

2020 NFHS BASEBALL RULES POWERPOINT

National Federation of State High School Associations



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

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.



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Volleyball



Bob Colgate
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Sports
Medicine



Sandy Searcy Softball and Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



Julie Cochran Cross Country, Gymnastics, Field Hockey and



James Weaver Boys and Spirit



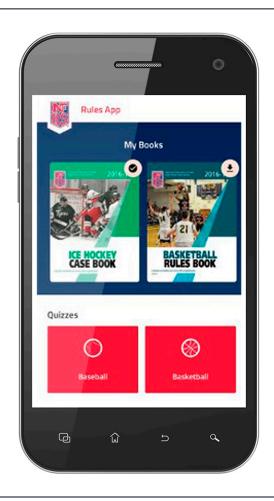
Theresia Wynns
Basketball and
Soccer



Dan Schuster Ice Hockey



NEW NFHS RULES APP



- Rules App features:
 - Searchable
 - Highlight notes
 - Bookmarks
 - Quizzes for all sports
 - Easy navigation
 - Immediate availability
 - Free to paid members of the NFHS Coaches and Officials Associations
 - www.nfhs.org/erules for more information



IMPORTANT FACTS AND DATES

- 2018-19 Participation Results
 - Baseball (4) 482,740 [down from 2017-18 {487,097}]
 - Girls': 1,284 (down from 2017-18 1,762)
- Online Interpretation Meeting Date
 - January 23, 2020
- Mid-Season Webinar Date
 - April 24, 2020
- Rule Change Proposal Submission Dates
 - Open Date: September 1, 2019
 - Close Date: May 1, 2020
- Rules Committee Date
 - June 5-7, 2020





2020 NFHS BASEBALL RULE CHANGES





DESIGNATED HITTER RULE 3-1-4

32 5 Edwards 5 5 5 5 5 5 5 5 5
7 Knutson 28 Larson 35 Matthewson 1 Nelson

The DH may still be a 10th starter hitting for any one of the nine starting defensive players.





DESIGNATED HITTER RULE 3-1-4a1

## 4 Daniels 6 SUB. Jackson 32 5 Edwards SUB. 17 6 Franklin SUB. 24 7 George	

- When using a standard designated hitter, the role of the DH is still terminated for the remainder of the game when
 - the defensive player (or any previous defensive player) for whom the DH batted, subsequently bats, pinch-hits or pinch-runs for the DH.





DESIGNATED HITTER RULE 3-1-4a2

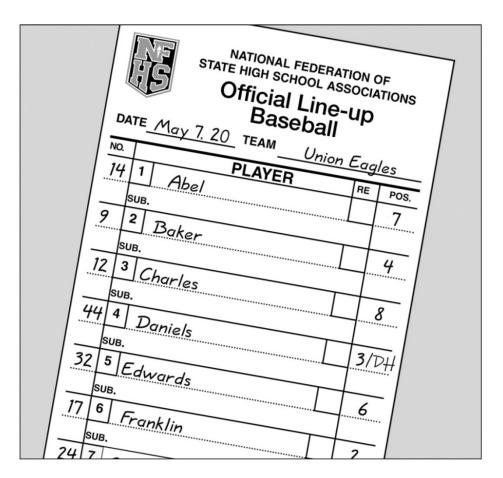
32 5 Edwards SUB. 17 6 Franklin SUB. 24 7 George SUB. 2 8 Hamilton SUB. 19 9
SUB. 10 Jackson SUBSTITUTES Pos. 1 Nelson

 The role of a standard DH is still terminated for the remainder of the game when the designated hitter or any previous designated hitter assumes a defensive position.





DESIGNATED HITTER RULE 3-1-4b



- The starting designated hitter (DH) may now be any one of the starting defensive players, including the pitcher.
- A Player/DH then holds two positions: defensive player and designated hitter.





DESIGNATED HITTER RULE 3-1-4b

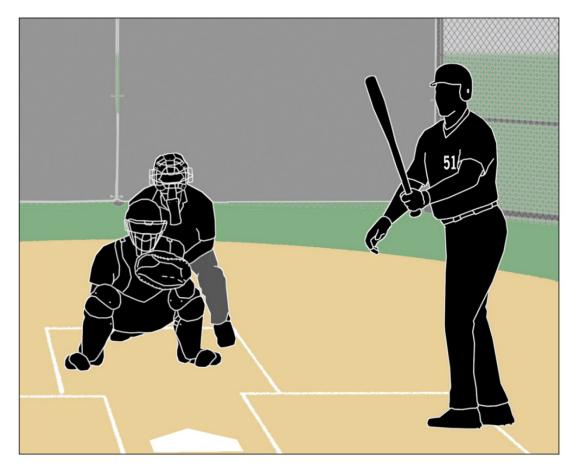
SUB.
44 4 Daniels
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17 6 Franklin
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2 8 Hamilton
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SUB.
6- Jackson SUBSTITUTES
28 Lars
35 Maria

- In the case where one player is listed as a starting DH and a starting defensive player in the lineup, the role of the defensive player may be substituted for by any legal substitute.
- The original player/DH may reenter defensively one time.





