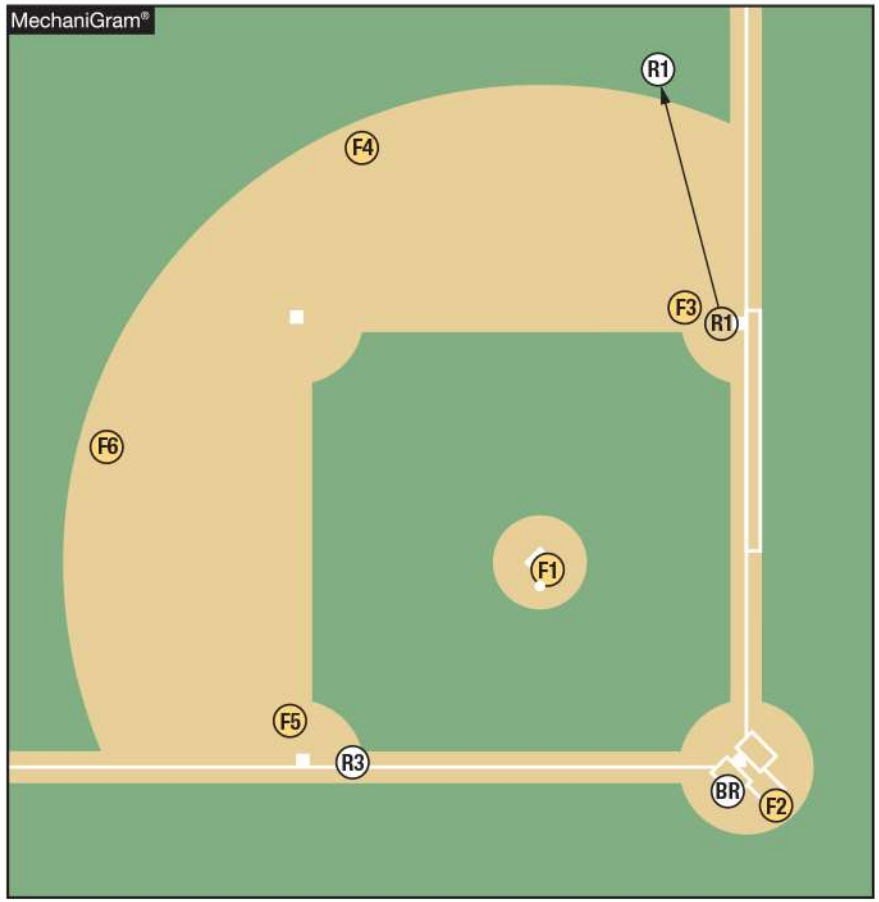
REPLANTING THE PIVOT FOOT

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

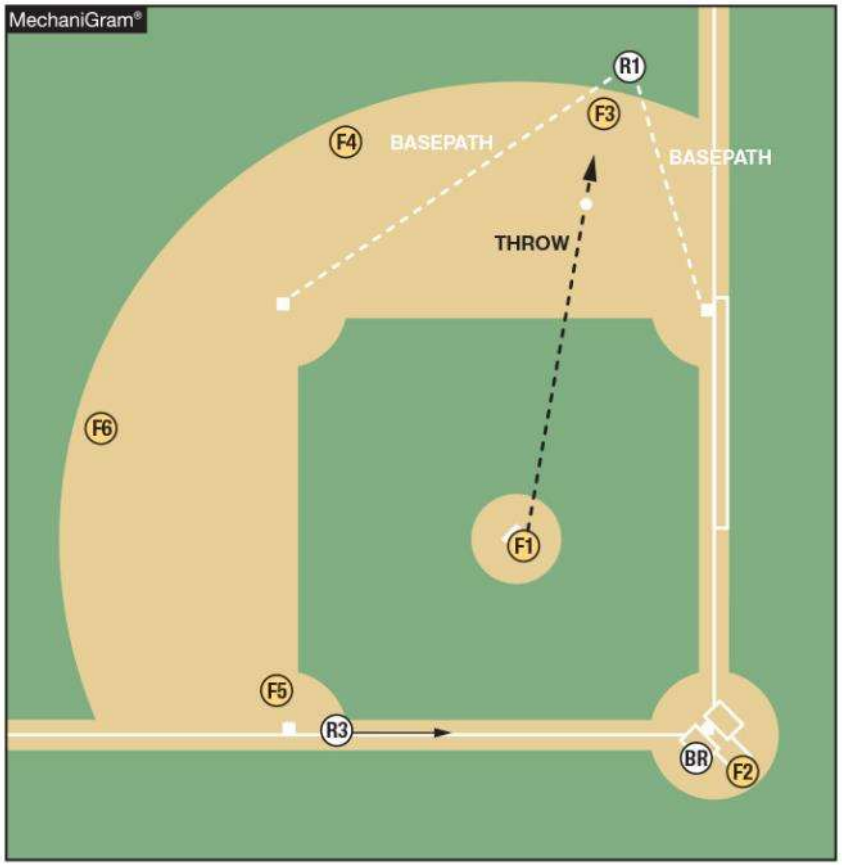
“SKUNK IN THE GRASS” PLAY

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.



"SKUNK IN THE GRASS" PLAY

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.



EXTRANEOUS LEAD-OFF POSITION

- "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.

NFHS OFFICIALS ASSOCIATION CENTRAL HUB

NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: Basics of Becoming and Staying an Official, Science of Officiating, Art of Officiating
- Course is FREE to NFHS Officials Association members, non-members fee is $20
- NFHSLearn.com

- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials

NFHS LEARNING CENTER

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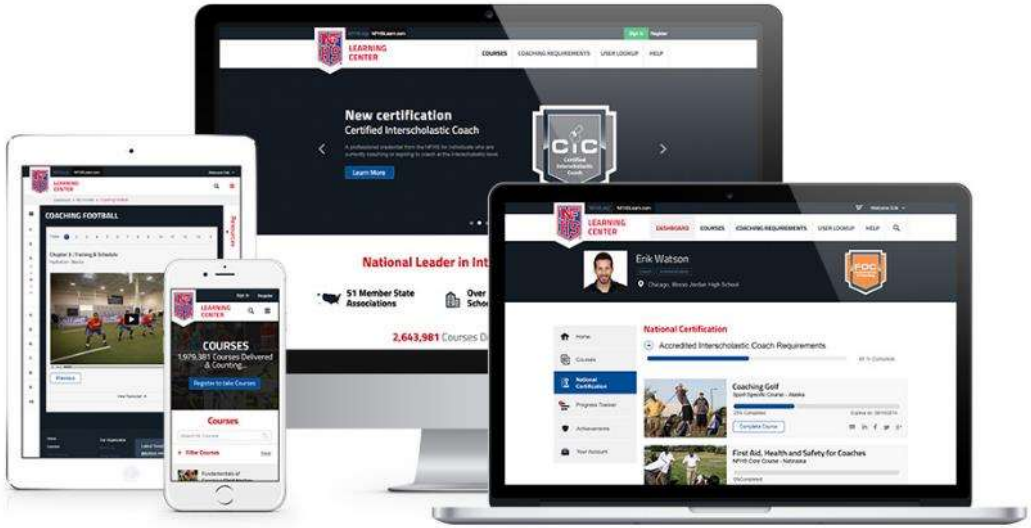
