Rule 1-1-2
Lineup Cards

- Head coaches of both teams are required by rule to submit a team’s lineup card which shall include:
  - Player’s name;
  - Jersey number;
  - Player’s position;
  - Team’s batting order of each starting player
  - Name and jersey number of each eligible substitute;
- There is no penalty for adding eligible substitutes during a contest.

New Bat Standard
Rules 1-3-2, 1-3-3, 1-3-4, 1-3-5

- The NFHS Baseball Rules Committee rewrote the rules that define a bat.
- A legal bat is made up of five sections.
- The rules for a legal bat apply to both wood and non-wood bats, although with some differences.

Rule 1-3-2
Definition of a Baseball Bat

- Legal wood, aluminum or composite bats shall:
  - Be one piece, multi-pieces, permanently assembled or two pieces with interchangeable barrel construction;
  - Not have exposed rivets, pins, rough or sharp edges or any form of external fastener that would present a hazard;
  - Be free of rattles, dents, burrs, cracks, sharp edges;
    - Bats that are broken, altered or deface the ball are illegal.
Rule 1-3-2b
Definition of a Baseball Bat

- Knob:
  - The bat knob shall protrude from the handle.
  - The bat knob may be molded, lathed, welded or permanently fastened.
  - Devices, attachments or wrappings are permitted except those that cause the knob to become flush with the handle.
  - A one-piece rubber knob and bat grip combination is illegal.
Rule 1-3-2b
Definition of a Baseball Bat

- Handle:
  - Area of the bat that begins at, but does not include the knob, and ends where the taper begins.
  - There are no restrictions on the shape of the handle.

• The taper is an optional transition area which connects the narrower handle to the wider barrel portion of the bat.
• Its length and material may vary but may not extend more than 18 inches from the base of the knob.
Rule 1-3-2b
Definition of a Baseball Bat

- Taper
  - Optional transition area which connects the narrower handle to the wider barrel portion of the bat.
  - Tapers are not required to be smooth or round and permitted to have holes and geometric shapes.

Non-Cylindrical Parts
Rule 1-3-2b

With the rewritten bat rules, there is no longer a requirement that any part other than the barrel be smooth and cylindrical. Therefore, bats with holes or edges in the taper area are legal.

Rule 1-3-2b
Definition of a Baseball Bat

- Taper
  - Length and material may vary but may not extend more than 18” from the base of the knob.
Rule 1-3-2b
Definition of a Baseball Bat

- **Barrel**
  - The area intended on the bat for contact with the ball.
  - The barrel shall be round, cylindrically symmetric and smooth.
  - The barrel may be wood, aluminum or composite (made of two or more materials).
  - The type of bat (wood, aluminum or composite) shall be determined by the composition of the bat's barrel.

- **Barrel**
  - The area intended on the bat for contact with the ball.
  - The barrel shall be round, cylindrically symmetric and smooth.
  - The barrel may be wood, aluminum or composite (made of two or more materials).
  - The type of bat (wood, aluminum, composite) shall be determined by the composition of the bat's barrel.
Rule 1-3-2b
Definition of a Baseball Bat

- End Cap
  - Can be manufactured in rubber, vinyl, plastic or other approved material
  - Shall be firmly secured and permanently affixed to the end of the bat so that it cannot be removed by anyone other than the bat manufacturer without damaging or destroying the bat.
  - A one-piece construction bat does not have an end cap.

Rule 1-3-2c
Definition of a Baseball Bat Safety Grips

- Each non-wood bat must have a safety grip made of cork, tape (no smooth, plastic tape) or commercially manufactured composition material.
- The grip must extend a minimum of 10”, but not more than 18” from the base of the knob.
- Slippery tape or similar material shall be prohibited.
- Resin, pine tar or any drying agent to enhance the hold are permitted only on the grip.
- Molded grips are illegal.
A searchable bat model link is made available by the University of Massachusetts – Lowell Baseball Research Center (UMLBRC).

The UMLBRC summarizes bats that have been submitted for and passed the Ball-Exit Speed Ratio (BESR) and Batted-Ball Coefficient of Restitution (BBCOR) certification tests for the National Collegiate Athletic Association (NCAA).

The certifications are intended to limit bat performance at or near the maximum performance limits of a wood bat, thereby minimizing additional risks and promoting the sound traditions of the sport.

The UMLBRC does not test bats specifically for the National Federation of State High School Associations (NFHS). Their results, however, provide an opportunity for interested parties to check if a particular bat is compliant with NFHS high school playing rules.

The UMLBRC list is located at http://m-5.eng.uml.edu/umlbrc/ncaa_certified_bats.asp.

For bats that meet NFHS high school playing rules until December 31, 2011, go to the “League Approval” drop-down list (located at the bottom of the page) and select “NCAA 2010 Season”.

For bats that meet NFHS high school playing rules until December 31, 2011, go to the “League Approval” drop-down list (located at the bottom of the page) and select “NCAA 2010 Season”.
Searchable Compliant bat (non-wood) model website

- For bats that meet NFHS high school playing rules on and after January 1, 2012, go to the "League Approval" drop-down list and select "NCAA 2011+ Seasons".
- The UMLBRC is responsible for updating and maintaining the list. Other leagues or rules organizations may not require the Accelerated Break-In (ABI) process or adopt the NFHS position on banning hollow composite bats.

