



National Federation of State
High School Associations



2014 NFHS Baseball Rules PowerPoint Presentation

B. Elliot Hopkins, MLD, CAA
Baseball Rules Editor

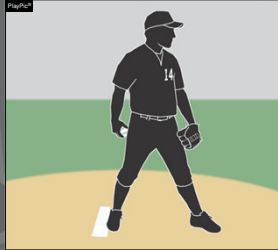
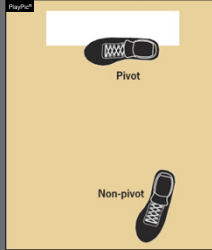


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NFHS

Legal Pitching Positions Rule 6-1-3

RULE CHANGE

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.


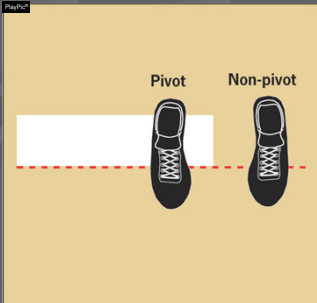
REFEREE

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NFHS

Legal Pitching Positions Rule 6-1-3

RULE CHANGE

The windup is 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.

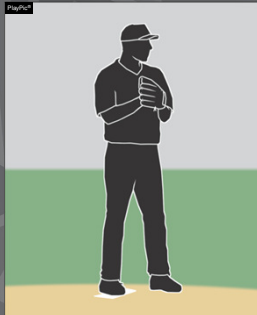
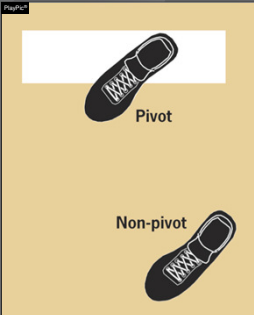
REFEREE

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NFHS

Illegal Pitching Position Rule 6-1-3

RULE CHANGE





A number of pitchers are starting in this position and coming set. This is not a legal position because it does not meet the requirements of either the windup or set position.

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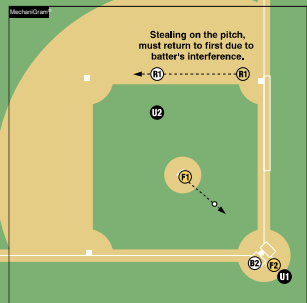
Backswing Interference
Rule 7-3-5c



The batter is responsible for his bat throughout his swing. If the batter's swing prevents the catcher from making a play, he has committed backswing interference.

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Stealing on the pitch, must return to first due to batter's interference.



and the batter is


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Rule 7-3-5


- ART. 5** . . .Interfere with the catcher's fielding or throwing by:
 - leaning over home plate,
 - stepping out of the batter's box,
 - making any other movement, including backswing interference, which hinders action at home plate or the catcher's attempt to play on a runner, or
 - Failing to make a reasonable effort to vacate a congested area when there is a throw to home plate and there is time for the batter to move away.
- Rationale:** Prior rule did not address this specific type of interference.

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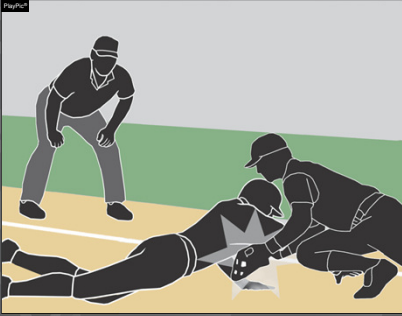


Points of Emphasis



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Malicious Contact



POINT OF EMPHASIS

An unnecessarily hard tag is an example of defensive malicious contact. If that occurs, the ball is dead and the defensive player is ejected.

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Malicious Contact



POINT OF EMPHASIS


Offensive players can be guilty of malicious contact. When malicious contact by an offensive player occurs, the ball is dead and the player is out and ejected.

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Malicious Contact

- The majority of collisions occur at home plate or on the bases.
- Runners should be instructed to slide or attempt to avoid contact with any defensive player.
- Malicious contact can be committed either by an offensive or defensive player (3-3-1n PEN).



Malicious Contact

- Suggested Parameters:
 - Was the contact the result of intentional excessive force?
 - Was there intent to injure?
- The absence of these two conditions does not guarantee that malicious contact did not exist, they only provide a starting point for consideration!



