



2023 Policy and Procedures
For
Baseball



NHIAA BASEBALL COMMITTEE

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POINTS OF SPECIAL EMPHASIS

- During Tournament Games, **NO** photographers are allowed in the dugouts or on the field. At the finals held at Delta Dental Stadium, photographers can only be on the field after the games are over and only if they have NHIAA press credentials and required liability waivers completed. **There are no exceptions to this policy.**
- Only baseballs approved by the NHIAA, and having the NFHS stamp/seal may be used for tournament games. During the regular season a school may use a non-Wilson baseball, but it must have the NFHS stamp on it regardless of the level of play.
- **NFHS Guidelines for Management of Concussions:** The NHIAA mandates the following of the NFHS guidelines for management of Concussions.
 - Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.
 - Please visit www.nhiaa.org; “What’s New” to view the NFHS Guidelines for Management of Concussions and the New Hampshire SB402 and its language as written.
- **SAT’s:** Please note the S.A.T.'s are set for Saturday, June 3, 2023. 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 includes uniform pants, undergarments, socks, stockings, caps, and headgear consistent in style and trim. A long sleeved jacket or short sleeved wind shirt of the school colors may be worn.)
- **Pitching Rule – Changes:** (See pages 9-10)
PITCHING RULE – Regular Season and Tournament

➤ **Ground Rules & Dead Balls:**

Regardless of the ground rules set forth prior to a game, if the umpire loses sight of the ball it is up to his discretion whether or not to declare it a dead ball and award two bases.

➤ **Athletic Trainers:** Schools requesting medical services are to provide the necessary supplies for the athletic 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)

- All teams involved in the tournament must have a valid pitching log available for review at all tournament games if requested. Failure to produce a pitching log may result in sanctions to include forfeitures and suspensions.

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

2023 Baseball Roster and Photo: Tuesday, May 23, 2023

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. If a team is going to make the tournament, a team photo (in uniform, no mascots allowed) MUST be submitted.

Note: Please list all athletes, up to the maximum allowed, that will be on the bench during the playoffs (By-Law Article I, Sect. 11: Tournament Rosters).

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 March 4th. All Divisions 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. 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.

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 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 NFHS Baseball Rulebook is provided to each athletic director. Additional copies may be purchased from the NHIAA.

7. The Wilson Item# WTA1010B HS1SST is the official ball and shall be used in all tournament games. All game balls at all levels of play shall have the NFHS Authenticating Mark imprinted.

8. 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. For sub-varsity contests, please see section 16

9. 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.

10. 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 includes uniform pants, visible undergarments, socks, stockings, caps, and headgear consistent in style and trim. A long sleeved jacket or short sleeved wind shirt of the school colors may be worn.)

11. 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:** During the preliminary and quarterfinal rounds, pre-game schedule A: Regular Season (listed above) will be used at the Home of the Higher Seed.

Batting practice will be provided, when batting cages are available on site:

Home team batting practice:	-20 minutes
Visiting team batting practice:	-20 minutes
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

12. 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.

13. 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.

- i. 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.

14. 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 XI, Sports Officials Fees.

15. Protest Procedure:

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

- A. Only protests involving violations of a specific rule will be considered. A team may not protest decisions of judgment.
- B. 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.
- C. 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.)
- D. The Principal of the protesting school must notify the Executive Director of the NHIAA within twenty-four (24) hours of the incident.
- E. 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.
- F. 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.
- G. If a protest is upheld and the contest is directed to be replayed, it shall be replayed at the expense of the schools involved.

16. 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.

Beginning with the 2023 season all sub varsity contests may play under a time-limit of 2:15, upon mutual agreement of both head coaches. ***It shall be a “no new inning to start beyond 2:15 of play”.*** This shall be added to the current policy of the “optional” speed-up rules that are reviewed prior to any contest for use in full or part thereof. This policy is ONLY applicable to NHIAA sanctioned **Sub-Varsity** contests and may never be used in Varsity contests.

Upon mutual agreement of the coaches (or school administration) that the time-limit will be in play for that contest then:

1. The Umpire in Chief shall confirm the official start time with both coaches, which shall be at the conclusion of the pre-game plate meeting. The home coach or game administrator shall be the official watch/clock to use.

