


National Federation of State  
High School Associations



## 2010 NFHS Baseball Rules Changes

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NFHS Baseball Rules Editor

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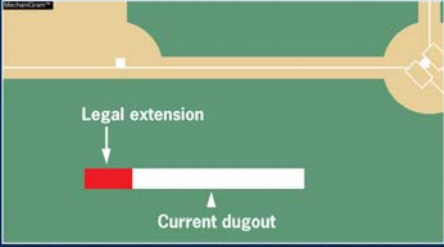
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NFHS REFeree

### Dugout Extensions Rule 1-2-4



Legal extension

Current dugout

Dugouts may be extended temporarily if done in the direction away from home plate.

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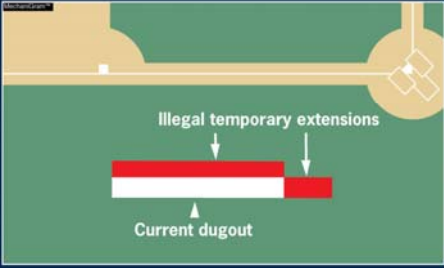
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NFHS REFeree

### Dugout Extensions Rule 1-2-4



Illegal temporary extensions

Current dugout

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**Rule 1-2-4**  
**The Field**

- **When the dugout is temporarily extended,** for any reason, it shall be extended toward the outfield on a line parallel to the foul line. The extension of the dugout area shall be equally applied for both teams.
- **Rationale:** Clarification.



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**New Bat Standard for 2012**  
**Rule 1-3-2**



Starting in 2012, all non-wood bats must meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard.

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**Rule 1-3-2**  
**Bats, Balls and Gloves**

- **New Rule**
- **Effective January 1, 2012. The bat which may be a wood or non-wood product shall be a smooth implement, from the top of the cap to the top of the knob. The cap of the bat and knob of the bat shall be permanently and securely fastened.**



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**Rule 1-3-2 (continued)**

- Effective January 1, 2012.
- All non-wood bats shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be labeled with a silk screen or other permanent certification mark.
- The certification mark has to be rectangular, a minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color.



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**Rule 1-3-2 (continued)**

- There shall be no devices, attachments or wrappings that cause the handle to become flush with the knob. Molded grips are illegal.

**Note: Batted Ball Coefficient of Restitution (BBCOR) performance standard bats are immediately legal as soon as they are available in the 2010 and 2011 seasons.**

- **Rationale:** The new standard would provide the performance of non-wood bats to be closer aligned with the performance of a wood bat.



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**Assistant Coach Behavior**  
**Rule 3-3-1g6**



Assistant coaches are not permitted to leave the dugout or the coaching box for the purposes of arguing with an umpire. The assistant coach is either restricted to the dugout or ejected and the head coach is restricted to the dugout.

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**Assistant Coach Behavior**  
**Rule 3-3-1g6**



An assistant coach returning to the dugout is not in violation of this rule if he asks an umpire a question. The coach is not permitted to have a prolonged argument or dispute with the umpire.

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**Rule 3-3-1g6**  
**Bench and Field Conduct**

- New Rule
- **Any member of the coaching staff who was not the head coach (or designee) in 3-2-4 leaves the vicinity of the dugout or coaching box to dispute a judgment call by an umpire...**
- **PENALTY:** For coaches who violate **g(1-5)**, h, i, j, k or l, the umpire may (1) restrict the offender to bench/dugout for the remainder of the game or (2) eject the offender.




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**Rule 3-3-1g6**  
**(continued)**

- **For violation of g (6), both the head coach and the offending coach shall be restricted to the dugout for the remainder of the game, or if the offense is judged severe enough, the umpire may eject the offender and restrict or eject the head coach...**

**Rationale:** The behavior of some assistant coaches has become disruptive and counter-productive. The head coach is held responsible for his staff and players.




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 **Runner's Interference**  
**Rule 7-4-1f** 



Previously, the batter would be declared out if a runner interfered with a fielder attempting to field a foul fly ball. Now, the runner is declared out.

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**Rule 7-4-1f**  
**Batter is Out**

- Rule Change
- Runner's Interference
- ...f. any member of the offensive team or coach **other than the runner(s)** interferes with a fielder who is attempting to field a foul fly ball.
- **Rationale:** This rule change clarifies the responsibility of the runner and will have the runner, not the batter, be declared out for the runner's interference.



