

NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION

POLICIES AND PROCEDURES

FOR

BASEBALL

2010



NHIAA BASEBALL COMMITTEE

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POINTS OF SPECIAL EMPHASIS

- **SAT's:** Please note the S.A.T.'s are set for Saturday, June 5, 2010. In the past, this date has fallen on one of the baseball tournament dates. In order to avoid conflict with tournament dates and/or potential make-ups on this date, it is recommended that players take their S.A.T.'s in May to avoid any conflict.
- **Seeding Brackets:**
 - Once the official NHIAA Tournament Pairings have been released there will be no switching of bracket placements.
 - Game times (not date) may be adjusted at tournament contests held at the home of the higher seed, if both teams are agreeable.
 - At neutral sites there shall be **NO** date or time changes with two (2) exceptions:
 1. Graduation Exercises
 2. Weather and/or facility issues
- **Appropriate Attire**

The NHIAA Baseball Committee requests the Athletic Director to advise their coaches on the appropriate dress at the baseball games during the season.

NFHS Rule 3-2 Article 1: ... “A coach who is not in the *uniform of the team shall be restricted to the bench/dugout. However, a coach may leave the bench/dugout to attend to a player who becomes ill or injured.”

(*Definition of uniform of the team is a complete uniform including uniform pants, jersey, visible undergarments, socks, stockings, caps and headwear (see NFHS Rule 1-4 Uniforms), consistent in style and trim. A long sleeved jacket of the school colors may be worn.)
- **Pitching Rule Changes-** (See page 9)
 - Tournament Pitching Rule:** No pitcher shall throw more than 9 complete innings in a tournament game. A pitcher shall throw no more than sixteen (16) innings in the entire tournament beginning with the preliminary round. Note: A suspended game that is completed within three (3) days 25 A does not apply. If a suspended game is not completed within three (3) days...refer to 25A.
 - PITCHING LOG** - Each coach shall fill out the pitching log at the conclusion of each tournament game, beginning with the preliminary and quarterfinal round, the coach's and athletic director's (or designated school representative) signatures are required. In all subsequent rounds a Committee member's signature is required prior to leaving the site. The Coach shall bring the signed pitching log to each round of the tournament following the same procedure.
- **Ground Rules & Dead Balls**

Regardless of the ground rules set forth prior to a game, if the umpire loses site of the ball it is up to his discretion whether or not to declare it a dead ball and award two bases.
- **TRAINERS:** Schools requesting medical services are to provide the necessary supplies for the trainer at both regular season games and tournament events.

➤ **Malicious Contact with a Catcher:**

NFHS Baseball Rulebook,
Rule 3-3

Article 1: A coach , player, substitute, attendant or bench personnel shall not:
n. initiate malicious contact on offense or defense;

Penalty: The umpire shall eject the offender from the game. Failure to comply shall result in a forfeit. The ball is dead immediately if on offense, the player is ejected and declared out, unless he has already scored. If the defense commits the malicious contact, the player is ejected, the umpire shall rule either safe or out on the play and award the runner the appropriate base he felt they would have obtained if the malicious contact had not occurred.

➤ **FORMS TO BE SUBMITTED:**

1. Pitching Log (if applicable)

Rosters are now to be submitted on-line utilizing the AD's Admin login.

2010 Baseball Roster: Wednesday, May 26, 2010

All tournament teams will be limited to a maximum of twenty-three (23) individuals, with no more than eighteen (18) of them being players in uniform. The remainder of the roster will include one (1) head coach, two (2) assistant coaches, and two (2) managers. LIST THOSE BOYS WHO ARE PRESENTLY VARSITY SQUAD.

1. **AUTHORIZATION:**

The NHIAA Baseball Committee shall administer baseball, and the rules of the National Federation will govern the sport when applicable.

2. For Important Dates Refer to the NHIAA Handbook and website.

3. **SCHEDULING:**

All schedules are due into the NHIAA office by February 1. All Classes must play a minimum of 12 games and a maximum of 20 games. There can be no additions or deletions to the schedule after February 1st unless the NHIAA Baseball Committee through the Executive Director has given approval. All schedules must be submitted to the Executive Director on or before the deadline date of February 1st of each year. It is strongly recommended that in drawing up interschool schedules, Thursday of each week be left open for the purposes of rescheduling due to postponements, etc. Schools may play three (3) in-division opponents three (3) times.

4. **COMPLETED SCHEDULE AND FORFEIT:**

All teams must complete their entire schedule submitted to the NHIAA. Games not played will result in a double forfeit. Extenuating circumstances may be appealed to the Executive Director and NHIAA Baseball Committee, in writing, prior to the date of the NHIAA pairings. A team CANNOT forfeit a game to the other team under any circumstances.

