



# 2022 NFHS BASEBALL RULES POWERPOINT

National Federation of State  
High School Associations



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# NFHS INFORMATION



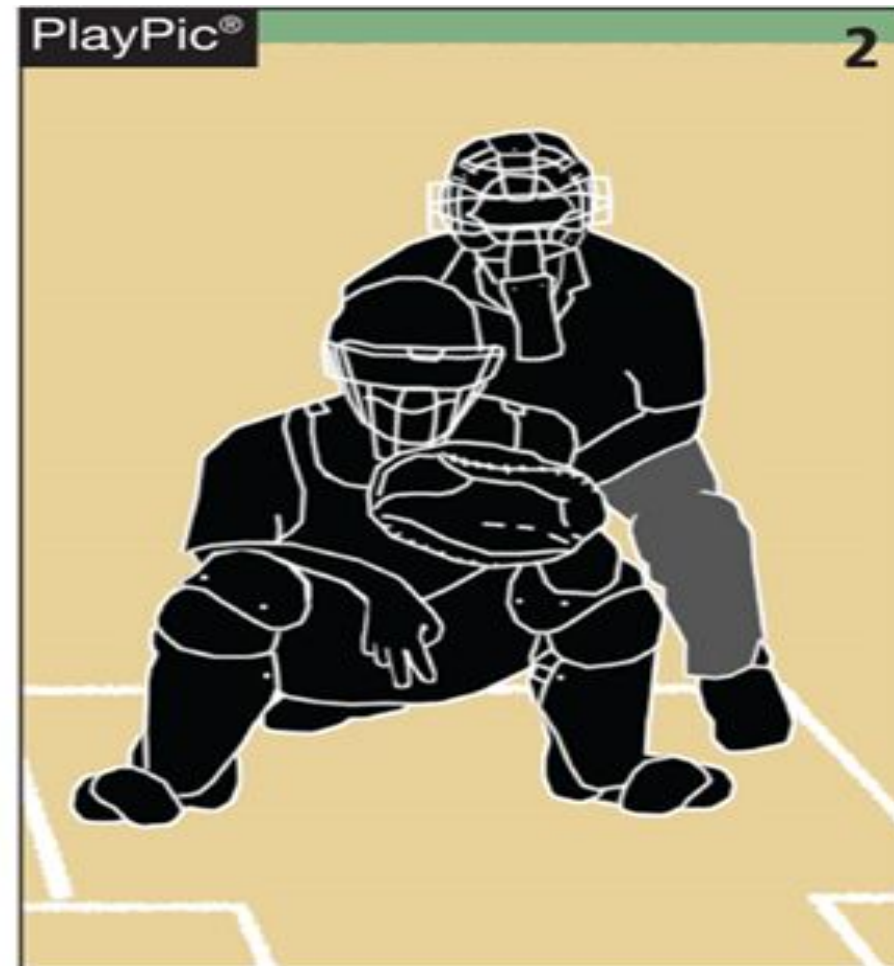
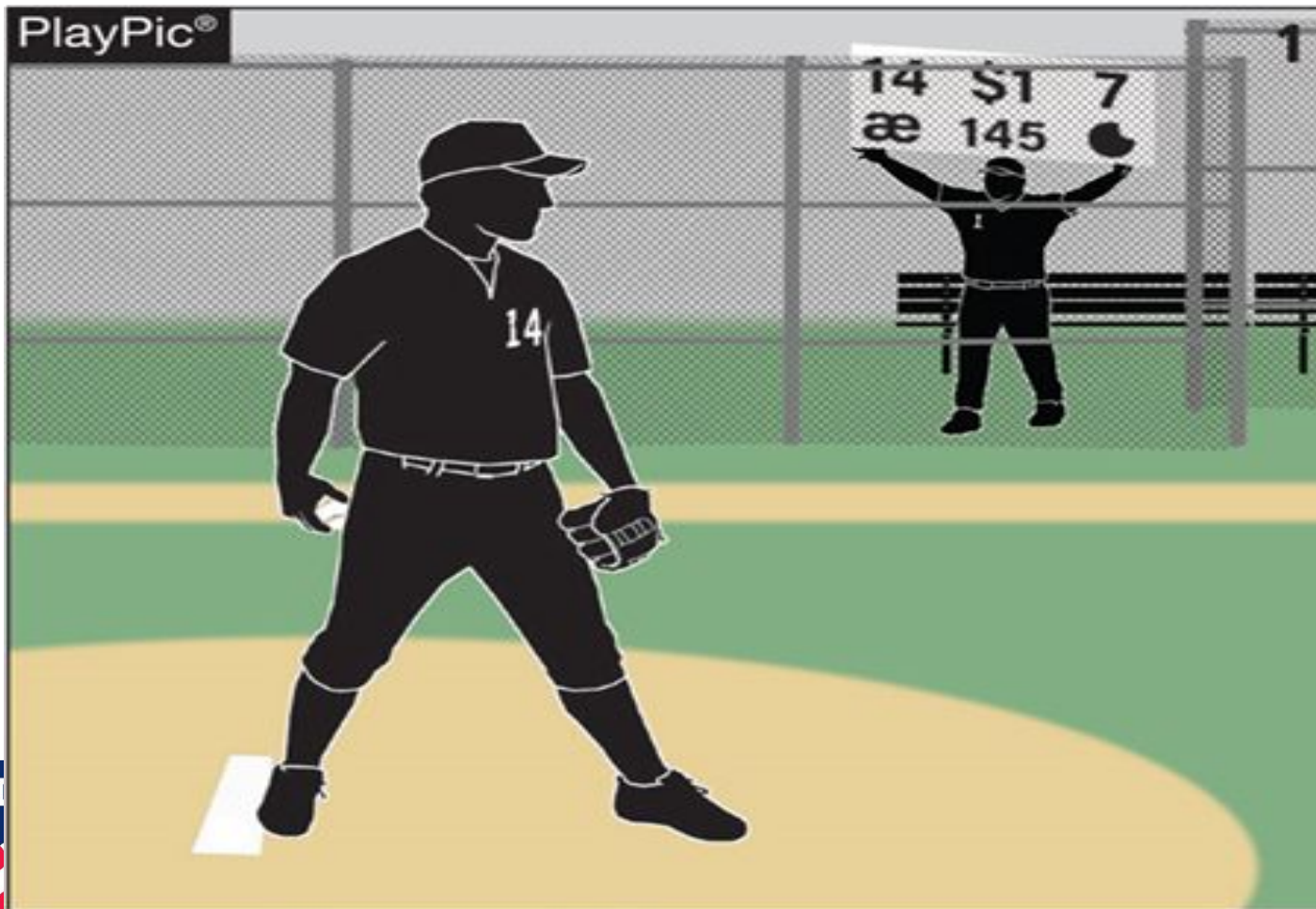