DESIGNATED HITTER RULE 3-1-4b-1



When using the Player/DH, the role of the DH is terminated for the remainder of the game when any player substitutes offensively for the DH.





DESIGNATED HITTER RULE 3-1-4b-2



As a reminder from the previous slide, the role of the DH is terminated for the remainder of the game when the starting defensive Player/DH is substituted for either as a hitter or a runner.





• ART. 4 . . . A hitter may be (not mandatory) designated for any one starting player (not just pitchers) and all subsequent substitutes for that player in the game. A starting defensive player cannot be listed as the designated hitter in the startup. A designated hitter for said player shall be selected prior to the start of the game, and his name shall be included on the lineup cards presented to the umpire-in-chief and to the official scorer.





A team forfeits the use of a designated hitter if it fails to declare a designated hitter prior to the game. If a pinch hitter or pinch runner for the designated hitter is used, that player becomes the new designated hitter. The player who was the designated hitter may re-enter as the designated hitter under the re-entry rule. A designated hitter and the player for whom he is batting are locked into the batting order. No multiple substitutions may be made that will alter the batting rotation.





- The role of the designated hitter is terminated for the remainder of the game when: A designated hitter may be used in one of the two scenarios:
- a.The defensive player, or any previous defensive player for whom the designated hitter batted, subsequently bats, pinch-hits, or pinch-runs for the designated hitter; or
- a. The designated hitter may be a tenth starter hitting for any one of the nine starting defensive players. If the designated hitter (DH) is used in this manner, the role of the DH is terminated for the remainder of the game when:





- 1. The defensive player, or any previous defensive player for whom the designated hitter batted, subsequently bats, pinch-hits, or pinch-runs for the designated hitter; or
- 2. The designated hitter or any previous designated hitter assumes a defensive position.





Rationale:

This rule change will provide coaches some options to strategize how to keep their better players in the game, to contribute to the offensive output of the team and give another player a chance to participate on defense. In addition, considering the pitch count rules, this change would help pitchers to keep their bat (because they are typically the best hitter) in the game, but can come out of the game to protect their arms from overuse.





LET'S TEST OUR KNOWLEDGE

Four examples to discuss when it comes to the DH rule...





EXAMPLE 1

DH Jones, batting in the second spot in the lineup for starting F5 Baker, safely reaches first base. The head coach substitutes Miller as a pinch runner for DH Jones at first base. Is the position of DH terminated for the remainder of the game?





EXAMPLE 1 ANSWER

- No! The DH has been out of the game once. Miller may become the new DH or the original DH Jones may re-enter as DH (or may play defense).
- If any standard DH plays defense, the role of the DH is terminated.
- Casebook 3.1.4 Situation B pages 25 26





EXAMPLE 2

With Draper listed in the starting lineup as the 2B/DH and batting fourth in the batting order, the head coach wants to bring in Gabriel to hit for Draper.

What happens to the position of DH?





EXAMPLE 2 ANSWER

- If substitute Gabriel comes in to hit (or run) for Draper, the role of the DH is terminated for the game.
- If eligible, Draper may re-enter the game on defense and bat in the same spot in the batting order.
- Casebook 3.1.4 Situation H page 26





EXAMPLE 3

Williams is listed as the P/DH hitting in the third position in the batting order. In the 5th inning, Grady enters the game as pitcher (with Williams reaching his pitch count limit) and Williams continues as DH for Grady. In the 6th inning, Olsen enters to pitch replacing Grady with Williams continuing as DH for Olsen. In the 7th inning, Williams returns to defense as the catcher and is still listed as the DH.

Is Williams allowed to return to defense and still be listed as DH?





EXAMPLE 3 ANSWER

- This is legal (Casebook 3.1.4 Situation F page 26)
- The starting P/DH has two positions: the defensive player and the designated hitter.
- If the defensive player has been substituted for, the original player/DH may re-enter one time.
- The role of this DH is terminated when:
 - A substitute (or former substitute) for the defensive role subsequently participates in an offensive role
 - The starting defensive player/DH is substituted for either as a hitter or a runner.





EXAMPLE 4

In the 4th inning, Smith replaces Rothrock as the starting P/DH as the pitcher only. In the 4th inning, Rothrock sprains his ankle as he slides into third base on a triple. Rothrock cannot continue and so the head coach enters Kaiser as a pinch-runner.

What happens to Smith in this scenario?