MAKE-UP GAMES:

Make-up games shall be scheduled on the next available date. Make-up games may not be scheduled into the last week of the season. The only games that can be played during the last week of the season, are games on the original schedules submitted to the NHIAA.

Exception to Reschedule into the Last Week of the Season: If for some reason, a game must be moved into the last week of the season a letter, prior to the game being played, must be submitted to and received by the Chair of the Committee through the NHIAA Executive Director by both schools outlining the reason(s) for the request.

Please note that any game approved to be moved into the last week of the season must be played by the last date to play. No extension of the season will be granted. In the event the game(s) are not played both teams will be issued forfeits.

5. **REPORTING GAME SCORES:**

It is the responsibility of **ALL TEAMS** to enter scores on the web site (www.nhiaa.org) immediately following games to insure accurate standings. If playing out-of-state, the New Hampshire team is responsible for entering the score on the web site. Home of the higher seed in each tournament game shall update the web after each playoff game, although both schools have the permissions.

6. **PLAYING RULES**

Coaches should familiarize themselves with all National Federation Rules. A complimentary copy of the NF Baseball Rulebook is provided to each athletic director. Additional copies may be purchased from the NHIAA.

7. **GAME ENDING RULE:**

A. REGULAR SEASON AND TOURNAMENT:

All games shall be seven (7) innings, unless the ten (10) run game ending rule comes into effect. When playing out-of-state, the host school's state association rules will be enforced. A regulation game shall consist of seven innings, unless extra inning(s) are necessary because of a tie score, or unless shortened because the home team needs none of its half of the seventh inning; only a fraction of it; or because of weather or darkness. If weather or darkness interferes with play so that the game is called (ended) by the umpire, it is a regulation game if: A) five full innings have been played or if the home team has scored an equal or greater number of runs in four, or four fraction turns at bat than the visiting team has scored in five turns at bat; or if B) if play has gone beyond five full innings. **Game Ending Rule:** A game shall end when, after a minimum of 4 1/2 innings of a seven (7) inning game, a team is behind by ten (10) or more runs and has completed its turn at bat in that inning. This rule includes all games.

B. GAME ENDING RULE FOR THE FOLLOWING TOURNAMENT GAMES:

The quarterfinal and semi-final games will be played the full seven (7) innings. The only exception to this rule is if the ten (10) run rule occurs. The final games will be played the full seven innings, with no exceptions.

8. SUSPENDED GAMES

By NHIAA Baseball Committee adoption, a game called for any reason, where a winner cannot be determined, or any game called at anytime for mechanical failure (i.e., artificial lights, water systems, etc.) will be treated as a suspended game. If the game is to be completed it will be continued from the point of suspension, with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension, subject to the rules of the game.

9. APPROPRIATE ATTIRE FOR COACHES:

The NHIAA Baseball Committee requests the Athletic Director to advise their coaches on the appropriate dress at the baseball games during the season.

NFHS Rule 3-2 Article 1: ... “A coach who is not in the *uniform of the team shall be restricted to the bench/dugout. However, a coach may leave the bench/dugout to attend to a player who becomes ill or injured.”

(*Definition of uniform of the team is a complete uniform including uniform pants, jersey, visible undergarments, socks, stockings, caps and headwear (see NFHS Rule 1-4 Uniforms), consistent in style and trim. A long sleeved jacket of the school colors may be worn.)

10. PRE-GAME SCHEDULE

A. Regular Season: The Committee suggests that a pre-game schedule similar to the following be adopted for regular season games:

Home team batting practice:	-20 minutes
Visiting team-batting practice:	-20 minutes
Home team fielding practice:	-10 minutes
Visiting team-fielding practice:	-10 minutes
Pre-game conference with umpires:	-5 minutes

B. Tournament Games: In tournament play, no batting practice will be provided at neutral sites.

Home team fielding practice:	-10 minutes
Visiting team fielding practice:	-10 minutes
Introductions – Line-up at 3 rd base line	
National Anthem Played	
Pre-game conference with umpires:	-10 minutes

11. PRACTICE AT TOURNAMENT SITES

No practice is to be allowed at the site of state tournaments except when that site is the HOME site of a participating school. The home team may practice according to their usual home schedule.

12. GROUND RULES

It is suggested that a copy of the ground rules for each field should be copied and presented by the HOME TEAM to the VISITING TEAM upon their arrival at the site.

- A coach who is ejected shall leave the vicinity of the playing area immediately and is prohibited from further contact, direct or indirect, with the team during the remainder of the game.

13. UMPIRE FEES

Only NHIAA **enrolled** umpires may be used. No deviation can be made without the prior approval of the NHIAA Baseball Committee through the Executive Director. For payment of officials see By-Law Article X, Sports Officials Fees.

