



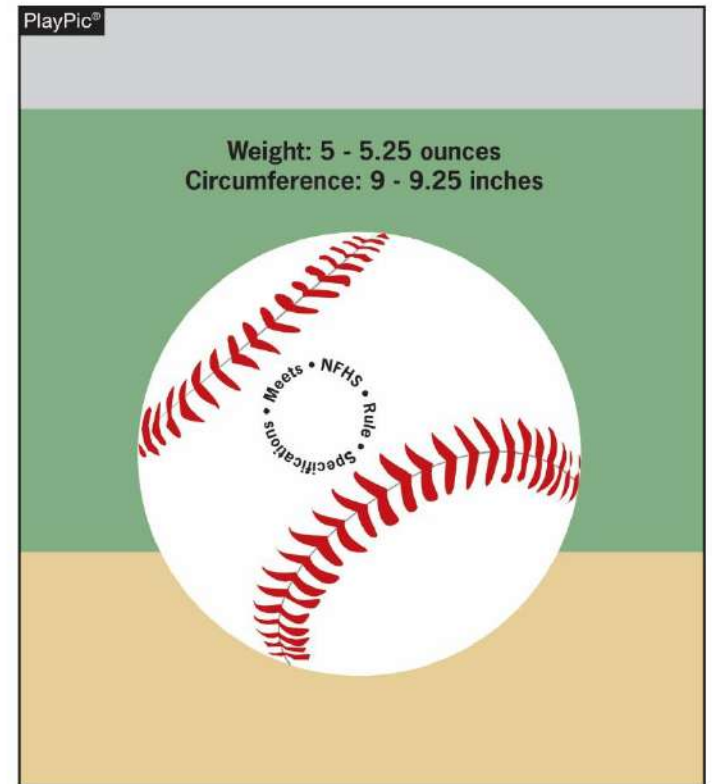
NFHS BASEBALL RULES CHANGES



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.



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.





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.

BATTER OVERRUNS FIRST BASE RULE 8-2-7

A batter-runner who reached first base safely 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.





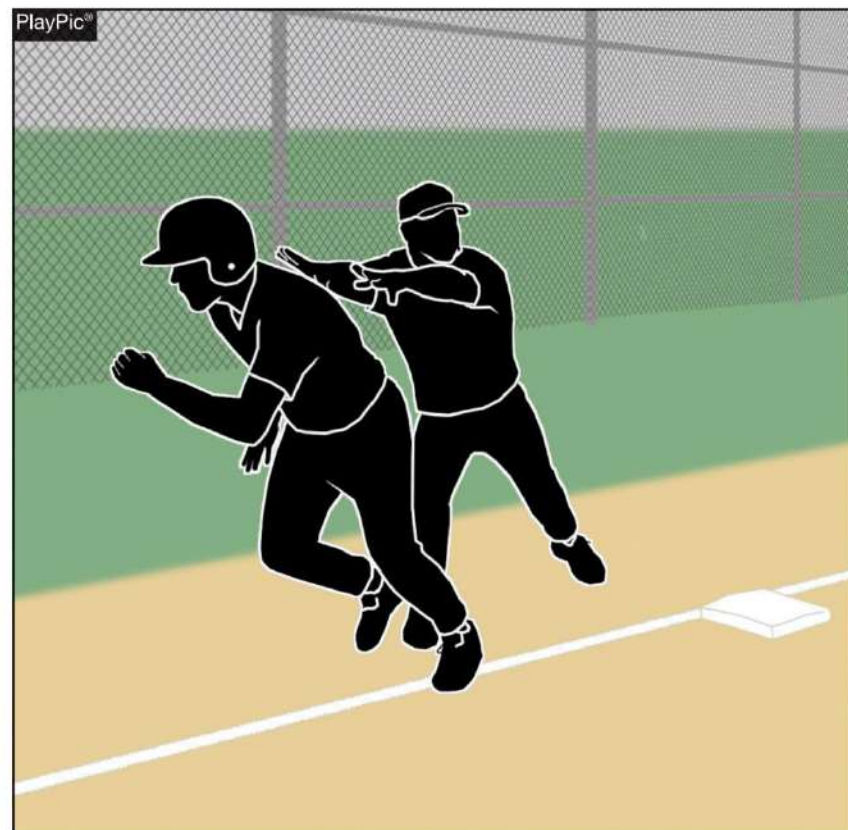
EDITORIAL CHANGES



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.