EXAMPLE 4 ANSWER

- If an eligible substitute enters the game to pinchrun for Rothrock, the role of the DH is terminated and Rothrock is removed from the game.
- This will end Smith as the pitcher since the substitute Kaiser enters the game in the batting order spot already occupied by Smith.
- Casebook 3.1.4 Situation I (page 26)



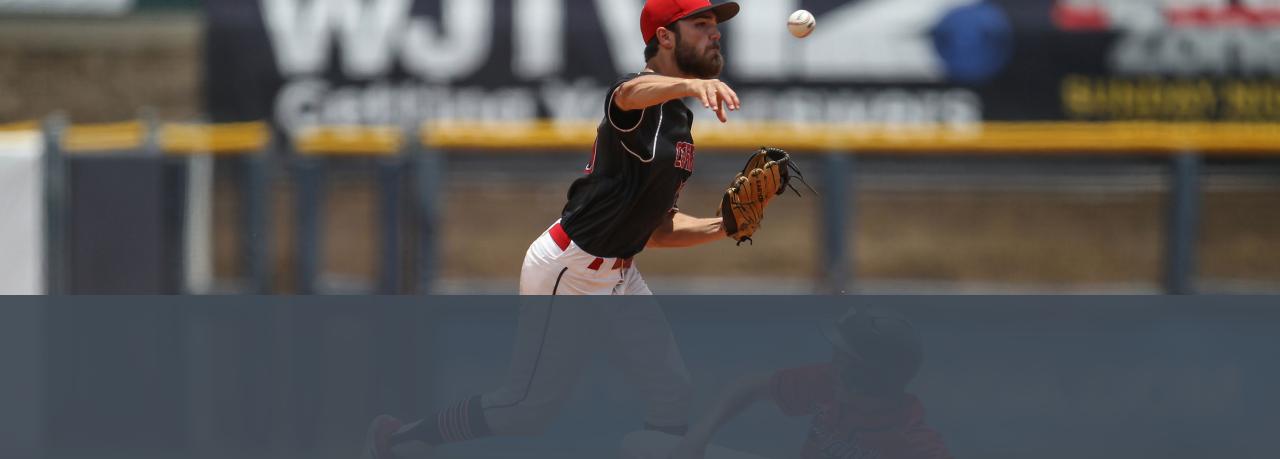


WHAT ABOUT NY'S P/DH RULE FROM 2019?

- How does this rule affect the 2019 rule in NY concerning the P/DH?
- Will NY eliminate the P/DH rule from 2019 with the implementation of this new expanded form of the NFHS DH rule?

Answer: TO BE DETERMINED



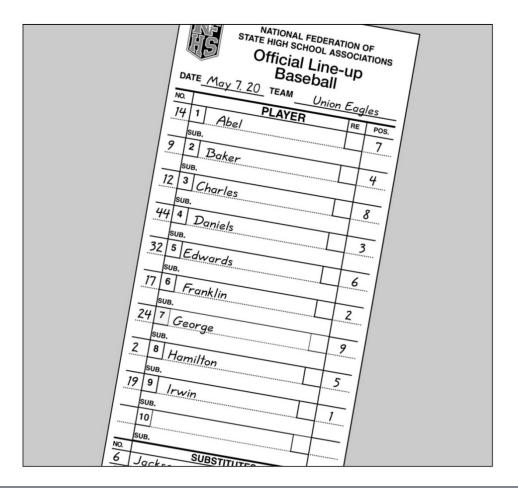


POINTS OF EMPHASIS





DESIGNATED HITTER



There are now two options when using a designated hitter: the standard DH and the player/DH. Teams may also still choose to start the game without using a designated hitter (straight 9). All options must be declared prior to the start of the game.





DESIGNATED HITTER



The courtesy runner (CR) can never have any function with a designated hitter (DH). When a DH comes to bat, he is a DH (regardless of either lineup option); when at bat, he can never assume a defensive position. As a result, a CR is never a legal substitute for a DH.





DESIGNATED HITTER



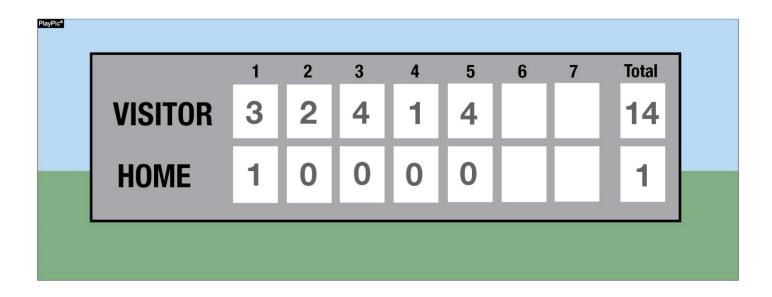
If the DH is batting for another player, when he bats, he is a DH. As a result, if a runner comes in for him when he gets on base, it is a substitution, and that player is now the DH. If the DH is a Player/DH, he is batting as the DH. A substitution by an offensive player would eliminate the role of the DH.