14. PROTEST PROCEDURE

The following is the procedure, which must be followed in protesting a regular season baseball game:

- Only protests involving violations of a specific rule will be considered. A team may not protest decisions of judgment.
- The protest must be made verbally by the coach of the protesting team at the time of the misinterpretation to the game officials and to the opposing coach. A protest of the last play of the game must be made before umpires leave the field.
- Upon completion of the contest the protesting team must notify the game officials to file a written statement of the incident with the Executive Director of the NHIAA within twenty-four (24) hours. (This time limit does not apply to a violation of the Pitching Rule.)
- The Principal of the protesting school must notify the Executive Director of the NHIAA within twenty-four (24) hours of the incident.
- A request of written statements from schools involved in the protest must be signed by both the Principal and coach. Copies of this correspondence must be sent to the Principals of the schools involved.
- All contests are to be completed under any conditions of protest. A school that withdraws from the contest shall be considered forfeiting to the opponent and the protest will be disallowed.
- If a protest is upheld and the contest is directed to be replayed, it shall be replayed at the expense of the schools involved.

15. SPEED-UP RULES

The speed-up rules have been approved by the NHIAA Baseball Committee and are available for use. Upon mutual agreement of both coaches, the teams may use all of these rules or any part of them for both regular season and tournament games. The NHIAA encourages all member schools to use these rules.

16. RUNNERS

- The team at bat may use courtesy runners for the pitcher and/or the catcher or both as soon as they get on base. The same runner **MAY NOT** be used for both positions. Neither the pitcher nor the catcher will be required to leave the game under such circumstances.
- Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.
- A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a runner or batter for another player in that inning.

17. AFTER PUTOUTS

- A. After a putout in the outfield and with no runners on base, the ball shall be thrown to a cutoff man, and if desired, to one additional infielder before being returned to the pitcher for delivery to the next batter.
- B. After a putout in the infield and with no runners on base, the ball must be returned directly to the pitcher.
- C. Following the final out in any inning, the ball must be given to the nearest umpire. The plate umpire will give the ball to the catcher; the base umpire will place the ball on the pitchers plate.

18. TIE-BREAKING PROCEDURE FOR TOURNAMENT SEEDINGS

All tournament teams will be selected for tournament berths as described in By-Law Article XI in the NHIAA Handbook.

19. TOURNAMENT PRICES

Individual schools will be responsible for absorbing all game costs for the preliminary rounds games and may choose to charge admission. The admission price for the quarterfinal and semifinal rounds will be \$3.00 for students/*Senior Citizens and \$5.00 for adults. The admission prices for the finals at Merchantsauto.com Stadium will be \$6.00 for students/*Senior Citizens and \$8.00 for adults. Children five years old and under will be allowed free.

*NOTE: A Senior Citizen in an individual who has reached the age of 65 or older.

20. GUIDELINES FOR PRE-GAME UMPIRE AND COACHES/CAPTAINS CONFERENCE

The Baseball Committee is concerned about reports, which indicate that pre-game conferences of umpires and coaches/captains are, in some cases, not taking place. Prior to each game, the umpire-in-chief should inspect the bats of both teams and eliminate bats that are illegal. During the pre-game conference, the following information should be reviewed:

(1) Introduction of umpires, coaches and captains, (2) Coaches' acceptance of responsibility for players being properly equipped, (3) Exchange of line-up/batting order cards, and (4) Ground rules explained by the coach of the home team.

** The On-Site Director shall escort the umpires off the playing field after the game.

21. TOURNAMENT ROSTERS

A. In accordance with By-Law Article XIII, Section 5, all tournament teams will be limited to a maximum of twenty-three (23) individuals, with no more than eighteen (18) of them being players in varsity uniforms. An official roster must be submitted online to the NHIAA by Wednesday, May 26, 2010.

Rosters are now to be submitted on-line utilizing the AD's Admin login.

2010 Baseball Roster: Wednesday, May 26, 2010

B. The game shall not begin until a team is in compliance with By-Law Article XIII, Baseball, Section 5. The **GAME WILL BE FORFEITED** if, after consulting with the coach or school designated representative, the team is still in non-compliance.

22. BENCH PERSONNEL:

For liability reasons Below Grade Nine (9) students/children are not allowed to be on the team benches or on the sidelines at any regular season and tournament contest.

*The only exception is ball persons in soccer, field hockey, **baseball**/softball (with a worn helmet), lacrosse (with a worn helmet).

23. BENCH AND FIELD CONDUCT

PENALTY...The umpire shall eject the offender from the game, unless the offense is deemed to be of a minor nature. The umpire may warn the offender and then eject him if he repeats the offense. The warning or ejection shall be made at the end of playing action. Failure to comply shall result in the game being forfeited. For coaches who violate g, h, i, j, or l, the umpires may (1) restrict the offender to bench/dugout for the remaining of the game or (2) eject the offender.