# RULES CHANGES





# RULE 6-1-1 PITCHING





## RULE 6-1-1

**ART. 1 . . .** The pitcher shall pitch while facing the batter from either a windup position (Art.2) or set position (Art.3). The position of his feet determine whether he will pitch from the windup or the set position. He shall take or simulate taking his sign from the catcher with his pivot foot in contact with the pitcher's plate. The pitching regulations begin when he intentionally contacts the pitcher's plate. Turning the shoulders after bringing the hands together during or after the stretch is a balk. He shall not make a quick-return pitch in an attempt to catch a batter off balance. The catcher shall have both feet in the catcher's box at the time of the pitch. If a pitcher is ambidextrous, the umpire shall require the pitcher to face a batter as either a left-handed or right-handed pitcher, but not both.



## RULE 6-1-1

### Rationale:

The pitcher acquiring the sign from the catcher is one of the fundamental rules of baseball. It not only signals the defensive team that action is about to be initiated, but it also establishes when an offensive base runner(s) can take a lead-off from his/her base. That simple act has evolved over the last decade but was not supported by an accompanying rule. **This change validates the pitcher taking the sign from the dugout/bench via “call” signs, numbers, colors, or an arm wristband/placard that contains printed cards where the defensive set up/pitching repertoire is located.** This aspect of the game has become more sophisticated to match the skill level and ability of today’s high school baseball player.



## EXAMPLE 1 – THE PLAY

- While off the pitching plate, the pitcher looks into the dugout and receives a signal for the next pitch. The pitcher next legally steps on the pitching plate, looks at the catcher, and then delivers a legal pitch. The opposing coach insists that a balk should be called because the pitcher did not take his “sign” from the catcher.