Points of Emphasis



GAME-ENDING PROCEDURES

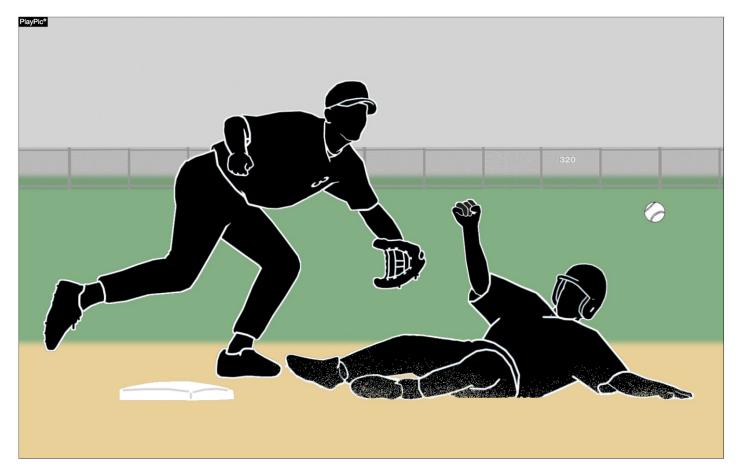




A state association may adopt game-ending procedures that determine how games are ended, including suspended games. However, if a state does not adopt game-ending procedures, by mutual agreement of the opposing coaches and the umpire-in-chief, any remaining play may be shortened or the game terminated. If a state association has adopted game-ending procedures, only those game-ending procedures may be used, unless the opposing coaches wish to terminate the game (4-2-4).



FORCE-PLAY SLIDE RULE

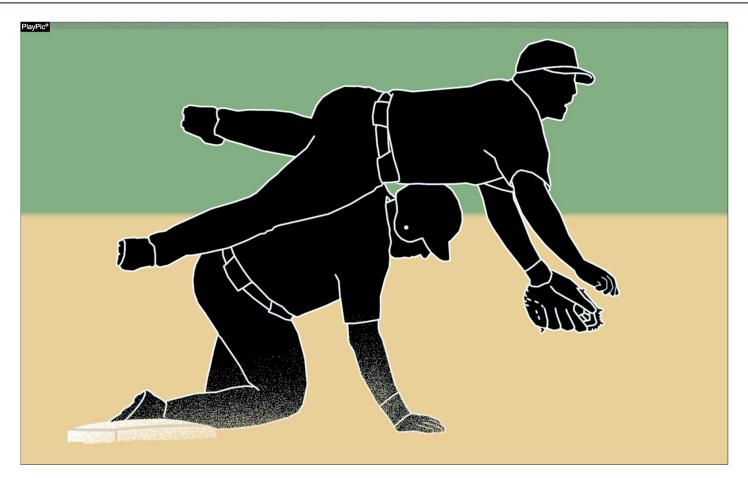


Runners are never required to slide, but if a runner elects to slide at any base, it must be legal. A legal slide can either be feet first or head first. If a runner slides feet first, at least one leg and buttock shall be on the ground.





FORCE-PLAY SLIDE RULE

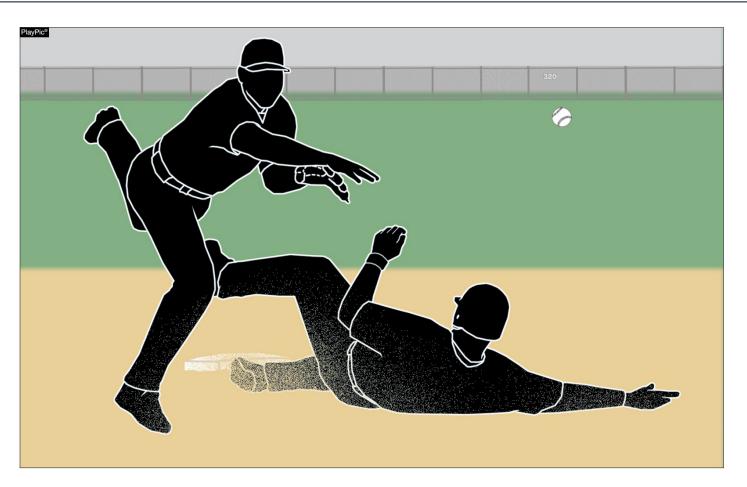


Runners may not pop-up into the fielder.





FORCE-PLAY SLIDE RULE



Runners may not have a leg raised higher than the fielder's knee.





FORCE-PLAY SLIDE RULE

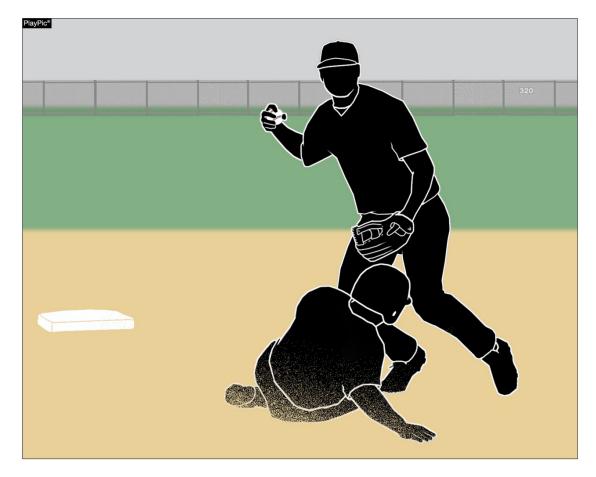


Except at home plate, runners may not slide through or beyond the base.





