



National Federation of State
High School Associations





2011 NFHS BASEBALL RULE CHANGES

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Lineup Cards Rule 1-1-2






The head coach shall submit a lineup card with all available substitutes at the pregame conference.

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Lineup Cards Rule 1-1-2





There is no penalty for adding substitute players during a game. Two players have been added by the the umpire-in-chief. The new rule is designed to make the substitution process more smooth, not to penalize.

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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.

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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 1-3-2
Definition of a Baseball Bat

- Each of the three types of bats must contain the five sections of what constitutes a bat:
 - Knob
 - Handle
 - Taper
 - Barrel
 - End Cap



New Bat Standard
Rule 1-3-2b




- The bat knob shall protrude from the handle.
- The 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.

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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 items that cause the knob to become flush with the handle.
 - A one-piece rubber knob and bat grip combination is **illegal**.



New Bat Standard Rule 1-3-2b




- The bat handle is the 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.


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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.



New Bat Standard Rule 1-3-2b




- 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.




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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.

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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.



New Bat Standard Rule 1-3-2b




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

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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, composite) shall be determined by the composition of the bat's barrel.



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New Bat Standard Rule 1-3-2b




- The end cap is made of rubber, vinyl, plastic or other approved material.
- It shall be firmly secured and permanently affixed to the end of the bat so that it cannot be removed by anyone other than the manufacturer, without damaging or destroying it.
- By definition, a one-piece construction bat does not have an end cap.

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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.



Safety Grips
Rule 1-3-2c




- 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 inches, but not more than 18 inches, 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.

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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 or 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.
- No slippery or similar material will be allowed.
- Resin, pine tar or any other drying agent to enhance the hold are permitted on the grip only.
- Molded grips are illegal.



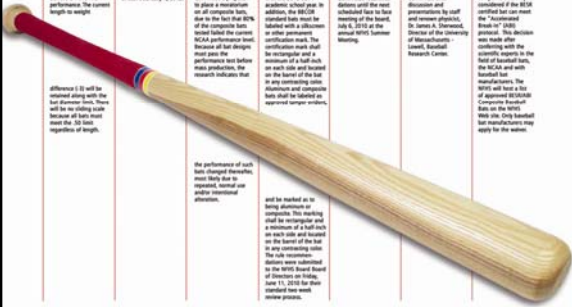
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Bat Decision Timelines





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September 16 2008	June 9 2009	August 17 2009	June 8 2010	June 28 2010	July 6 2010	July 16 2010
<p>The NCAA announces that it will adjust the Batting Rule Coefficient of Performance (COP) to achieve a wood-like performance. The new weight to weight</p> <p>difference (D) will be retained along with the bat average (BA). There will be no change in the COP because all bats must meet the .90 limit regardless of length.</p>	<p>The NFHS Baseball Rules Committee adopted the Batting Rule Coefficient of Performance (COP) as effective January 1, 2011.</p> <p>Committee's proposal to place a restriction on all composite bats, that the bat shall be labeled with the current NCAA performance limit. Because all bat designs must meet the</p> <p>performance test before they are produced, the research indicates that</p>	<p>The NCAA Play Rules Committee passed a resolution on all composite bats effective with the 2010-2011 academic school year. In addition, the NCAA Play Rules Committee passed a resolution that all composite bats must be labeled with the current NCAA performance limit. Because all bat designs must meet the</p> <p>performance test before they are produced, the research indicates that</p>	<p>The NFHS Baseball Rules Committee passed a resolution on all composite bats effective with the 2010-2011 academic school year. In addition, the NFHS Baseball Rules Committee passed a resolution that all composite bats must be labeled with the current NFHS performance limit. Because all bat designs must meet the</p> <p>performance test before they are produced, the research indicates that</p>	<p>The NFHS Board of Directors decided to take discussions of the NFHS Baseball Rules Committee recommendations and the next scheduled meeting to be held in June 2010 at the annual NFHS Summer Meeting.</p>	<p>The NFHS Board of Directors approved the recommendations of the NFHS Baseball Rules Committee after discussion and deliberation by staff and members of the NFHS Board of Directors. The NFHS Board of Directors approved the NFHS Baseball Rules Committee recommendations on July 6, 2010.</p>	<p>The NFHS announced that it will adjust the Batting Rule Coefficient of Performance (COP) to achieve a wood-like performance. The new weight to weight difference (D) will be retained along with the bat average (BA). There will be no change in the COP because all bats must meet the .90 limit regardless of length.</p>

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Searchable Compliant Baseball Bat (Non-wood) Model Website

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Searchable Compliant bat (non-wood) model website

- 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).