What is the ruling?



## EXAMPLE 1 – THE ANSWER

- There is NO balk.
- A pitcher is required, once on the pitching plate, to take or simulate taking his sign from the catcher.
- **Case Play 6.1.1 Situation K page 50**



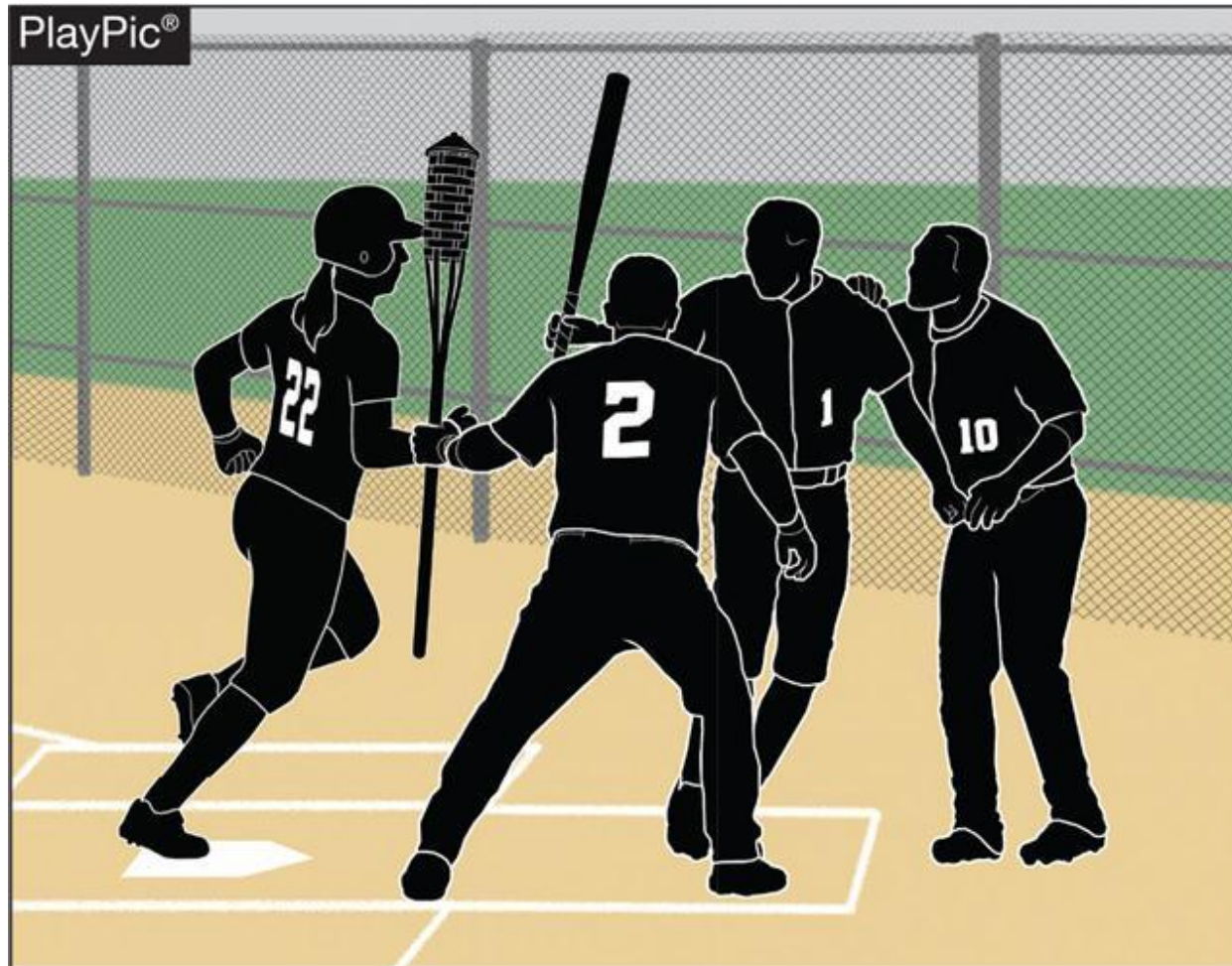




# NFHS BASEBALL POINTS OF EMPHASIS



## EXCESSIVE CELEBRATION

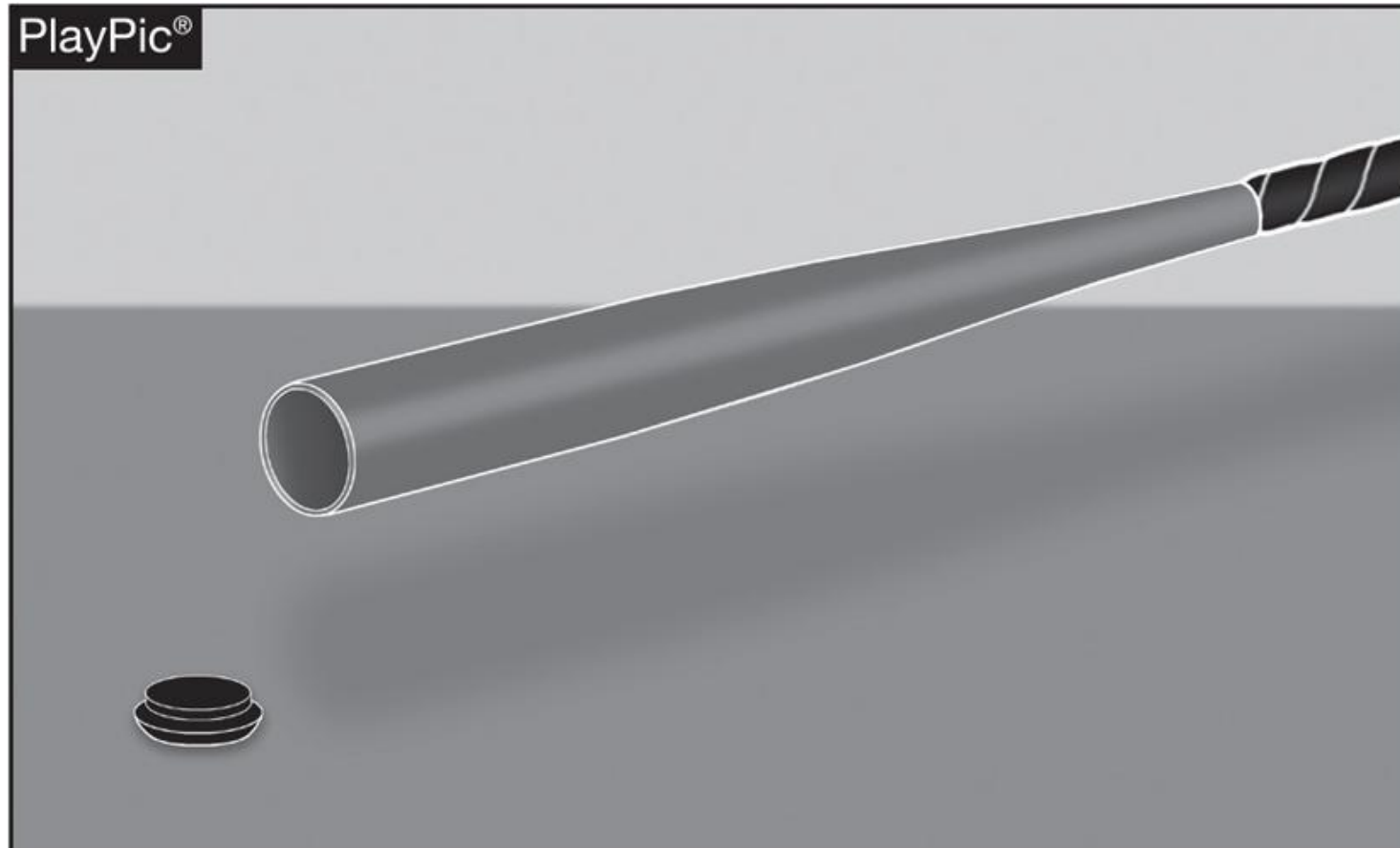


## EXCESSIVE CELEBRATION

- The game has evolved from celebratory high-fives and cheers to choreographed celebrations that include props and players being assigned specific roles.
- If coaches are unable to manage the emotions of their players or the theatrics of celebration, then the game umpires have existing rules that provide warnings, possible restrictions and ultimately ejections from the contest.