FORCE-PLAY SLIDE RULE



Runners may not slide away from a base in the direction of the fielder. But a runner may slide in a direction away from a fielder to avoid making contact or altering the play of the fielder.





FORCE-PLAY SLIDE RULE



The runner is out when he illegally slides. On a force play, the runner is also guilty of interference. The batter-runner is also declared out and all other runners must return to the base occupied at the time of the pitch.





FORCE-PLAY SLIDE RULE EXAMPLE 1

R1 is on the first base. B2 hits a ground ball to the shortstop who flips to the second baseman covering second to turn a double play. R1 runs to second base and goes in directly to second base standing up. No contact is made with the second baseman, but the second baseman must take a step to the side to make the throw to first.

What is the proper call?





FORCE-PLAY SLIDE RULE EXAMPLE 1 ANSWER

• This is interference. R1 is already out so time is called and the Batter-Runner is declared out for the interference.

Combine rules 2-32-1 and 8-4-2b





FORCE-PLAY SLIDE RULE EXAMPLE 2

R1 is on the first base. B2 hits a ground ball to the second baseman who flips to the shortstop covering second to turn a double play. R1 runs to second base and goes in directly to second base standing up. No contact is made with the shortstop, but the shortstop's throw hits R1 directly in the chest.



What is the proper call?



FORCE-PLAY SLIDE RULE EXAMPLE 2 ANSWER

• This is interference. R1 is already out so time is called and the Batter-Runner is declared out for the interference.

Combine rules 2-32-1 and 8-4-2b





FORCE-PLAY SLIDE RULE EXAMPLE 3

R1 is on the first base. B2 hits a ground ball to the shortstop who flips to the second baseman covering second to turn a double play. R1 runs to second base and goes in directly to second base standing up. As R1 reaches second base, he makes contact with the second baseman as he is reaching second base.

What is the proper call?





FORCE-PLAY SLIDE RULE EXAMPLE 3 ANSWER

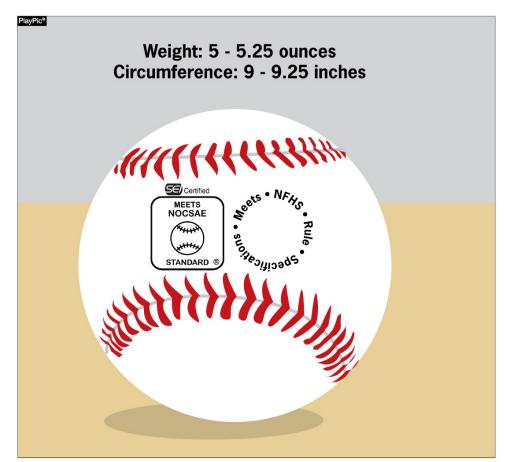
• This is interference. R1 is already out so time is called and the Batter-Runner is declared out for the interference.

Combine rules 2-32-1 and 8-4-2b





COMPLIANT BASEBALL



The ball shall meet the current NOCSAE standard for baseball effective January 1, 2020. The NFHS authentication mark and the NOCSAE mark shall both be visible on the ball.



Points of Emphasis



BASEBALLS RULE 1-3-1

- Effective January 1, 2020 the SEI/NOCSAE mark is required on all baseballs that meet the NOCSAE standard that will be used in high school competition.
- Baseballs shall have the SEI/NOCSAE mark along with the NFHS Authenticating Mark.

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.





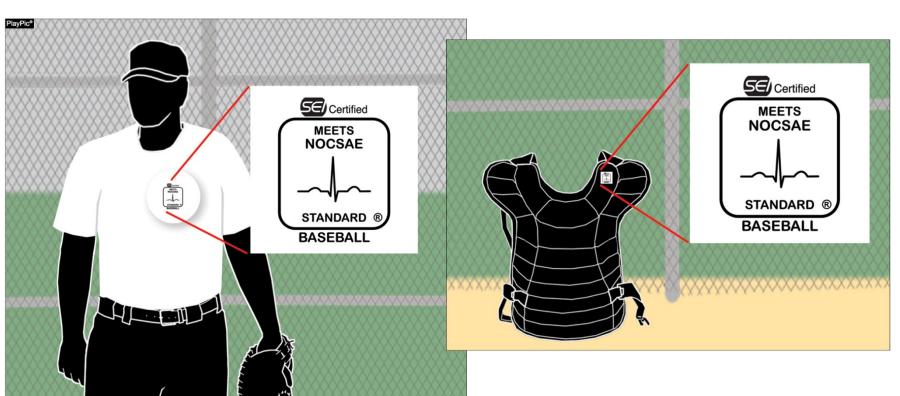
COMPLIANT BASEBALL - PENALTY

- There is **no** penalty listed in the rule book.
- If a baseball does not have the NOCSAE mark, report the coach/team/school to NYSPHSAA
 - Still play the game





COMPLIANT BODY AND CHEST PROTECTOR



The catcher's body/chest protector shall meet the NOCSAE standard effective Jan. 1, 2020.