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**Editorial Changes**

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**Pitcher's Uniform Requirements**  
Rules 1-4-2; 6-2-1i

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VEST JERSEY



Legal Legal Illegal

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**Rule 1-4-2**  
**Uniforms**

- A pitcher shall not wear white or gray exposed undershirt sleeves or any white or gray sleeve that extends below the elbow. A vest and coordinating shirt that is worn underneath is viewed as a type of uniform top.
- **Rationale:** Clarification.



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**Set Position**  
Rule 6-1-3

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By definition, this pitcher is in compliance with the rule that requires a pitcher to have his hand by his side. There is no attempt to deceive the batter or runners.

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 **Set Position**  
**Rule 6-1-3** 



A pitcher, in the set position, may not swing his arm back and forth. With runners on base, a balk shall be called and all runners awarded one base.

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**Rule 6-1-3**  
**Set Position**

- Umpires must be aware of the position of the pitcher's feet. There position determines if the pitcher is in either the wind-up or set position.
- The "Gorilla" stance is a legal stance of the set position as long as the pitcher's arm does not swing. If his arm is swinging, this is considered as a means to deceive the batter and runner(s).

 **Rationale:** Clarification.

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**Rule 7-3-2**  
**Batting Infractions**

- Rule Change
- Art. 2 ...Hit the ball fair, foul or foul tip while either foot **or knee** is touching the ground completely outside the lines of the batter's box or touching home plate.

▪ **Rationale:** Editorial.



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**Batter Touched By Pitch**  
**Rule 8-1-1d**



A batter may not permit himself to be touched by a pitched ball. If he does, he is not awarded first base.

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**Rule 8-1-1d1**  
**When Batter Becomes a Runner**

- Rule Change
- If he **permits the pitched ball to touch him** (7-3-4), or if the umpire calls the pitched ball a strike, the hitting of the batter is disregarded except that the ball is dead. It is a strike or ball depending on location of the pitch.

▪ **Rationale:** Editorial.



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**Rule 8-4-2 Penalty**  
**Runner is Out**

- Rule Change
- **PENALTY:** The runner is out. **Interference is called and the ball is dead immediately.** On a force-play slide with less than two outs, the runner is declared out, as well as the batter-runner. Runners shall return to the bases occupied at the time of the pitch. With two outs, the runner is declared out. The batter is credited with a fielder's choice.

▪ **Rationale:** Clarification.



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**Rule 9-1-1d**  
**How a Team Scores**

- Rule Change
- ...d. **when a third out is declared during a play resulting from a valid defensive appeal, which results in a force out (this out takes precedence if enforcement of it would negate a score); or...**
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- Rationale: Clarification.



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**Points of Emphasis**

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**Behavior of Assistant Coaches**  **REFEREE**



For the head coach, the duties of controlling the dugout and team behavior includes being both accountable and responsible for the actions of assistant coaches and all other team personnel.

The head coach is the only coach responsible for communications with umpires.

It is not the role of the assistant coach to dispute or appeal play situations and rulings.

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### Behavior of Assistant Coaches

- Coaches are viewed by their players as teachers and positive role models.
- When their behavior jeopardizes the constructive “teachable moments” of an athletic contest then serious attention should be given to this issue.
- Coaches are present to teach and inspire young people to do their best, be fundamentally sound in their respective skill sets and represent their school to the best of their ability.



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### Behavior of Assistant Coaches (continued)

- The behavior of coaches has been a NFHS frequent point of emphasis.
- The inappropriate actions of coaches undermine the main purpose of high school sports...EDUCATION!
- We encourage coaches to assist the umpires, parents and school administrators to work collectively to make our game of baseball the best positive experience for all the young people who participate.



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### Altering of Bats



Altering bats by such methods as rolling, shaving the bat wall, flattening or otherwise manipulating the bat from its original manufactured condition is not legal and can result in the bat being declared illegal by the umpires. Coaches must insist that players use only legal equipment not only because it is a rule, but it is in the best interest of the principles of fair play and sportsmanship.

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Frame 11

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### Altering of Bats

- Altering of bats is on the rise.
- Certain individuals feel that they can gain an illegal and unfair advantage by using an altered bat.
- This practice will drive the cost of bats skyward, because governing bodies will require bat manufacturers to produce a “tamper-proof” or “tampered-notification” bat.
- We have existing rule coverage to deal with altered bats but hope that a sense of fair play would preclude the need for additional legislation.