2011 Legal Bats

With the new bat rules, the following bats are legal for the 2011 season, as long as they meet the standards of 1.25 to 1.35:
- Solid (one piece) wood or wood laminate bat (listed as category B on the UMLBRC site);
- Aluminum bats that meet the Ball Exit Speed Ratio (BESR) performance standard (listed as category A on the UMLBRC site);
- Aluminum barrel bats with composite handles (listed as category A on the UMLBRC site);
- Filled core composite BESR bats (listed as category D on the UMLBRC site)

Legal Bats for the 2011 Season

- Solid (one piece) wood or wood laminate bat (listed as category B on the UMLBRC site);
- Aluminum bats that meet the Ball Exit Speed Ratio (BESR) performance standard (listed as category A on the UMLBRC site);
- Aluminum barrel bats with composite handles (listed as category A on the UMLBRC site);
- Filled core composite BESR bats (listed as category D on the UMLBRC site)
Legal Bats for the 2011 Season

- Any aluminum or composite bat that meets the Batted Ball Coefficient of Restitution (BBCOR) performance standard;

- Composite (hollow) bats that meet the Ball Exit Speed Ratio (BESR) performance standard and the Accelerated Break-In (ABI) that have been re-tested and granted a waiver from the NFHS (see list on the NFHS Website http://www.nfhs.org/content.aspx?id=4155).

  - Note: Only baseball bat manufacturers can apply for and receive a waiver from the NFHS.
Rule 1-5-8
Pad Casts/Braces

- Hard and unyielding items: 
  - Guards,
  - Casts,
  - Braces (altered from original manufacturer’s design),
  - Splints
  - Etc...
- Must be padded with a closed-cell, slow recovery foam padding no less than ½” thick

Rule 1-5-8
Pad Casts/Braces

- Knee and ankle braces which are unaltered from the manufacturer’s original design/production do not require any additional padding.
- The rule (1-4-2) still applies for the pitcher that he cannot wear any item on his hands, wrists or arms which may be distracting to the batter. That includes a cast, guard, brace, splint, etc. that is white, gray or distracting on the pitcher’s arms.
Rule 2-16-2
Definition of a Foul Tip

- Foul Tip:
  - Struck ball must go directly to the catcher’s hand or mitt.
  - Can only be caught by the catcher.
  - A strike is added to the batter’s count.
  - Ball remains in play.
Rule 2-16-2
Definition of a Foul Tip

- The bunt does not go directly to the catcher’s glove, so this act does not meet the definition of a foul tip.
- The ball was caught before it hit the ground and is a foul pop-up.
- Any defensive player can catch the ball and it will be registered as an out.

Concussions
Rule 3-1-5

Any player who exhibits signs, symptoms or behavior 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.

Possible signs or symptoms:
- Loss of consciousness
- Headache
- Dizziness
- Confusion
- Balance problems

Rule 3-1-5
Concussions

- Only health-care professionals can determine if a player has experienced a concussion.
- Officials are asked to observe and if they see a player who exhibits the signs or symptoms of a concussion, immediately remove him from the game.
- He shall not return to play until cleared by an appropriate health-care professional (as determined by the state association).
Rule 3-1-5
Concussions

- Possible signs and symptoms:
  - Loss of consciousness,
  - Headache,
  - Dizziness,
  - Confusion,
  - Balance problems,
  - Staggering around
- "When in doubt, sit him out!"

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Last Time By
Rule 8-2-6L

A player who touches a base on the last time by cannot be called out on appeal.

R1 missed second while advancing, then touched it while returning once the fly ball was caught.

R1 is not subject to being called out by appeal.

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Rule 8-2-6L
Last Time By

- In this slide, R1 missed second base while advancing from first base on his way to third base. He touched second base on his way back to first base once the fly ball was caught.
Rule 8-2-6L

Last Time By

- Does not exempt a runner from his running responsibilities, nor does it forgive him for intentionally trying to gain an advantage while running the bases.
- On the slide, R1 intentionally tried to gain an unfair advantage by missing a significant area of the field heading to home.
- Even though he touched third base on his "last time by," he is subject to being called out by a proper appeal for his intentional unsporting act.
Good Sporting Behavior

- Coaches and team members should respect their opponents and officials.
- Pursuit of an official to the locker room, car or parking lot is unacceptable.
- School administration is responsible for security of the officials.
- Post-game ejections do exist within the confines of the field. Coaches who pursue officials after a game should be reported to the state association office.

Altering of Bats

Altering bats by such methods as rolling, shaving the bat wall, flatterering or otherwise manipulating the bat from its original manufactured condition is not legal. 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.
Altering of Bats

- Bats that are rolled, shaved, flattened, corked or in any way altered from the original manufactured condition are illegal.
- Coaches must insist that their players use only legal equipment because it is in the best interest of risk minimization, fair play, good sportsmanship, and respect for their opponents and for the game of baseball.

Pregame Equipment Check

- This responsibility is more important now than ever before.
- Each umpire must inspect the available equipment prior to the contest.
- Bat inspection is critical due to the new bat rules mentioned in the previous rule change slides.
Helmet inspection gets easily overlooked, but due to the emphasis on concussion management, cracked helmets provide little to no protective assurances.

The helmet in this previous slide would not necessarily cause a concussion, but would be of little assistance from protecting the player from suffering injury.
Concussion Management

- While a player may or may not be unconscious, he only has to show the signs or symptoms of a concussion to be removed from the contest.
- Let your state association guide you with allowing the concussed player to return to competition on the same day (i.e., double-header or tournament play).

Lightning Safety

- Lightning poses a huge threat for baseball participants.
- The NFHS Sports Medicine Advisory Committee has developed guidelines for coaches, schools and umpires for handling lightning situations.
- Suspend play for a minimum of 30 minutes from the last occurrence of lightning or thunder.
Thank you and have a great season!