THE NFHS LEARNING CENTER

- **Mission:** Provide ongoing professional development for Coaches, Administrators, Students, Parents and Officials on the role they play within interscholastic athletics and activities.



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- Register on NFHSLearn.com and receive the following great benefits:
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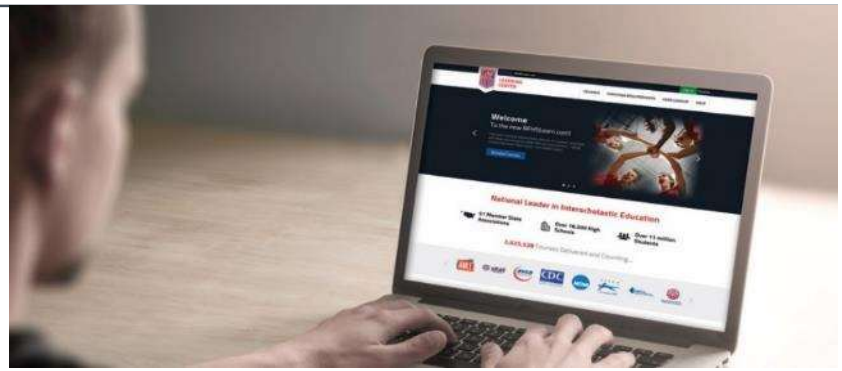
  - Opportunity to receive email updates on your sport, upcoming courses and much more
  - Access coursework 24/7/365
  - Access completion certificates 24/7/365



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National Coach Certification Program

AIC Accredited Interscholastic Coach

CIC Certified Interscholastic Coach

NFHS NETWORK

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.