A coach, player, substitute, attendant or other bench personnel shall not:

- A. Carelessly throw a bat or fake a tag without the ball; or
- B. Deliberately throw a bat, helmet, etc.; or
- C. Call "Time" or use any command or commit any act for the purpose of trying to cause the opposing pitcher to balk; or
- D. Use words or act to incite or try to incite spectators to demonstrations, or use profanity or remarks which reflect upon opposing player, umpire or spectator; or
- E. Enter the area behind the catcher while the opposing pitcher and catcher are in their positions; or
- F. Use amplifiers or bullhorns on the bench or on the field during the course of the game; or
- G. Maliciously run into a fielder; or
- H. Have any object in his possession in the coach's box other than a scorebook which shall be used for scorekeeping purposes only; or
- I. Be outside the vicinity of the designated dugout (bench) or bullpen area if not a batter, runner, on-deck batter, in the base coach's box or one of the nine players on defense; or
- J. Verbalize in any way with the opposing team for the purpose of intimidation; or
- K. Exhibit behavior that is not in accordance with the spirit of fair play; or
- L. Charge an umpire; or
- M. Wear jewelry (players participating in the game).
- N. Hit the ball to players on defense after the game has started.
- O. Use and/or view television monitoring or replay equipment for coaching purposes during the game.

PENALTY: In (A),(M),(N) and (O) the umpire shall issue a warning to the coach of the team involved. In (A), (M), and (N) the next offender on that team shall be ejected. In (O) for a subsequent violation, the coach shall be ejected. In (B),(C), and (G) umpire shall eject the offender from the game. Failure to comply shall result in game being forfeited. However, in (D),(E),(F),(H),(I),(J),(K), and (L), if the offense is judged to be of a minor nature, the umpire may warn the offender and then eject him if he repeats the offense. Also, in (G) an ejected player is declared out, unless he has already scored. For coaches who violate (D),(E),(F),(H),(I),(J),(K), or (L), the umpire may (1) restrict the offender to the bench/dugout for the remainder of the game or (2) eject the offender. Any coach restricted to the bench/dugout will be ejected for further misconduct. A coach may leave the bench/dugout to attend to a player who becomes injured or ill.

- If a head coach is subsequently ejected during a regular season or tournament game, the game **SHALL NOT BE** forfeited if an eligible assistant coach (designated at the pre-game conference **and noted on the line-up card at the start of the game**) is present. The ejected coach must leave the vicinity of the playing area and have no contact with the team.

24. **SPORTSMANSHIP RULE:** According to the NHIAA By-Law Article VIII, Sportsmanship, Section 6:

Any player who is disqualified before, during or after any sanctioned event at the Freshmen, Sub-Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next scheduled interscholastic athletic event, including NHIAA Tournament contests. Any coach who is disqualified before, during or after a game at the Freshman, Sub-Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next two scheduled interscholastic athletic event, including NHIAA Tournament contests. Any player or coach who is disqualified from a game and participates in the next scheduled interscholastic athletic event(s), including NHIAA Tournament contests, will cause that school's game(s)/event(s) to be forfeited in the event of a win. In the event of loss (es), the matter will be referred to the Sportsmanship Committee for action.

Note: During the period of disqualification, a coach shall not be in attendance at the game(s)/event(s) for which the disqualification is imposed. If there is a violation the contest shall be forfeited.

Process for dealing with disqualified athlete:

*A Disqualified athlete is not to be sent to the locker room or off the field unsupervised. If no supervision is available the disqualified athlete shall remain on the bench and become the coach's responsibility to supervise.

25. **PITCHING RULE:** The following rule applies to all levels of baseball (Freshman, Junior Varsity and Varsity) and is effect for this baseball season.

A. A pitcher who throws more than five (5) innings in a day must have three (3) full days of rest before pitching again.

NOTE 1: Just one (1) pitch more than five (5) innings constitutes more than five (5) innings.

NOTE 2: For the purpose of this rule a pitcher who appears in more than five (5) innings must have three (3) full days of rest before pitching again.

i.e.: A pitcher who appears in more than five (5) innings on Monday cannot pitch again until Friday.

B. A pitcher shall throw no more than fifteen (15) innings in a seven (7) day period with no more than nine (9) innings in a day.

NOTE 1: One (1) pitch does not constitute an inning. Total innings are figured in thirds (1/3) of an inning.