CHEST AND BODY PROTECTOR RULE 1-5-3

■ The catcher shall wear, in addition to a head protector, a mask with a throat protector, body/chest protector that meets the NOCSAE standard at the time of manufacture (Effective January 1, 2020), protective cup (male only), and baseball protective shin guards. The SEI/NOCSAE mark is required on all body/chest protectors that meets the NOCSAE standard at the time of manufacture that will be used in high school competition.





CHEST AND BODY PROTECTOR RULE 1-5-3

Rationale:

A SEI/NOCSAE standard has been developed to protect the heart and the cardiac silhouette from commotio cordis. The NOCSAE standard could be included in a product that is either a separate device/apparel or a device constructed into a traditional chest protector. This proposal is recommended and endorsed by the NFHS Sports Medicine Advisory Committee (SMAC) to minimize risk. The catcher has to wear either a chest protector that meets the NOCSAE standard or a body protector that meets the NOCSAE standard underneath a traditional chest protector. It is the responsibility of the coach to verify that his/her players are properly equipped and in uniform.





CHEST AND BODY PROTECTOR - PENALTY

- Per Elliot Hopkins:
 - 1. Order the player to wear the proper equipment.
 - 2. If the player does not comply, **eject** them from the contest.
 - Rule 1-5-3 Penalty





Although the coach at the pregame conference verified to the plate umpire that all his players were properly equipped in accordance with NFHS rules, he notices that the catcher is wearing an old chest protector – one that does not have the SEI/NOCSAE mark on it. He asks the catcher to take his jersey off to show that he is wearing a SEI/NOCSAE-approved body protector.

Is this the correct approach?





- NO!
- The umpire shall accept the coach's verification that all his players are properly equipped.
- The plate umpire shall not require the catcher to disrobe or unbutton his jersey to prove that he is wearing a certified body protector.
- (1-5-3, 4-1-3b)





At the pregame conference, the visiting coach verifies that all his players are properly equipped in accordance with NFHS rules. The catcher is wearing an old chest protector that does not have the SEI/NOCSAE mark. In the third inning, the catcher tells the umpire that he forgot his body protector and is not wearing anything under his jersey other than a plain undershirt.

What must we do in this situation?



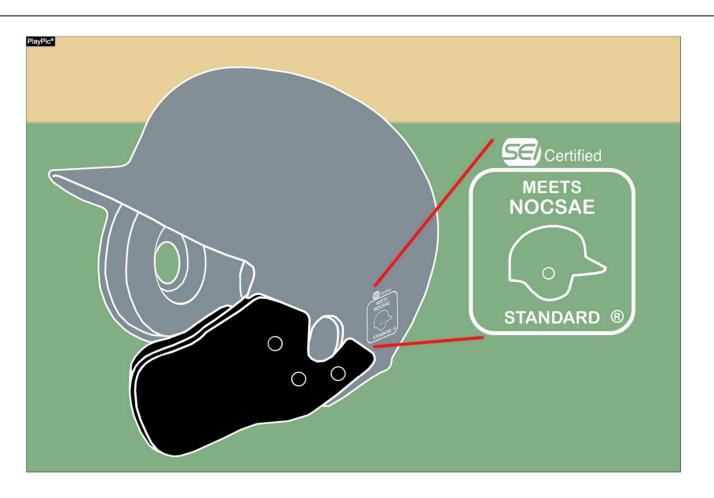


- The plate umpire is to accept a coach's verification.
- Once it is known that the verification was not totally accurate, the umpire **must** halt the game and have the situation rectified.
- The umpire will stop the game and ask the coach if there is a body/chest protector available that the catcher may use.
- The game cannot resume until the catcher is legally equipped.
- **(1-5-3, 1-5-6)**





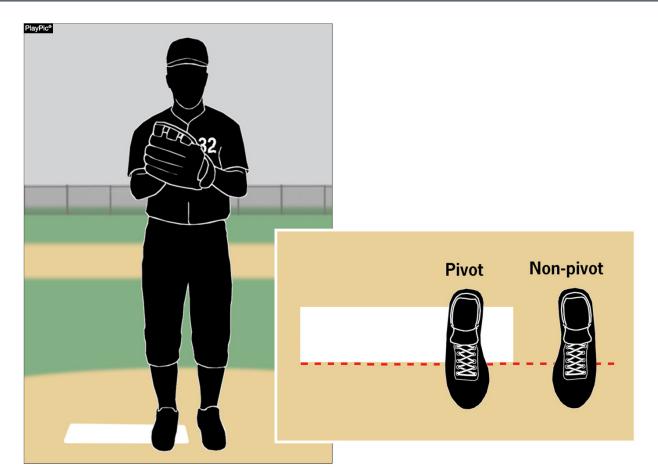
COMPLIANCE OF PLAYER EQUIPMENT



A face mask/guard specifically designed for a particular helmet model may be attached after manufacture, provided that procedure is approved by the manufacturer and meets the SEI/NOCSAE standard at the time of manufacture.