2. The Umpire in Chief should check with the official watch every 3 innings to get an idea where the game stands.
3. The Umpire in Chief shall notify both coaches of 30 minutes remaining, 15 minutes remaining and possible last inning of play.
4. The Umpire in Chief shall make it clear that it is not a “drop dead” time simply that we will not start any NEW full inning beyond 2 hours and 15 minutes of play.
5. All umpires shall work the game as to the wishes of the coaches and shall not interject their opinion of playing with or without the time limit.

17. Runners:

- A. 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.
- B. Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.
- C. 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.

18. 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.

19. 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.

20. Tournament Prices:

Please refer to NHIAA By-Law Article I; Policy Sect. 18: Admission Fees for NHIAA Tournament Events.

21. Programs:

Digital programs will be created and will be accessible via the Tournament Info page on the NHIAA website (www.nhiala.org/tournament-info). All program rights are reserved by the Baseball Committee and the NHIAA.

22. 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. 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.

23. **Tournament Rosters:**

- a. In accordance with By-Law Article XIV, Section 5, All tournament teams will be limited to a maximum of 23 individuals, with no more than 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. If a team is going to make the tournament, a team photo (in uniform, no mascots allowed) **MUST** be submitted. An official roster must be submitted online to the NHIAA by Tuesday, May 24, 2022.

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

2023 Baseball Roster and Photo: Tuesday, May 23, 2023

- B. The game shall not begin until a team is in compliance with By-Law Article XIV, 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.

24. **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).

25. **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.
- 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), (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.

Sportsmanship Rule: According to the NHIAA By-Law Article IX, Sportsmanship, Section 6:

Any player who is disqualified before, during or after any sanctioned event at the 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 sub-varsity or varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next two scheduled interscholastic athletic event, including NHIAA tournament contests and MUST take the NFHS Teaching and Modeling Course for Disqualified Coaches **prior** to returning to coach in any capacity, effective 2011-12. 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. It is the coach's responsibility to promptly notify the school of any disqualification and the school must immediately impose the stated sanctions regardless of when formal notification is received from the NHIAA.

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.

26. Pitching Rule – Regular Season and Tournament:

NHIAA Pitching Limitation Rule (regular season and tournament) is based on the number of pitches thrown in a game. The pitch count is based on pitches thrown for strikes; balls; foul balls; and outs. Warm up pitches allowed before each inning or those warm ups allowed by the umpire in case of injury or game delay do not count towards the total pitches thrown.

The number of pitches is based on the level of pitching. Specific rest periods are in place when a pitcher reaches a high threshold of pitches delivered in a day.

LEVEL	PITCHES ALLOWED PER DAY
Varsity	120
JV and Freshman	100

The rest periods required during the 2022 regular and tournament season are listed below:

VARSAITY:

- If a pitcher throws 76 or more pitches in a day, three (3) calendar days of rest must be Observed

- If a pitcher throws 51-75 pitches in a day, two (2) calendar days of rest must be observed.
- If a pitcher throws 26-50 pitches in a day one (1) calendar day of rest must be observed.
- If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again.

A calendar day means that if a pitcher throws 76 pitches on Tuesday that player may not pitch again until Saturday. If they throw 76 pitches on Saturday that player may not pitch again until Wednesday. The starting time of the game does not matter in the calculation of when a pitcher is eligible to pitch again.

JV/FRESHMEN:

- If a pitcher throws 66 or more pitches in a day, three (3) calendar days of rest must be observed.
- If a pitcher throws 41-65 pitches in a day, two (2) calendar days of rest must be observed.
- If a pitcher throws 26-40 pitches in a day one (1) calendar day of rest must be observed.
- If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again.

A pitcher at any level who reaches the pitch count limit in the middle of an at bat will be allowed to finish that hitter. This only applies to maximum limitations. i.e. varsity 120, JV/Freshman 100.