NOTE 2: It is not a violation if a double or triple play puts the pitcher over the fifteen (15) -inning limit in a seven-day period. (i.e. pitcher has pitched 14 2/3 innings and a double play occurs or 14 1/3 innings and a triple play occurs.)

i.e.: Take the day the pitcher is going to pitch and count back seven (7) days including that day. Count the number of innings that the pitcher has pitched during this period. This will give the number of innings available to the pitcher that day.

C. Doubleheader rule:

1. A pitcher who throws more than five (5) innings in the first game of a double header cannot pitch in the second game.

2. This rule applies to two separate games played on the same day regardless of opponent (s). This rule applies to suspended games as well.

D. Any team in violation of rules A, B, and C above shall forfeit games in which a violation occurs.

E. Coaches shall keep updated pitching summaries and dates.

F. The twenty-four (24) hour limit for protests of violations does not apply to the Pitching Rule.

26. **Tournament Pitching Rule:** No pitcher shall throw more than 9 complete innings in a tournament game.

A pitcher shall throw no more than sixteen (16) innings in the entire tournament beginning with the preliminary round. Note: A suspended game that is completed within three (3) days 25 A does not apply. If a suspended game is not completed within three (3) days...refer to 25A.

PITCHING LOG - Each coach shall fill out the pitching log at the conclusion of each tournament game, beginning with the preliminary round. In all subsequent rounds a Committee member's signature is required prior to leaving the site. In the preliminary and quarterfinal round, the coach's and athletic director's (or designated school representative) signatures are required. The Coach shall bring the signed pitching log to each round of the tournament following the same procedure.

27. **TOURNAMENT FORMAT**

All Classes will have a 16-team tournament. All preliminary and quarterfinal round games, in all classes, will be played at the site of the higher seeded team.

28. **SEEDING BRACKETS:**

- Once the official NHIAA Tournament Pairings have been released there will be no switching of bracket placements.
- Game times (not date) may be adjusted at tournament contests held at the home of the higher seed, if both teams are agreeable.
- At neutral sites there shall be NO date or time changes with two (2) exceptions:
 1. Graduation Exercises
 2. Weather and/or facility issues

29. LINE-UP FORMS

Sufficient line-up forms are provided for each team in the tournament. The form, signed by the coach, must be presented to the official scorer upon the team's arrival at the site. The form cannot be altered after presentation to the umpire in chief. First and last names with numbers are required for all team personnel and coaches. **Note: At varsity level no duplicate numbers are allowed in regular season or tournament games.**

30. PUBLIC ADDRESS SYSTEM

The public address system will be under the control of the NHIAA Game Director who will also be responsible for all announcements to be made over the sound system.

31. POST-GAME CEREMONY

After the completion of the Championship Game, both teams will line up on their respective baselines, facing the pitcher's mound. A representative of the NHIAA Baseball Committee will present the Championship and Runner-Up plaques and twenty (20) medals to the Coach and team captains of the respective champion and runner-up teams. Both teams must remain on the field throughout the presentation.

NOTE: An announcement should be made during the 7th inning that "all spectators shall remain off the playing field after the completion of the game."

32. **BATTING PRACTICE:** The use of a pitching screen during pre-game warm-ups for both teams shall be mandatory.

33. **FIFTY/FIFTY (50/50) RAFFLES:** Fifty/Fifty drawings are permitted by the New Hampshire Interscholastic Athletic Association (NHIAA); at the site of an NHIAA member school hosting any round of an NHIAA tournament event (s). Fifty-fifty raffles will not be permitted at "neutral sites" that are not NHIAA Member School sites.

34. BLOOD SPILLAGE AND BODY FLUIDS:

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

Housekeeping Procedures for Blood and Body Fluids

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

INTERPRETATION OF EXCESSIVE BLEEDING

National Federation Rules call for a player who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place.

For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

35. PROTEST PROCEDURE AT STATE TOURNAMENTS:

During State Tournament play **AT NEUTRAL SITES**, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the game site at the time of the protest and the Protest Committee will be made up of a representative from the NHIAA Baseball Committee and the officials involved in the game. During State Tournament Play at the home of the higher seed protests shall be resolved by consulting with the Rules Interpreter who will be available via phone during prelim and quarterfinal contests.

36. TOURNAMENT EVENT POSTPONEMENTS:

The decision to postpone a tournament event on weekends and holidays will be made by the NHIAA. **SCHOOLS WILL NOT BE NOTIFIED.** It will be the responsibility of the schools playing to check the NHIAA website (visit www.nhiala.org and click on the "tournament info" link). The NHIAA will notify Game Directors, Supervisor of Officials, Police and Trainers. **TEAMS SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THE NHIAA WEBSITE HAS BEEN CHECKED.**

37. NHIAA SITE SELECTION CRITERIA POLICY

NHIAA Sports Committees will make every effort to provide sites with the following criteria in mind. The criteria are not listed in order of priority.