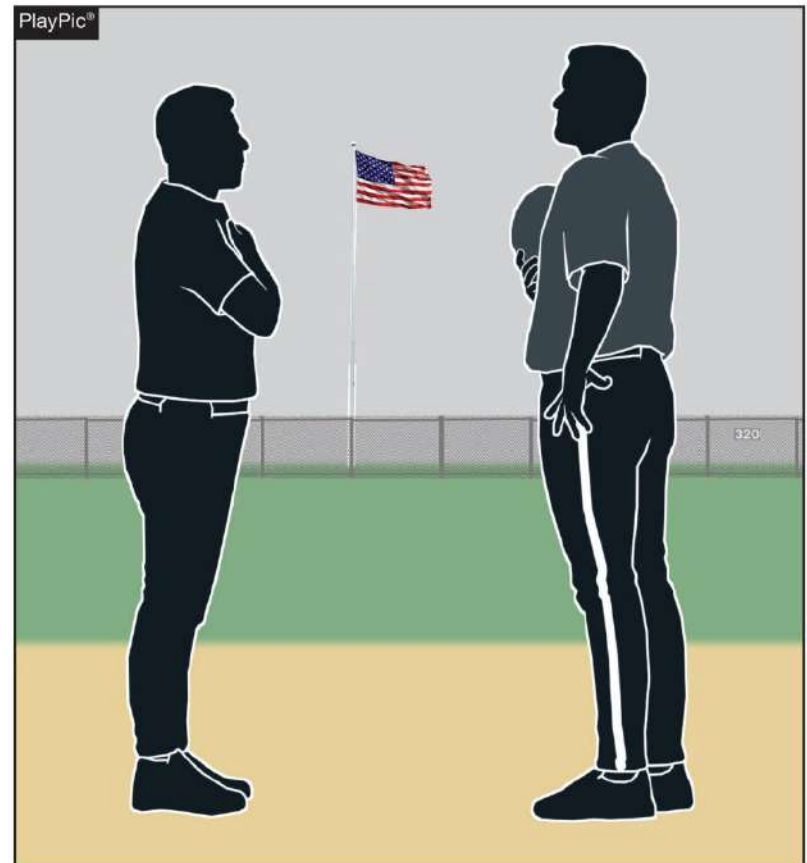


POINTS OF EMPHASIS



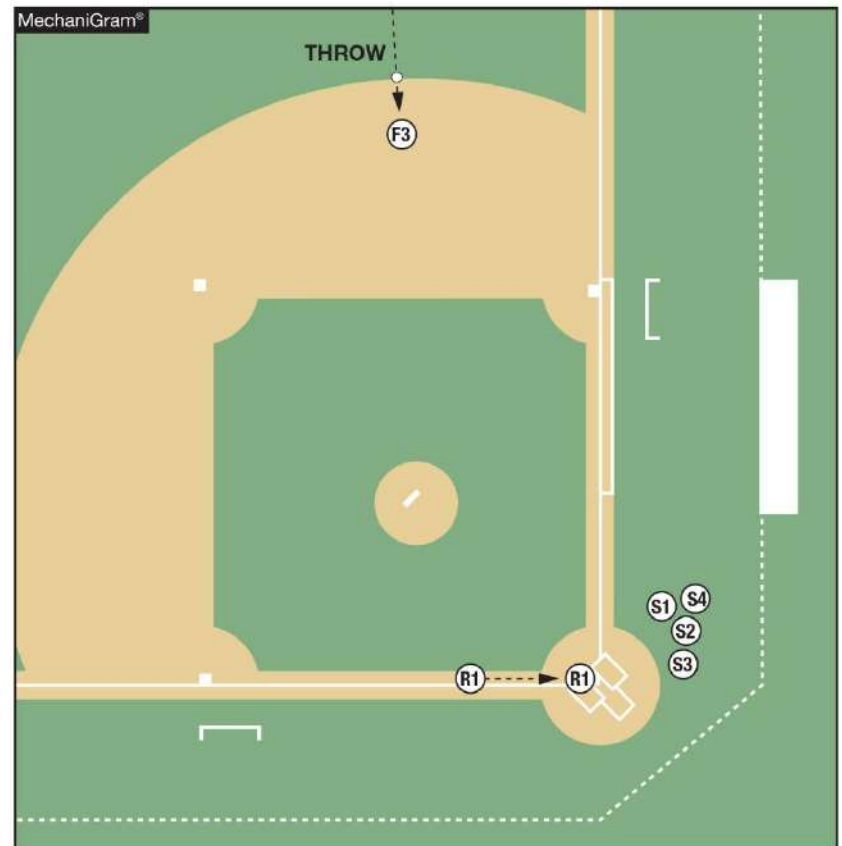
SPORTSMANSHIP — NATIONAL ANTHEM STANDOFF