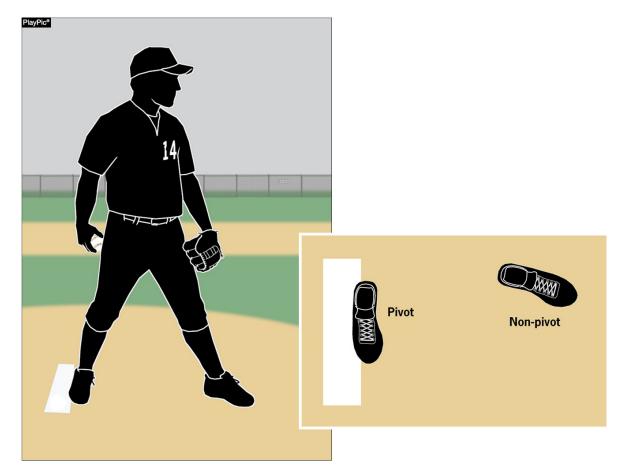




The windup is one of two legal pitching positions. For the windup, the pitcher's non-pivot foot shall be in any position on or behind a line extending through the front edge of the pitcher's plate.



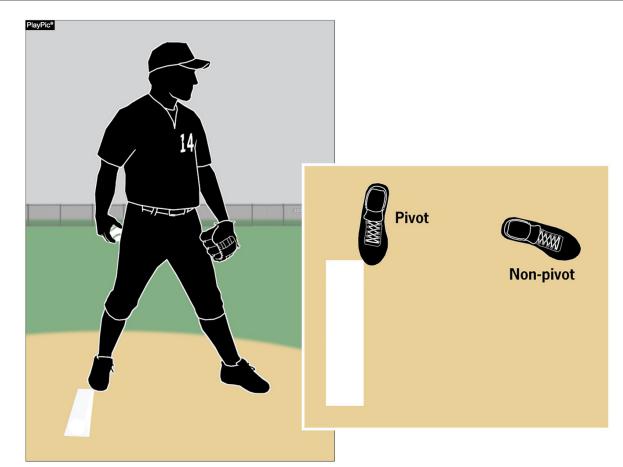




The set is one of two legal pitching positions. For the set position, a pitcher shall stand with his entire non-pivot foot in front of a line extending through the front edge of the pitcher's plate and with his pivot foot in contact with or directly in front of and parallel to the pitcher's plate.



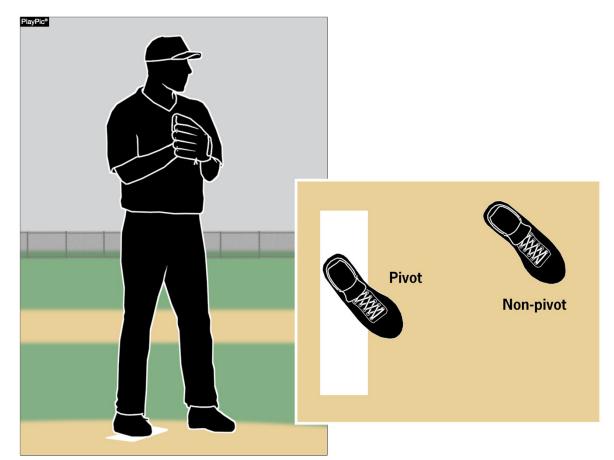




Pitchers are no longer required to have their entire pivot foot in contact with the pitcher's plate. This recognizes that many mounds are such that it is problematic for the pitcher to have his entire pivot foot in contact with the pitcher's plate.





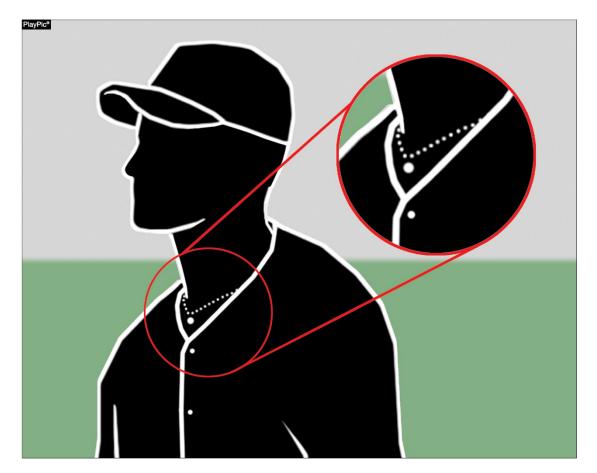


The so-called hybrid stance is illegal as it does not meet the requirements of either the windup or set positions.