Searchable Compliant bat (non-wood) model website

- 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.



Searchable Compliant bat (non-wood) model website


- 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".




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 1-3-2 through 1-3-5:

- Wood bats
- Aluminum bats that meet the BESR standard.
- Composite bats that meet the BESR standard and have been granted a waiver from the NFHS.
- Any aluminum or composite bat that meets the BBCOR specifications in Rule 1-3-2e
- **ONLY** manufacturers can apply for and be granted a waiver from the NFHS. *Individual bat owners can not apply for waivers and state association offices cannot grant waivers.*

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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;



Legal Bats for the 2011 Season

- 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.



2011 Legal Composite Bats Rule 1-3-2e



To get a list of composite bats that have been approved by the NFHS:

- Go to www.nfhs.org
- In the left-side rail, click on the link for "Athletic and Fine Arts Activities"
- Select "Baseball" from the new left-side rail
- Under "Baseball News," select "Approved BESR-ABI Composite Baseball Bats"



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Frame 12

 **Padded Casts/Braces**
Rule 1-5-8 




- Hard and unyielding items (guards, casts, braces, splints, etc.) must be padded with a closed-cell, slow-recovery foam padding no less than 1/2" thick.
- Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

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Rule 1-5-8
Padded 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 1/2" thick



Rule 1-5-8
Padded 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.



Foul Tip
Rule 2-16-2

In order to meet the definition of a foul tip, the ball must go directly to the catcher's hand or mitt, but can only be caught by the catcher. The above ball is treated as an uncaught foul ball.

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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.


Foul Tip
Rule 2-16-2

This bunt does not go directly to the catcher's glove, so the ball does not meet the definition of a foul tip. Since the ball was caught without hitting the ground, the batter is out on the foul popup, no matter which defensive player completes the catch.

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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 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.

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

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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).

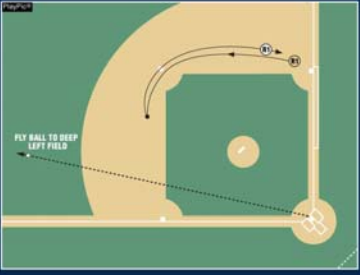




Rule 3-1-5 Concussions

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



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, but touched it while returning once the fly ball was caught.


R1 is not subject to being called out by appeal.

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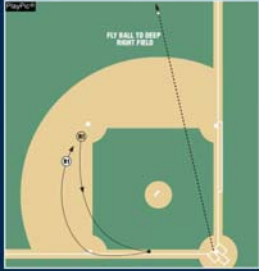

Frame 18

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.



Last Time By
Rule 8-2-6L



The new rule for "Last Time By" does not exempt a player who was intentionally trying to gain an advantage while running the bases.


R1 intentionally tried to circumvent the rule by cutting off a large margin around third base.

Even though he touched it on his "last time by," he is subject to being called out on appeal for his intentional unsporting act.


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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.



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POINTS OF EMPHASIS



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Good Sporting Behavior  






Coaches and all team members should not pursue umpires once the game has concluded. While post-game ejections are not permitted, a coach who does pursue officials after a game should be reported to the state office.


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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, flattening 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.


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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




With the new bat rules in place, it is imperative that each umpire knows what makes a bat legal or illegal. He or she must perform the required bat and helmet inspection before every game.

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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.



Legal Equipment  





Although this helmet is not cracked, it is not legal for play. The padding of a helmet must be secure and complete, not held in with tape. A helmet's protective capabilities are compromised when it is altered.


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Legal Equipment

- 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  




A player need not be ruled unconscious in order to be removed from the game. He only has to show signs or symptoms of a concussion.

Umpires must follow the rules for both removing a player who has shown the signs or symptoms of a concussion and for allowing that player to return.


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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



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

- 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.
- For more information please refer to the NFHS Sports Medicine Handbook - \$19.95 purchase price at www.nfhs.com.