NHIAA Pitching Limitation Procedures (regular season and tournament) apply to varsity, jayvee and freshman games:

1. The pitch count chart is to be presented to the opposing coach BEFORE the game.
2. During the game pitch counts will be confirmed at the end of every half inning. Any discrepancy will be reported to the umpire.
3. At the game's conclusion, the NHIAA pitching form will be signed by the coaches or designated representative.
4. Schools (Coaches/A.D.) have the responsibility to maintain this pitching chart form. A hard copy must be available upon NHIAA request.

27. **Pitching Log:**

- All teams involved in the tournament must have a valid pitching log available for review at all tournament games if requested. Failure to produce a pitching log may result in sanctions to include forfeitures and suspensions
- Each coach shall fill out the pitching log at the conclusion of each tournament game, beginning with the preliminary round in all divisions. 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.
- Pitching logs of the winning teams starting at the preliminary and the quarterfinal rounds will be sent to the NHIAA office and the NHIAA will send those out to the site directors in preparation for the next round.

28. Tournament Format:

The maximum number of teams allowed per By-Law Article IV: Classification; Sect. 10; Tournament Selection Requirements will qualify for the tournament in each division.

29. 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

30. 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.**

31. 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.

32. During Tournament Games, **NO** photographers are allowed in the dugouts or on the field. At the finals held at Delta Dental Stadium, photographers can only be on the field after the games are over and only if they have NHIAA press credentials and required liability waivers completed. **There are no exceptions to this policy.**

33. 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 three (23) 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."

34. **Batting Practice:** The use of a pitching screen during pre-game warm-ups for both teams shall be mandatory.

35. **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.

36. 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.

37. 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 Tournament 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.

38. Tournament Event Postponements Due To Weather:

If weather causes a tournament event postponement, the following guidelines must be followed:

- Home Site Event – Event moves to the next day, unless the Baseball Committee and Executive Director grant a waiver. The NHIAA must be notified if the home school makes a change. It shall be the responsibility of the home site Game Director to notify the game officials.
- Neutral Site Event – The NHIAA will make the decision to postpone and schools and game officials will be notified in a timely manner.

39. 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.

40. 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.
 - G. When playing at Northeast Delta Dental Stadium, where live radar is available, the environmental safety policy for thunder and lightning delays is modified as follows:

- The mandatory half hour wait period following the sighting of lightning or detection of thunder may be waived by the site manager if the live radar indicates that the source of the storm exceeds a safe distance as indicated by the National Weather Service (distance will be specified in the Policies and Procedures Manual). This applies to Northeast Delta dental Stadium only, and does not allow for discretion at any other event or site.

41. 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.

42. NFHS Authenticating Mark:

The Wilson Item# WTA1010B HS1SST is the official ball and shall be used in all tournament games.

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.

SCHOOL NAME: _____
 OPPONENT: _____
 DATE: _____



SIGNATURE OF PITCHERS
 COACH: X _____
 SIGNATURE OF OPPOSING
 COACH: X _____

NHIAA PITCHING LOG

PLAYER NAME	INNING	NUMBER OF PITCHES

The number of pitches is based on the level of pitching. Specific rest periods are in place when a pitcher reaches a high threshold of pitches delivered in a day.

LEVEL	PITCHES ALLOWED PER DAY
Varsity	120
JV and Freshman	100

The rest periods required during the 2018 regular and tournament season are listed below:

VARSAITY:

- If a pitcher throws 76 or more pitches in a day, three (3) calendar days of rest must be observed
- If a pitcher throws 51-75 pitches in a day, two (2) calendar days of rest must be observed.
- If a pitcher throws 26-50 pitches in a day one (1) calendar day of rest must be observed.
- If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again.

A calendar day means that if a pitcher throws 76 pitches on Tuesday that player may not pitch again until Saturday. If they throw 76 pitches on Saturday that player may not pitch again until Wednesday. The starting time of the game does not matter in the calculation of when a pitcher is eligible to pitch again.

JV/FRESHMEN:

- If a pitcher throws 66 or more pitches in a day, three (3) calendar days or rest must be observed.
- If a pitcher throws 41-65 pitches in a day, two (2) calendar days of rest must be observed.
- If a pitcher throws 26-40 pitches in a day one (1) calendar day of rest must be observed.
- If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again.