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.

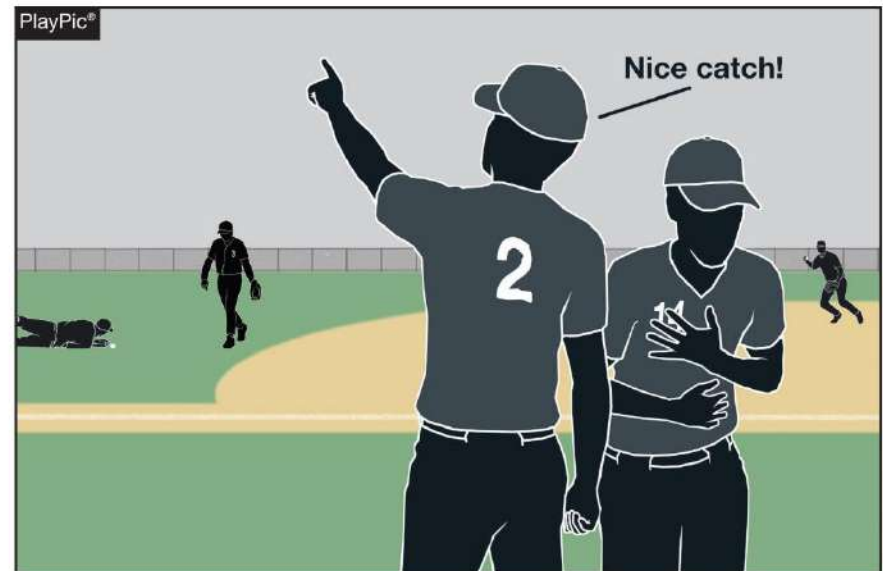
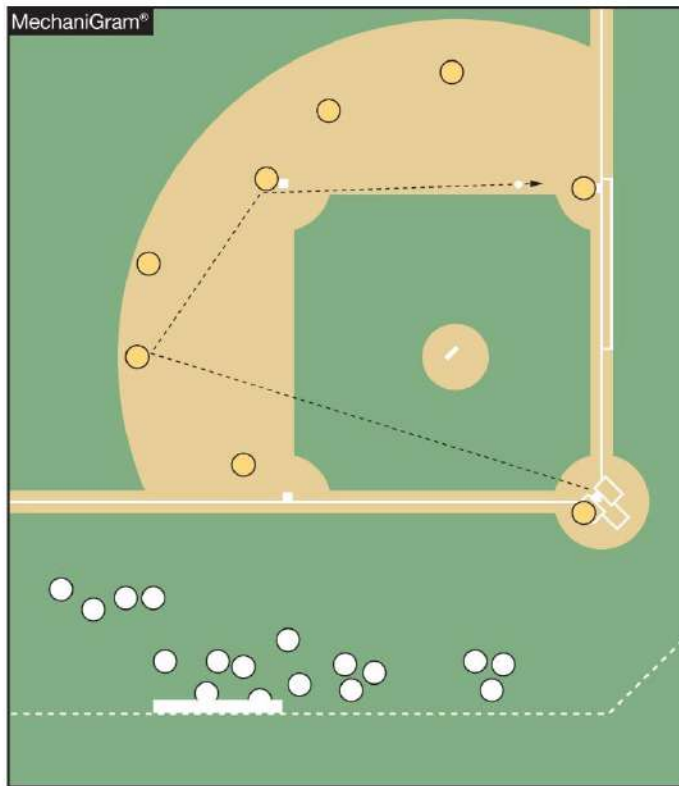