27 DIFFERENT
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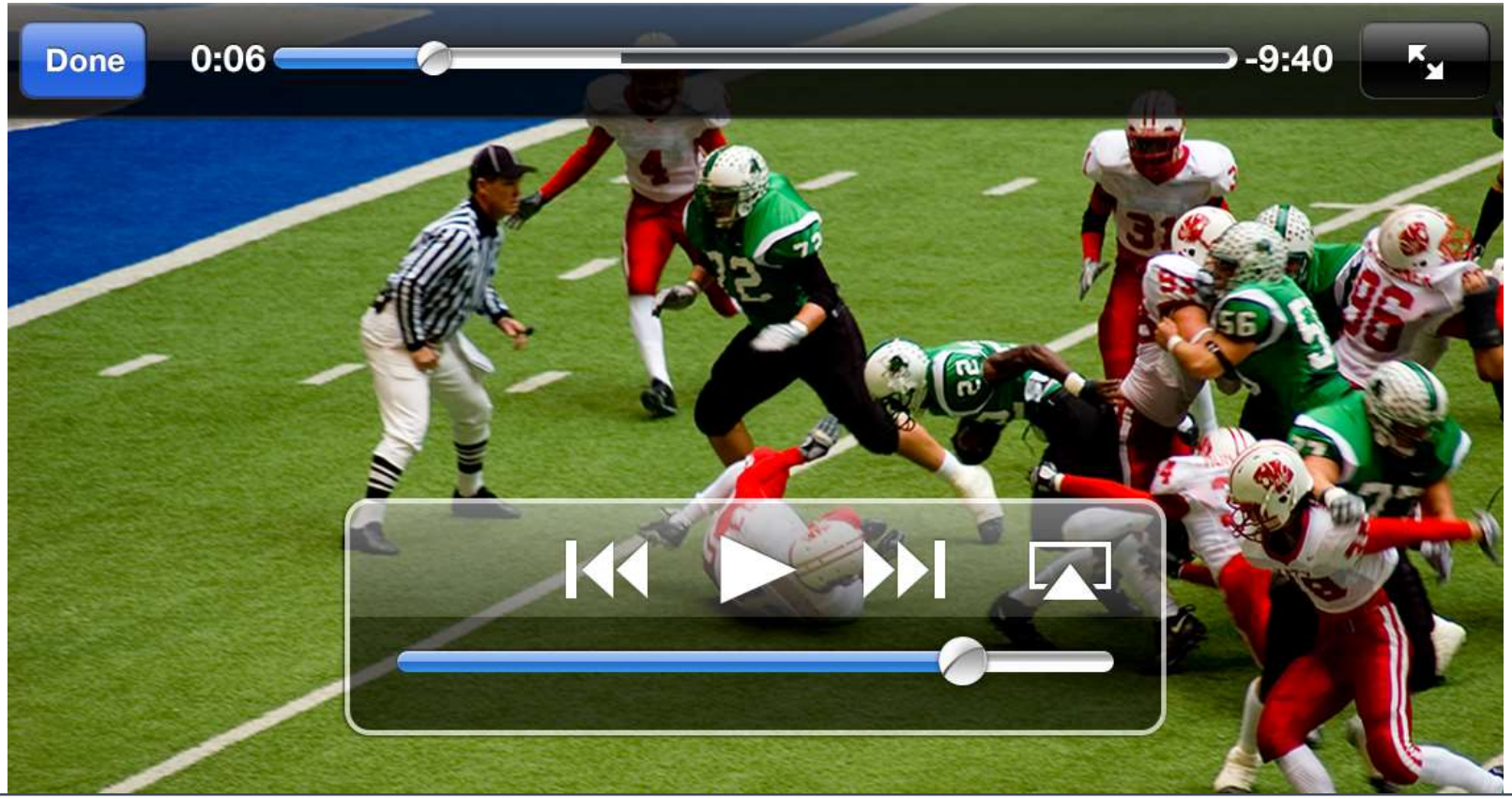
21
23
14
3 MILLION
UNIQUE
VIEWERS

NFHS NETWORK

- View from mobile…



THANK YOU AND HAVE A GREAT SEASON!

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