## PROPER USE OF EQUIPMENT







## PROPER USE OF EQUIPMENT

- Equipment manufacturers spend millions of dollars to ensure that their products are held to high industry standards.
- Most products are tested as to how they are supposed to be worn or used.
- When someone alters that product, it violates the equipment's warranty and leaves the end-user uncertain that the product will perform...or protect the wearer from injury or harm.



## PROPER USE OF EQUIPMENT

- Bats, helmets, chest protectors and chin protectors should not be modified or used in a way that it was not designed by the manufacturer.
- Doing so violates the equipment's warrant and creates a product that may not perform as intended nor protect the user from injury or harm.



## SITTING ON BUCKETS (COACHES)



## SITTING ON BUCKETS (COACHES)

- Coaches, players, substitutes, attendants or other bench personnel **shall not** leave the dugout during live ball for any unauthorized purpose.
- Coaches or team personnel **may not** sit outside the dugout/bench on buckets or stools.
- Coaches or team personnel **may not** stand outside the dugout/bench.





## LODGED BALL PROCEDURE



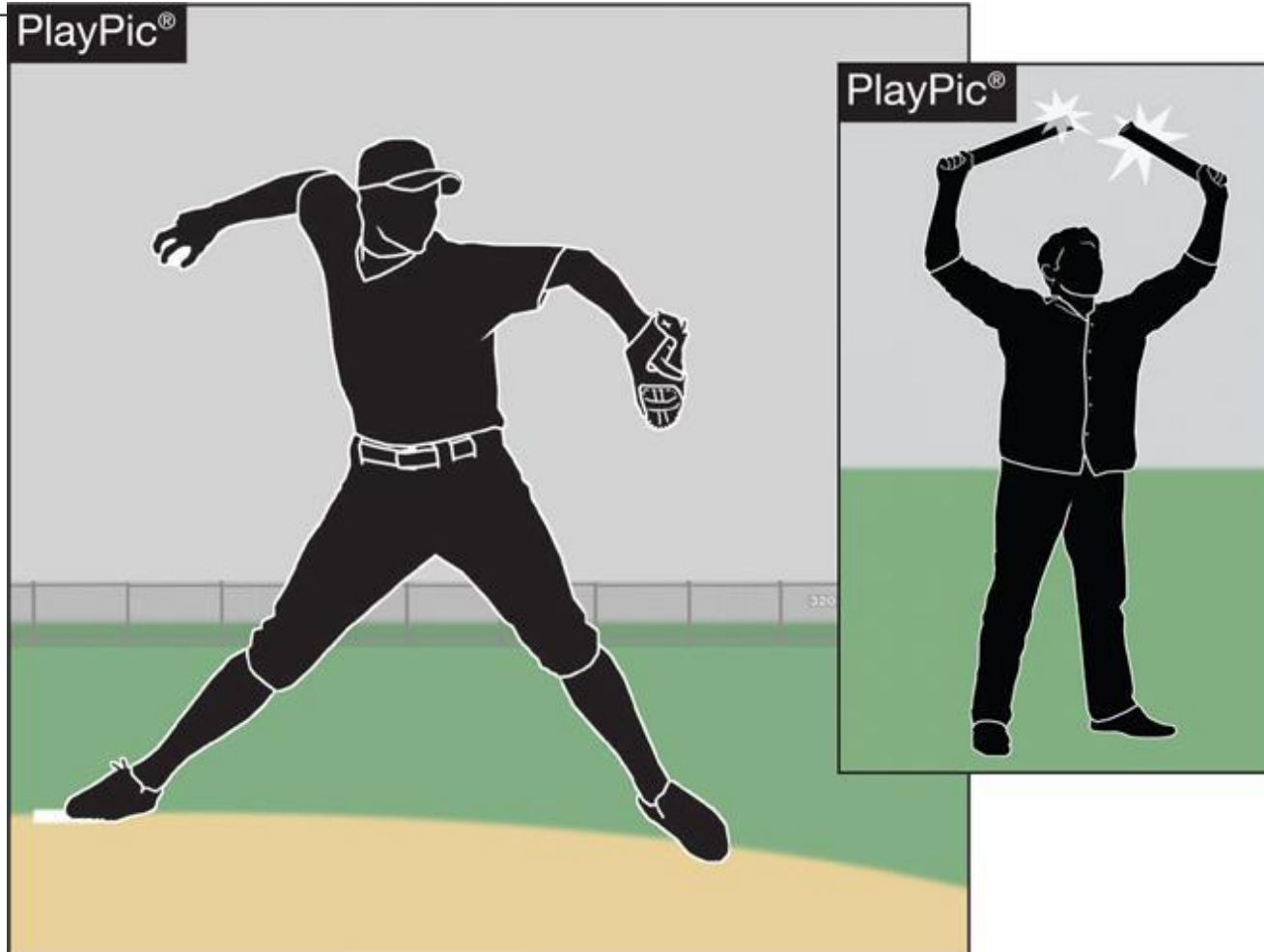


## LODGED BALL PROCEDURE

- A baseball that remains on the playing field but has become wedged, stuck, lost, unreachable, is defined to be a lodged ball.
- If the ball impacts something, stops abruptly, and does not fall or roll immediately, it is considered lodged.
- **However**, if a ball becomes stuck in the webbing of a fielder's glove, it remains in play and the glove/ball combination is treated as a live ball.



# SPORTSMANSHIP





## SPORTSMANSHIP

- Chants/intentional distractions/loud noises (natural or artificial) directed at the opponent's pitcher prior to his pitching, the batter preparing to hit, or a fielder getting ready to make a play is not good sportsmanship and **should not be accepted.**







## SPORTSMANSHIP

- Players are not allowed to stand or kneel outside their dugout/bench and make “cat-calls” or any other disparaging remarks to the other team.
- Rooting for your team is an integral part of high school baseball.
- Supporting your teammates is extremely important and encouraged, however, making disparaging remarks toward your opponent is not part of the game, in fact it detracts from the contest.
- The purpose of interscholastic sports is educational.