SPORTSMANSHIP — BENCH JOCKEYING AND CELEBRATIONS

Coaches, players, substitutes, attendants or other bench personnel shall not leave the dugout during a live ball for any unauthorized purposes.



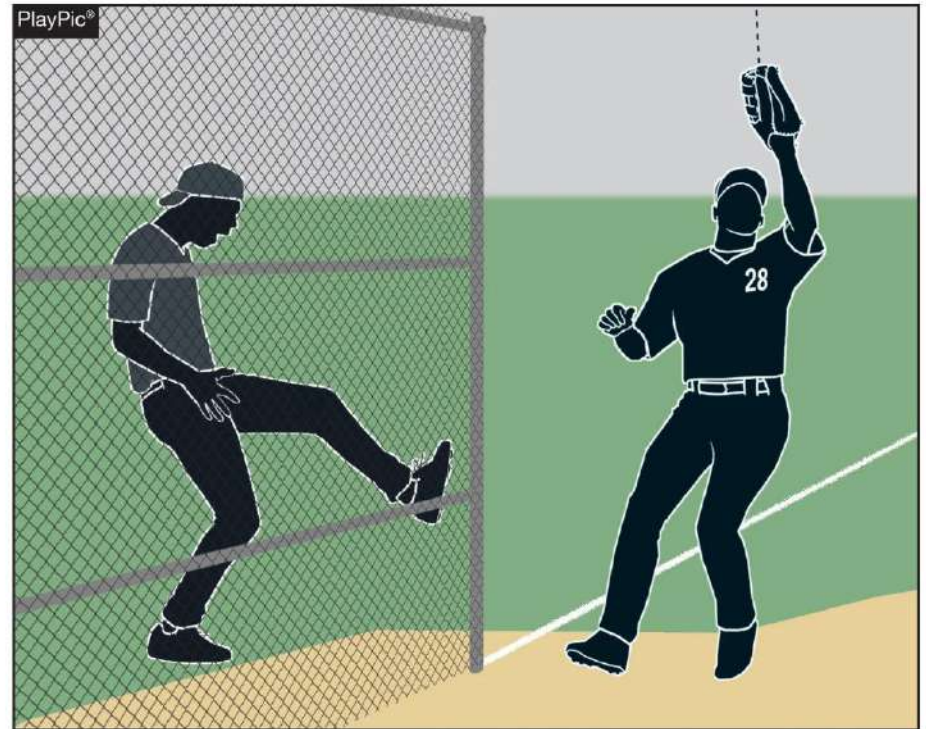
SPORTSMANSHIP — BENCH JOCKEYING AND CELEBRATIONS



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.