- A. If the home team cannot fulfill all criteria necessary to host a tournament game, including charging an admission fee for the preliminary or quarterfinal games, the school shall locate another site or forfeit the home advantage.
- B. Health and safety of participants.
- C. Comfort and safety of spectators (including adequate seating and parking, and restrooms).
- D. Handicapped accessible for spectators.
- E. Relative travel requirements of participating schools.
- F. The ability to sell, collect and account for ticket sales.
- G. Playing surfaces must meet the requirements as established for that sport.
- H. Facility rental charge (if applicable).
- I. Sufficient parking.
- J. Other costs associated with running the event:
 - Public Safety – Approximate costs
 - Custodial
- K. Receptivity and cooperativeness of personnel working at site.
- L. Provide concessions (Facility keeps all sales).
- M. Provide area for NHIAA memorabilia sales.

38. OUTDOOR ENVIRONMENTAL SAFETY

LIGHTNING:

Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

The following guidelines are mandatory:

- A. All athletic staff and game personnel are to monitor threatening weather. Establish a chain of command as to who makes the decision to remove a team or individual from athletic sites or events (athletic/site/event director, game officials/umpires, sports medicine staff?). An emergency plan should include planned instructions for participants as well as spectators.
- B. Be aware of potential thunderstorms that may form during scheduled athletic events or practices. Included here should include National Weather Service – issued (NWS) thunderstorm “watches” and “warnings” as well as signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.
- C. Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location.

Safe structure or location is defined as:

- Any building normally occupied or frequently used by people, i.e., a building with plumbing and /or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm.
 - In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**
- D. WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTNING, SUSPEND ACTIVITIES AND GO TO A SAFE SHELTER OR LOCATION. **“IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES).”** WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.
 - E. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY’S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** Stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as bleachers or fences), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.
 - F. All players/coaches must leave the playing area and go to a bus or secure building.

39. NHIAA GUIDELINES ON OZONE POLLUTION AND PHYSICAL ACTIVITY

School Administrators and coaches as well as other appropriate staff are to use this document in making decisions regarding indoor and outdoor activities during periods of high ozone pollution.

CHARTING AIR QUALITY

Local officials use a simple scale to forecast and report on smog levels and other air pollution. Depending on where you live, it might be called Air Quality Index (AQI) or Pollutant Standards Index (PSI).

Current air quality is reported as a percentage of the federal health standard for a pollutant. If the current index is above 100, air pollution exceeds the level considered safe.

At Ozone smog levels above 100, children, asthmatics and other sensitive groups should limit strenuous exercise. Even otherwise healthy people should consider limiting vigorous exercise when ozone levels are at or above the health standard.

If the index is above 200, corresponding to an ozone pollution level of .20 parts per million (ppm), the pollution level is judged unhealthy for everyone. At this level, air pollution is a serious health concern. Everyone should avoid strenuous outdoor activity, as respiratory tract irritation can occur.

U.S. EPA Air Quality Index

Index Value	Descriptor	Color	1 hr. Ozone ppb
0 – 50	Good	Green	---
51 – 100	Moderate	Yellow	---
101 – 150	Unhealthy for Sensitive Groups	Orange	125 – 164
151 – 200	Unhealthy	Red	165 – 204
201 – 300	Very Unhealthy	Purple	205 – 404
301 – 500	Hazardous	Maroon	405 – 604

OBSERVING AIR QUALITY

1. Watch the Calendar

Ozone smog tends to be worst during the May – to – September “smog season.” Be especially conscious of smog levels during warm weather. In warm areas, smog can be a problem at any time of the year. Carbon monoxide pollution levels also are related to the weather, as well as to altitude. In the western U.S., the highest carbon monoxide levels are found in the winter months.

2. Watch the Clock

Since sunlight and time are necessary for ozone smog formation, the highest levels of ozone typically occur during the afternoon. Since carbon monoxide is produced primarily by motor vehicles, the highest carbon monoxide levels usually occur during rush hour or during other traffic congestion situations.

3. Watch the News

GUIDELINES FOR PARTICIPATION

1. Observe appropriate physical activity restrictions represented above.
2. If an ozone exceedance is expected, but has not yet occurred at the time an interscholastic practice or contest is scheduled to begin, that event may begin as scheduled.
3. If an interscholastic practice or contest is scheduled to begin and an E.P.A. warning is in effect (PSI 201 or higher), the event shall be cancelled, delayed or rescheduled.

When ozone levels reach a national PSI level of 201 (.201 parts per million), exercising indoors or outdoors may cause significant respiratory tract irritation and a decline in lung function. Therefore, strenuous exercise indoors and outdoors is to cease.