# RULES REMINDERS



# DESIGNATED HITTER

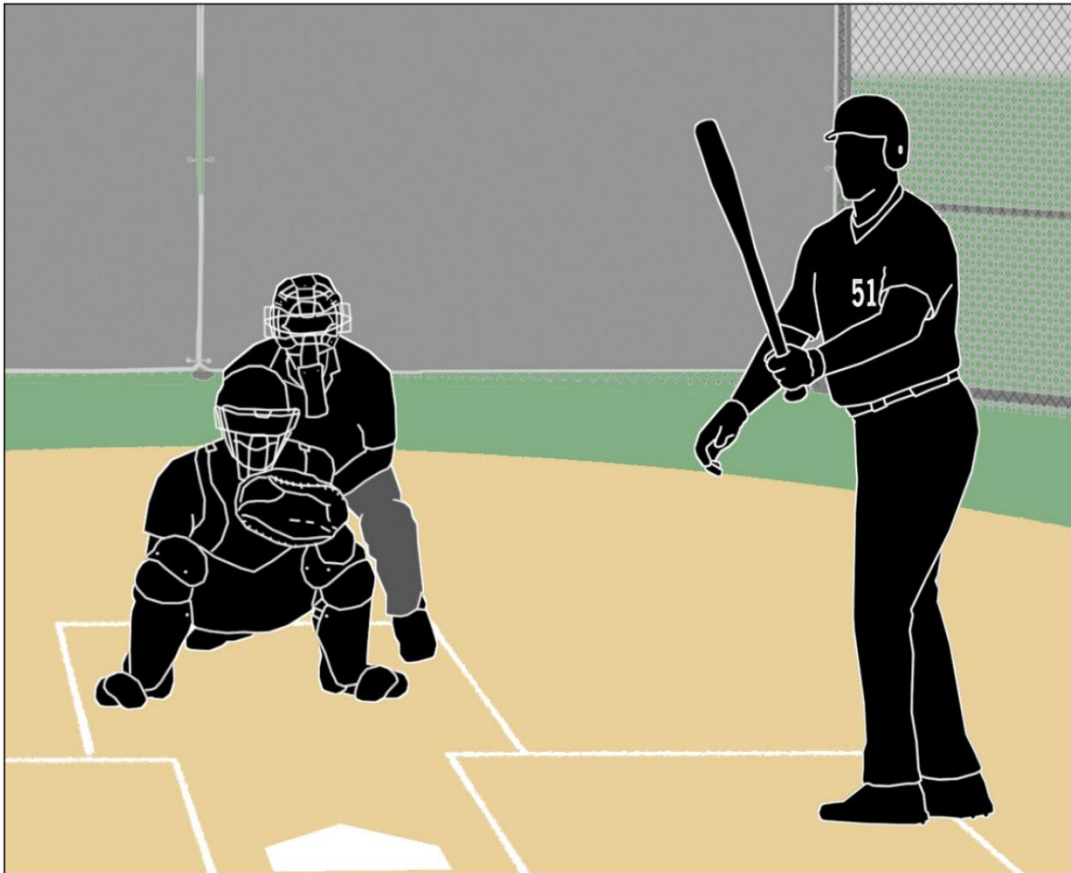
## RULE 3-1-4a2

19	4	Daniels		8
	SUB.			
32	5	Edwards		<del>DH</del> 3
	SUB.			
17	6	Franklin		6
	SUB.			
24	7	George		2
	SUB.			
2	8	Hamilton		9
	SUB.			
19	9	Irwin		5
	SUB.			
<del>6</del>	10	<del>Jackson</del>		1
	SUB.			
11		Knutson		<del>3</del>
28		Larson		
35		Matthewson		
1		Nelson		
SUBSTITUTES			POS.	

- 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.