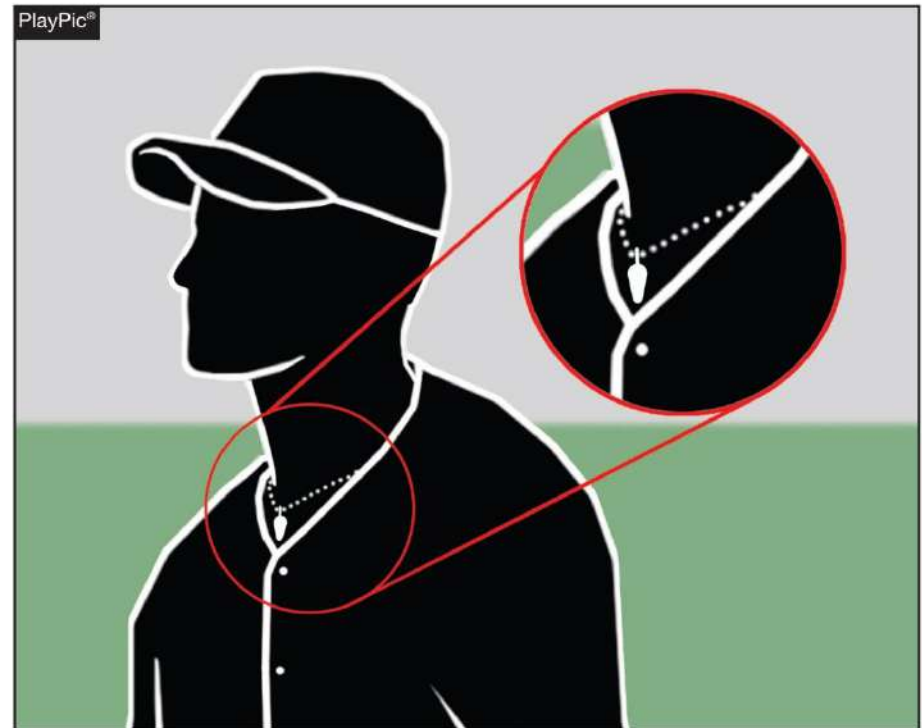
SPORTSMANSHIP — NEGATIVE COMMENTS BETWEEN OPPONENTS

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.



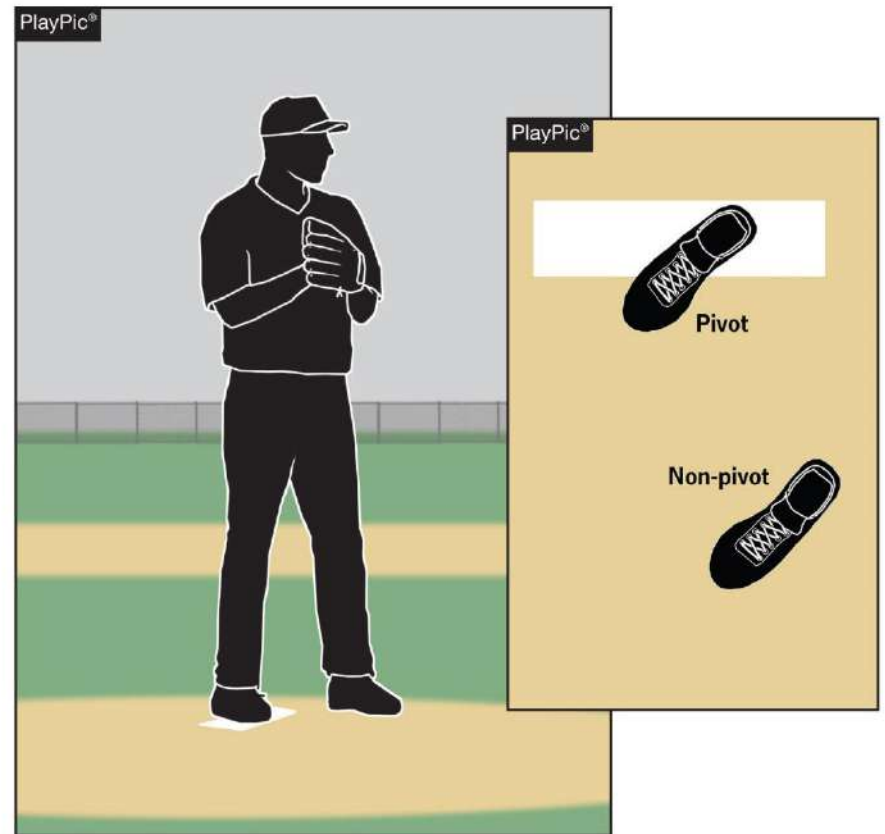
ENFORCEMENT OF NFHS JEWELRY RULE

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.