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### Pregame Equipment Check



Umpires are required to inspect all bats (and helmets) prior to the start of a contest. That ensures only legal equipment is used and helps protect the health of and minimizes the risk to all participants.

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### Pregame Equipment Check

- It is imperative that umpires check bats and helmets prior to the contest.
- This is a rules driven opportunity to ensure that only legal and functional equipment is used.
- This important responsibility should not be taken lightly.
- Coaches and team members should cooperate with the umpires in fulfilling their duty.



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### Pregame Equipment Check (continued)

- It provides multiple purposes:
  - it demonstrates to the players and coaches that the umpires care about the welfare of the participants
  - it shows that the umpires are serious about the rules and risk minimization
  - places umpires in a non-confrontational and approachable setting with players and coaches



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### Concussions



Coaches and athletic trainers are encouraged review the guidelines concerning concussions and strictly adhere to them.

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### Concussions

- Trauma to the brain (concussion) should be taken very seriously.
- The NFHS Sports Medicine Advisory Committee is concerned that players are returning to competition prematurely.
- The NFHS has excellent guidelines pertaining to the handling of concussions.
- Please refer to the NFHS Sports Medicine Handbook.



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**NFHS** NATIONAL FEDERATION OF HIGH SCHOOL SPORTS **Lightning Safety** **REFeree**



No weather condition poses a greater danger for baseball participants than lightning.

NFHS has developed guidelines to assist schools, coaches and umpires in handling lightning situations.

From the time thunder or lightning flash is observed, play should be suspended for a minimum of 30 minutes from the last sound of thunder or observed lightning flash.

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**Lightning Safety**

- The NFHS has developed guidelines to assist schools, coaches and umpires in handling situations where lightning is present.
  - From the time thunder or lightning flash is detected, play should be suspended for a minimum of 30 minutes from the last sound of thunder or observed lightning flash.
  - All participants (players, coaches, umpires and fans) should seek shelter.
- All NFHS rules books contain appropriate procedures for handling lightning situations.

**NFHS**

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**NFHS** NATIONAL FEDERATION OF HIGH SCHOOL SPORTS **Three-Foot Running Lane** **REFeree**



The rule concerning the three-foot running lane is not being enforced consistently or properly.

The batter-runner is required by rule (8-4-1g) to be in the running lane when the ball is being fielded or thrown to first base.

The runner is allowed to run outside the running lane to avoid contact with a fielder who is in the act of fielding or throwing a ball.

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### Three-Foot Running Lane

- This rule is not being enforced consistently and the procedure is not being taught properly.
- By rule (8-4-1g), the batter-runner is required to be in the running lane when the ball is being fielded or thrown to first base.
- The batter-runner is allowed to run outside the running lane to avoid contact with a fielder who is in the act of fielding or throwing a ball.



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### Three-Foot Running Lane (continued)

- To meet the requirement of the rule, the batter-runner should be entirely inside the running lane or outside of the running lane on the side opposite from which the throw is being made.
- Example: Catcher is making the throw to first base on the fair side of the running lane, the batter-runner must be in the running lane or on the foul side.



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### Three-Foot Running Lane (continued)

- If either foot is outside the running lane, the batter-runner is considered to be outside the running lane.
- However, for the rule to be enforced, the defense must make a throw but is not required that the batter-runner is hit by the throw.



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### Good Sporting Behavior

- Umpires and coaches need to work together for the benefit of the students they officiate and teach.
- Game situations provide coaches and officials excellent “teachable moments” to reinforce proper behavior and perspective.
- The positive values that are learned will serve the students long after their high school careers have ended.



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## NCAA New Bat Standards

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### New NCAA Bat Rule

- Beginning January 1, 2011, the NCAA will only allow Batted Ball Coefficient of Restitution (BBCOR)-certified bats.
- The NCAA's baseball rules committee feel the BBCOR standard will better predict the speed with which the ball will leave the bat.
- Wood and non-wood bats with the same BBCOR produce essentially the same batted ball speeds.



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### New NCAA Bat Rule (continued)

- BESR -3 standard bats will not be "grandfathered" into the new BBCOR standard.
- Recently, the NCAA has placed a moratorium on composite bats based upon on-field performance irregularities.
- **The NFHS has currently not placed a moratorium on composite bats for this upcoming baseball season.**



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Thank you and have a great 2010  
season!

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