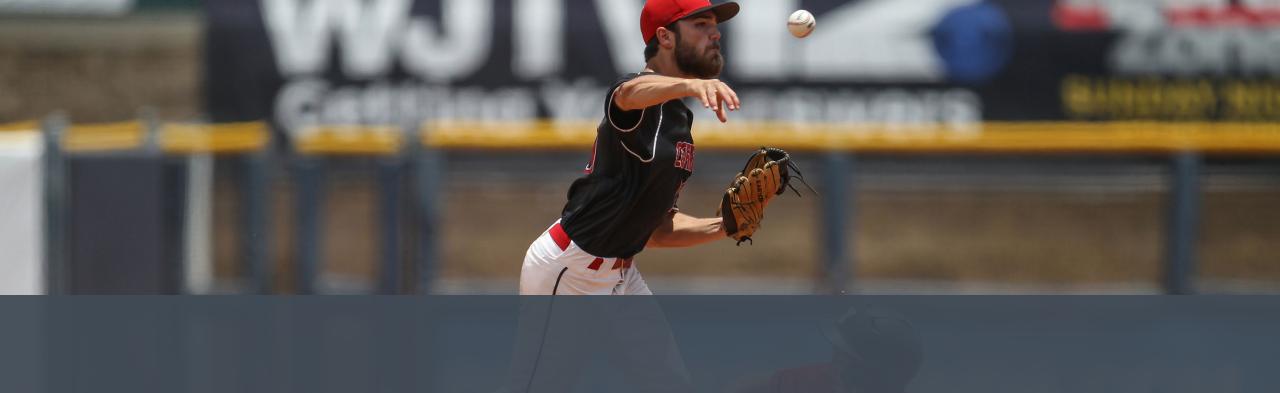


ENFORCEMENT OF NFHS JEWELRY RULE



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.





NY STATE ADOPTED RULES





NY STATE ADOPTED RULES – PAGE 65

- 1-2-9: We do not allow a double-first base.
- 1-4-4: To allow for special occasions, commemorative or memorial patches, that will be uniformly placed, not to exceed 4 square inches, to be worn on jerseys in an appropriate and dignified manner without compromising the integrity of the uniform.
 - If a school/coach contacts you or your chapter about this, refer them to NYSPHSAA.
 - Let NYSPHSAA make the decision.





NY STATE ADOPTED RULES – PAGE 66

- **2-33-1**: Suggested speed-up rules. (Check with your league office).
- 4-2-2: 10 run rule. Each section has the option to approve the rule and then each league has the option to approve the rule.
- 4-2-4: Game-ending procedures may be determined.
- 4-3-1: Cross out! We do not have this rule.
- 4-4-1a: State associations are authorized to specify the time frame and/or circumstances before a forfeit shall be declared for a late arrival by one of the teams.
- 4-5-1: Protests are allowed in NY.
- 10-1-9: Visit the NYSBUA website for our uniform code.





CONCUSSIONS – PAGE 72

- Recognize common signs and symptoms of a concussion.
- Suggested Concussion Management:
 - No athlete should return to play on the same day of a concussion.
 - Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional as soon as possible.
 - RULE 3-1-5 (page 28): "Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional."





BLOOD – PAGE 74

- Student-athlete who is:
 - bleeding, has an open wound, has any amount of blood on a uniform, or has blood on their body shall be directed to leave the game until:
 - the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to the game.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.





LIGHTNING OR THUNDER – PAGE 75

- When thunder is heard or lightning is seen:
 - Vacate the field immediately.
 - Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed.
 - Any subsequent thunder or lightning after the beginning of the 30-minute suspension count will reset the clock and another 30-minute count should begin.

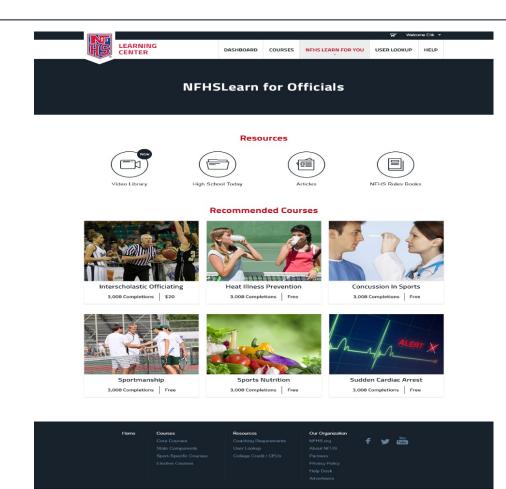




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- Field Hockey
- Track and Field
- Volleyball Overlapping
- Softball Mechanics
- Communication Among Officials and Coaches
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- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



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THANK YOU AND HAVE A GREAT BASEBALL SEASON!