PROPER PITCHING POSITIONS

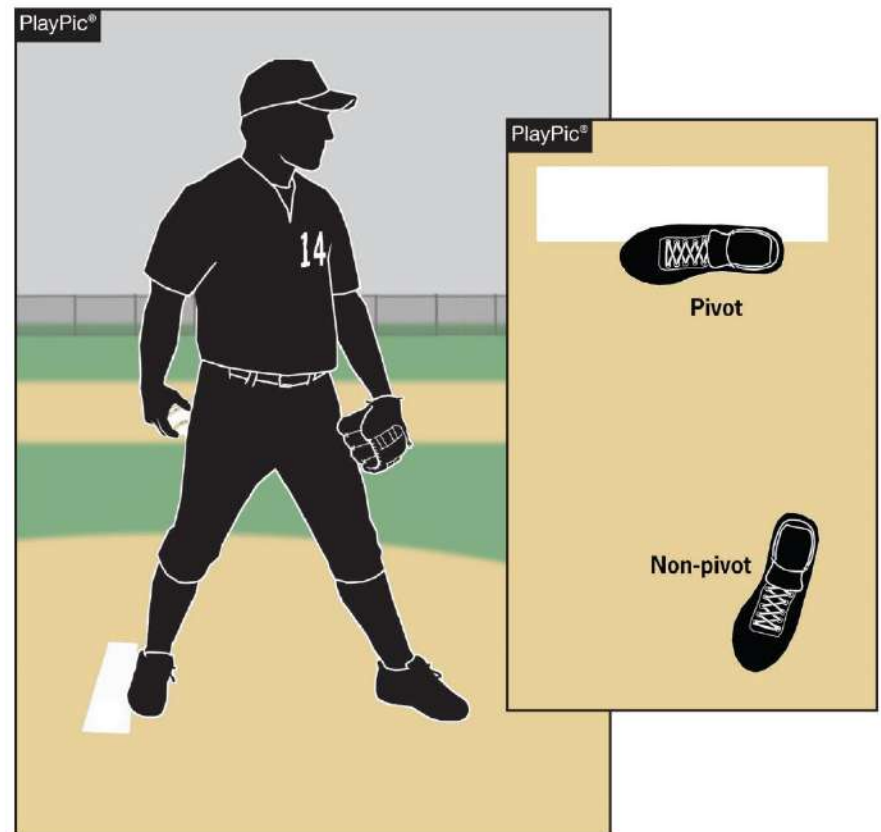
The so-called hybrid stance is illegal as it does not meet the requirements of either the windup or set positions.