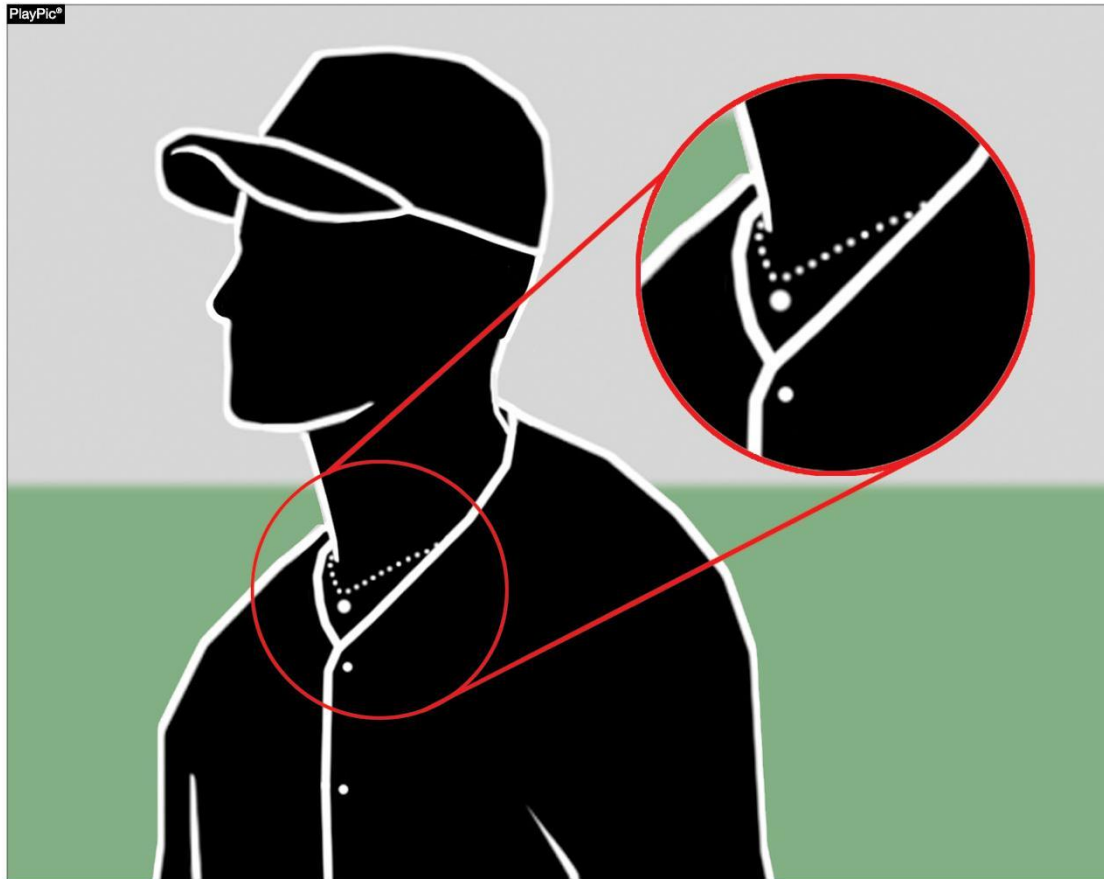
# DESIGNATED HITTER

## RULE 3-1-4b-1



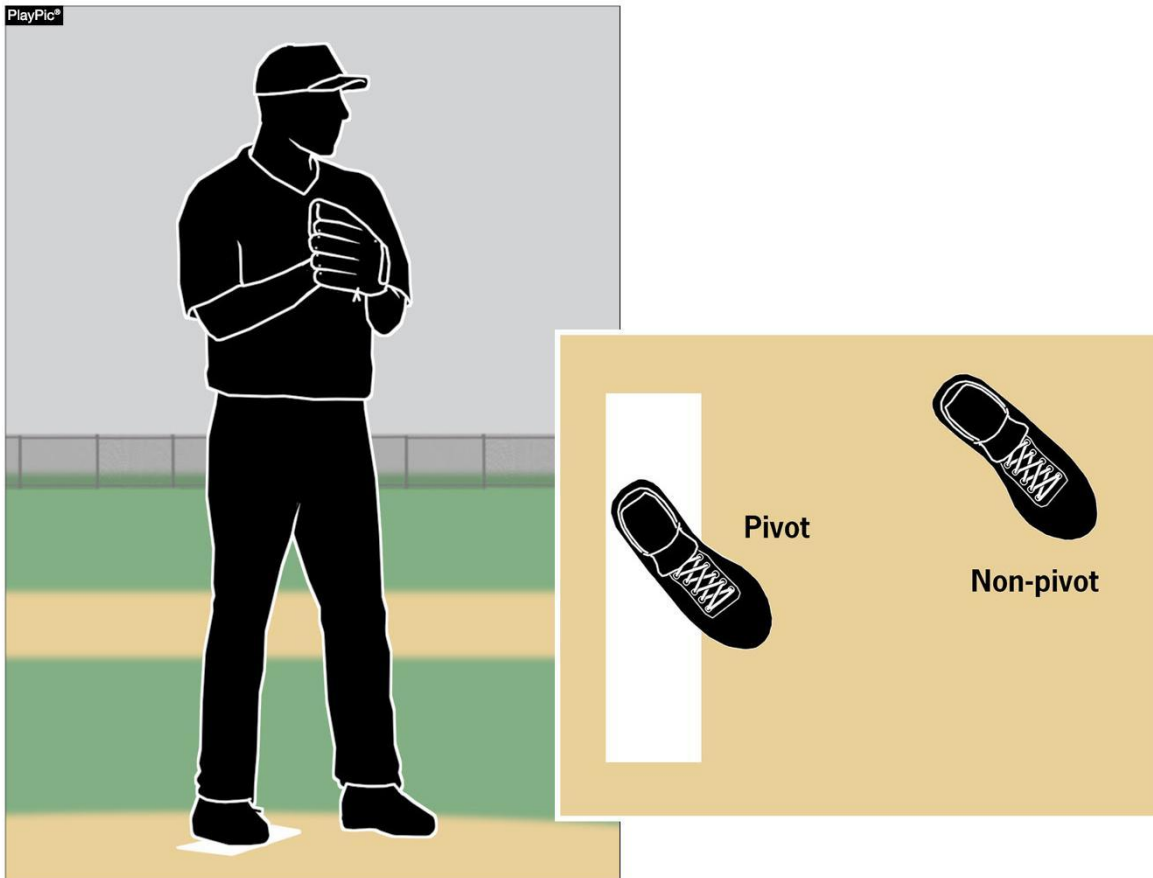
When using the Player/DH, the role of the DH is terminated for the remainder of the game when any player substitutes offensively for the DH. Either by batting, pinch hits or pinch runs for the DH.

## 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 still illegal as it does not meet the requirements of either the windup or set positions.



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# WESTERN SUFFOLK BASEBALL UMPIRES

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





# 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.



# NFHS NETWORK

- By 2025, 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 Sports and Activities



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BASEBALL SEASON!**