RECOMMENDED RESTRICTION OF PHYSICAL ACTIVITY

The following limits on activity for each type of episode are as follows:

- A. Level Orange, PSI 101-150 (Unhealthy for Sensitive Groups)
 - 1. Active children and adults and people with heart or respiratory disease, such as asthma or allergies, should limit prolonged outdoor exertion.
 - 2. Healthy individuals with noticeable health effects associated with existing conditions should minimize outdoor activity.
 - B. Level Red, PSI 151-200 (Unhealthy)
 - 1. All athletes should discontinue prolonged, vigorous exercise indoors and outdoors.
 - 2. Sensitive individuals, primarily children who are active outdoors and people with heart or respiratory disease such as asthma or allergies, should avoid indoor and outdoor activity.
 - 3. Indoor and outdoor activities that should be avoided include, but are not limited to, calisthenics, basketball, baseball, running, field hockey, soccer, football, tennis, swimming and diving.
 - C. Level Purple, PSI 201-300 (Very Unhealthy)
 - 1. All athletes shall discontinue vigorous indoor and outdoor activities, regardless of duration.
 - 2. All indoor and outdoor physical education classes, sports practices and athletic competitions shall be rescheduled.
- Note: Indoor practices may be held if an air-conditioned facility is available.

40. NFHS Authenticating Mark

All game balls at all levels of play shall have the NFHS Authenticating Mark imprinted.

The following procedure is to be followed:

- A. Prior to the start of the game the head official is to inspect the game ball(s) to ensure the NFHS Authenticating Mark is imprinted. If the home team's ball does not have the mark the visiting team's ball with the Authenticating Mark is to be used.
- B. In the event neither ball has the mark, the game is to be played and the head game official is to report the matter to the Supervisor of Officials, who in turn will notify the NHIAA office.

Miscellaneous Information

- 1. All policies and procedures are for play at all levels: freshman, junior varsity and varsity.
- 2. **Schools may not schedule five (5) inning games.** Any pre-arrangement to shorten games, because of emergency situations, must be approved prior to the game through the Chairman of the Baseball Committee and the NHIAA Executive Director. Penalty for failure to notify will result in forfeiture of the game by both teams.
- 3. For any NHIAA Baseball Tournament Game, the higher seeded team will have the choice of dugouts.
- 4. **IN ACCORDANCE WITH NATIONAL FEDERATION BASEBALL RULES:**
 - The host school for regular season games and preliminary round tournament games shall designate areas for media. The NHIAA Baseball Committee shall determine areas for the media at neutral tournament sites.
 - A coach cannot coach the bases if he/she is not in a uniform.
- 5. **BATTING PRACTICE:** The use of a pitching screen during pre-game warm-ups for both teams shall be mandatory.
- 6. **JEWELRY AND BODY PIERCING RULE:**
No jewelry, which includes body-piercing objects, shall be worn. Religious or medical alert medals must be properly secured under the uniform.
- 7. All catchers or any player warming up a pitcher, during games or warm-ups, at any location must wear a mask with a throat protector.



BRAIN INJURY IN ATHLETICS

Brain injury is the most frequent direct cause of death in athletics.

GENERAL INFORMATION

- An estimated 300,000 sports related traumatic head injuries occur each year.
- Some athletes with a traumatic brain injury will never have suffered unconsciousness or have signs of neurological deficit.
- Football, gymnastics, wrestling and ice hockey have the greatest risk per 100,000 participants of catastrophic head injury.
- Those who sustain one concussion are at a six-fold risk of suffering another.

FOOTBALL

- In any given season, 10% of all college players and 20% of high school football players sustain brain injuries.
- 70% of football players who are "knocked out" return to play that same day.
- From 1985 to 1994 there were 26 reported head related fatalities in organized high school football in the United States.
- From 1984 to 1995 there were 43 cases of high school football players with permanent cerebral injuries.
- Yearly, in the US, there are at least 250,000 cases of mild brain injury reported in football alone -many more go unreported.

OTHER SPORTS

- Soccer players can receive a brain injury from head-to-head contact, falls or being struck on the head with a ball.
- Heading the ball repeatedly in soccer can cause a concussion, especially when a small child uses too large a ball.
- Brain injury accounts for 46% of all winter sports injuries including skiing, ice hockey, sledding, and ice-skating.
- The head is involved in more baseball injuries than any other part of the body.
- Collisions, being hit with the ball, and sliding head first in baseball can cause serious brain injury.

SECOND IMPACT SYNDROME (SIS)

- Second Impact Syndrome occurs when a second brain injury is sustained before the initial injury has had time to heal.
- This second blow may be extremely minor, a light head tapping or even a blow to the body that causes the head to jerk.
- One half of those with SIS die as a result of the injury.
- The time from second impact to brainstem failure may be rapid, taking as little as two to five minutes-
- Between 1980 and 1993, there were 17 confirmed and 18 probable cases of SIS among American football players.
- Ice hockey, downhill skiing, and boxing have also reported cases of SIS.