ILLEGAL

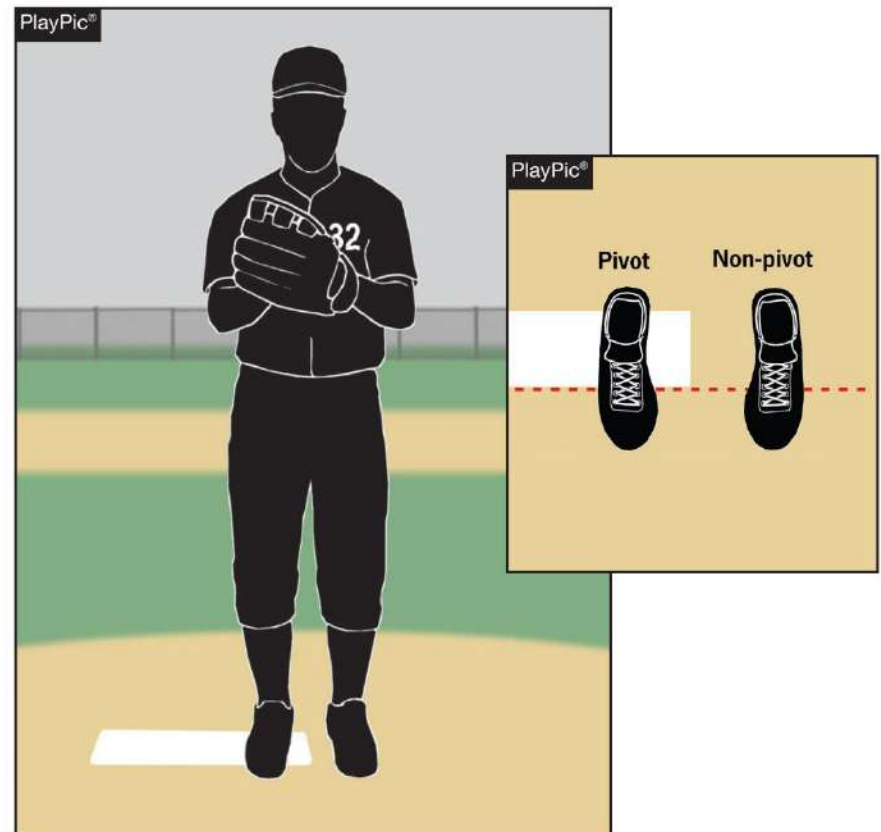
PROPER PITCHING POSITIONS

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.



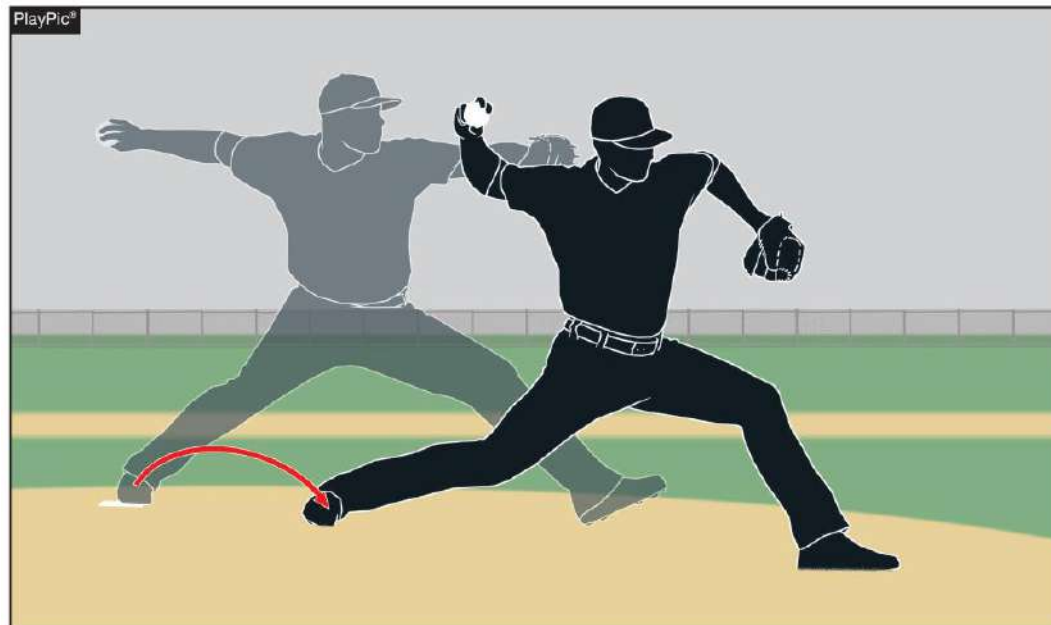
PROPER PITCHING POSITIONS

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.



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).