POINT OF EMPHASIS

Coach's Attire



This is a traditional coach's uniform in most states.

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Coaching Attire

- Coaches wearing the same uniform of the team is a longstanding tradition in the sport of baseball.
- Coach's attire supports uniformity and speaks to the notion of camaraderie of the team.
- Baseball coaches are some of the few coaches that are on the field of play and have an active role during a live ball in any sport.

REFEREE


Coaching Attire

- Identification of the adult coaches is the primary focus.
- It provides visual security.
- One can easily identify who does not belong because they are not dressed the same as the rest of the team.
- Umpires have to be discerning and flexible in their approach with these coach/teacher individuals.

REFEREE

POINT OF EMPHASIS

Umpire's Authority




Coaches are permitted to question rules and their enforcements, but are not allowed to question the judgment of the umpire. The umpire is the sole authority for ruling on a game.

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POINT OF EMPHASIS

Umpire's Authority



When an umpire comes to the mound, the defensive conference is over. The coach should respect the umpire's authority to resume the game and not linger or prolong the conference unnecessarily.

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Umpire Authority and Enforcement

- Umpires have the unenviable responsibility and authority to make decisions based on the rules.
- The game official has to make calls, correct behavior and issue direction to students and coaches.
- At times, players, fans and coaches will not agree with the decision of an umpire and they have that right...however, they do not have the right not to accept the decision of the umpire.



Umpire Authority and Enforcement

- A coach or player cannot (not limited to):
 - Dispute an umpire's call.
 - Fail to comply with an umpire's directive.
 - Exaggerate the time allowed for conferences.
 - Challenge the umpire's authority.
 - Incite fan/spectator negative behavior.
 - Model inappropriate behavior to their team members.



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Pitcher's Arm Care Suggestions




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Arm Care Suggestions


- Arm injuries are on the rise in high school age players.
- Most of the arm injuries are at the pitcher position.
- 45% of pitchers under the age of 12 experience chronic elbow pain.
- Ulnar collateral ligament reconstruction (Tommy John) surgeries have increased over 700% in the last decade for adolescent pitchers.



POINT OF EMPHASIS



Arm Care




Coaches have an obligation to take care of their pitchers. Arm injuries continue to rise and proper care must be taken. No single win is worth unnecessary risk or injury to a player.


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POINT OF EMPHASIS



Arm Care




When a pitcher indicates he is injured, the coach should remove him from the game immediately. His replacement gets as many throws as reasonable to warm up.


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POINT OF EMPHASIS



Arm Care



Taking care of a pitcher's arm following a game is one thing that can be done to help prevent injuries. However, no training or treatment program will prevent all injuries.

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Arm Care Suggestions Reasons

- Overuse, undertrained, inadequate rest, insufficient recovery and repair time
- Poor throwing/pitching delivery
- Incomplete warm-up and cool down activity
- Anatomical limitations or restrictions
- Too many games and not enough practices
- Poor physical conditioning
- Parental and coaching ignorance or worse... indifference



Arm Care Suggestions Red Flags

- Decrease in velocity
- Lack of command, breaking ball loses snap
- Reluctant to throw off-speed pitches
- Pitching delivery changes
- Facial grimaces, frustration, rubbing or shaking arm
- Normal routine altered, less or more time spent to get ready to pitch
- Pain, sensitivity, burning sensation or swelling
- Loss of range of motion and/or grip strength



Arm Care Suggestions Corrective Actions

- Proper technical, mental, nutritional and physical training before, during and after pitching with appropriate rest, recovery and repair time
- Proper practices, workload management for pitches, pitchers and entire staff
- Develop other pitchers to share the pitching load
- Observe and understand pitchers' tendencies, make pain assessments, review past performances, preparation and routine



Arm Care Suggestions References

- The references for these suggestions are from:
- Andrews Sports Medicine & Orthopaedic Center – www.andrewscenters.com
- Paul Niggebrugge – [www.Be Your Best Academy.com](http://www.BeYourBestAcademy.com)
- American Sports Medicine Institute – www.asmi.org
 - (<http://www.asmi.org/research.php?page=research§ion=positionStatement>)



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**Thank you for your time and
commitment to high school baseball.
Have a great season!**



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