RECOMMENDATIONS FOR PREVENTION

- Encourage athletes to report any and all head injury no matter how minor they think it might be. Emphasize the potential seriousness of head trauma.
- Refer to a physician if concussion is greater than a grade 1 or if symptoms persist (see attached concussion guidelines).
- Strictly follow the recommendations outlined for concussion management.
- Be conservative when evaluating "when to return to play".
- Adhere to proper equipment, conditioning, and fundamental skills training guidelines.
- National Federation of State High School Associations require written physician releases before a football player who has suffered loss of consciousness is allowed to resume practice or competition.

Note: All of the above information was taken from published medical literature. A reference list is available upon request from the Injury Prevention Center at Dartmouth Medical School, 603/653-1135. **Permission to copy is granted.** 07/00.

RECOGNIZING POSSIBLE BRAIN INJURY

A guide for parents, coaches, and athletes

Head injuries can have permanent consequences or can be fatal especially if they go undetected. Therefore, recognition of the injury is crucial. Any individual that has suffered a head injury and continues to exhibit any of the signs and symptoms listed below may suffer a severe life-threatening brain injury if a subsequent blow to the head (or body) is sustained. This is referred to as Second Impact Syndrome.

Second Impact Syndrome can occur even with mild head injuries, therefore it is essential to identify when an individual has received any type of brain injury so that further, more serious injury can be avoided.

It is crucial that athletes, parents and coaches be aware of signs and symptoms of a head injury. Ignoring a head injury, no matter how mild it might appear, can be dangerous. Please refer to the guidelines listed below for signs of possible brain injury.

SIGNS OF TROUBLE -contact your physician or go to the Emergency Department if you see any of these following a head injury. Sometimes signs might not appear for several days or weeks.

- Slurred or incoherent speech
- Vacant stare or befuddled facial expression
- Delayed verbal or motor response
- Difficulty focusing attention
- Observable lack of coordination (stumbling, inability to walk a straight line)
- Disorientation (walking in the wrong direction, unaware of time, date, or place.)
- Memory deficits
- Any loss of consciousness
- Persistent or severe headache
- Dizziness or vertigo
- Nausea and vomiting
- Easily fatigued or drowsy
- Irritability or anxiety
- Intolerance of bright lights and loud noises, possible vision difficulty and ringing in the ear
- Seizures or convulsions
- Bleeding or clear fluid from the nose or ears

***It is okay to sleep following a brain injury as long as the injured person is awakened every two to four hours. If the person is difficult to wake or is confused, contact a doctor immediately.

Remember that trauma to the brain no matter how mild can have severe consequences. DO NOT IGNORE THE SIGNS OR SYMPTOMS. If there is any question, seek medical assistance immediately.

**For additional information please contact the
New Hampshire Brain Injury Association at (603) 225-8400.**

**The above information has been adapted from the American Academy of Pediatrics, American Academy of Neurology, and the DHMC Emergency Department by the Injury Prevention Center, (603) 653-1135.

Permission to copy is granted.

SCHOOL NAME	
PITCHER'S NAME	
INNINGS PITCHED	
LAST DATE PITCHED	
COACH'S SIGNATURE	
ATHLETIC DIRECTOR'S (or designated school representative) SIGNATURE	
SCHOOL NAME	
PITCHER'S NAME	
INNINGS PITCHED	
LAST DATE PITCHED	
COACH'S SIGNATURE	
ATHLETIC DIRECTOR'S (or designated school representative) SIGNATURE	
SCHOOL NAME	
PITCHER'S NAME	
INNINGS PITCHED	
LAST DATE PITCHED	
COACH'S SIGNATURE	
COMMITTEE MEMBER'S SIGNATURE	
ATHLETIC DIRECTOR'S (or designated school representative) SIGNATURE	
SCHOOL NAME	
PITCHER'S NAME	
INNINGS PITCHED	
LAST DATE PITCHED	
COACH'S SIGNATURE	
COMMITTEE MEMBER'S SIGNATURE	
ATHLETIC DIRECTOR'S (or designated school representative) SIGNATURE	
SCHOOL NAME	
PITCHER'S NAME	
INNINGS PITCHED	
LAST DATE PITCHED	
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SCHOOL NAME	
PITCHER'S NAME	
INNINGS PITCHED	
LAST DATE PITCHED	
COACH'S SIGNATURE	
COMMITTEE MEMBER'S SIGNATURE	

NOTE: Each team prior to the start of the game shall complete this form. The Committee Member present at the site shall collect the pitching log.