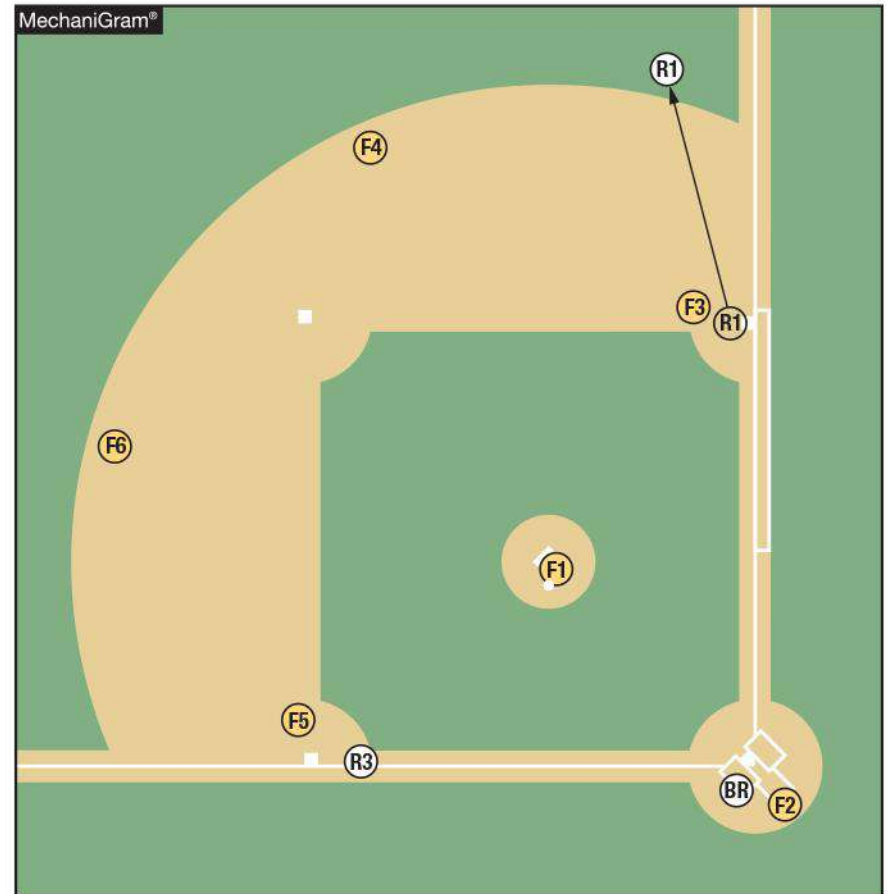


“SKUNK IN THE GRASS” PLAY



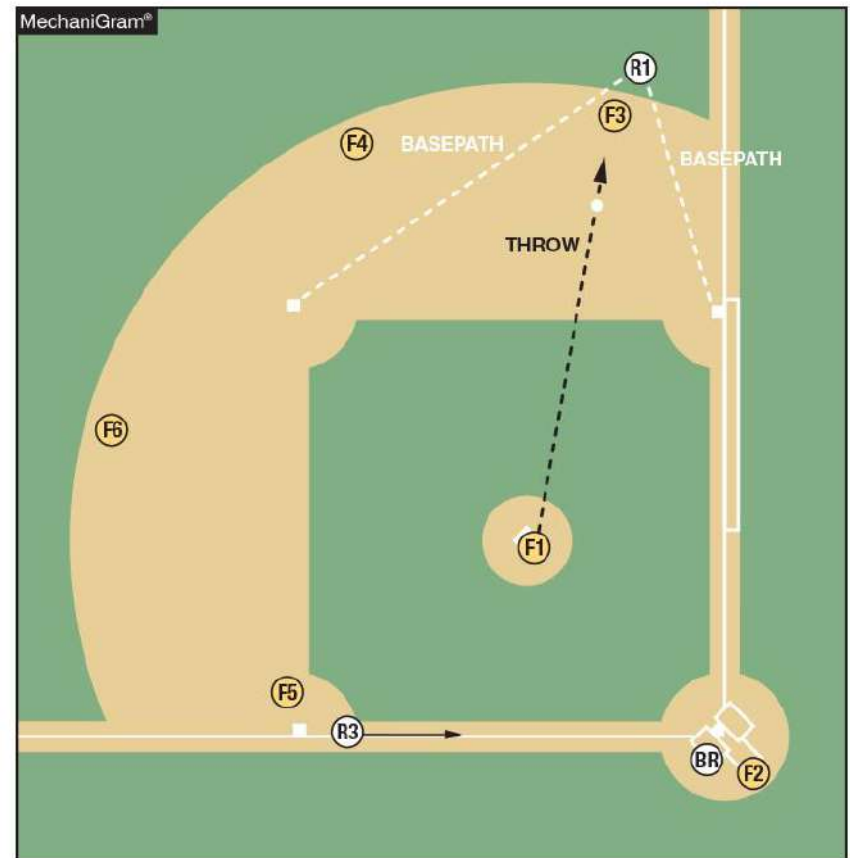
“SKUNK IN THE GRASS” PLAY

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.



EXTRANEIOUS 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.





**THANK YOU AND HAVE A
GREAT SEASON!**

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