



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION IOWA GIRLS HIGH SCHOOL ATHLETIC UNION CONCUSSION MANAGEMENT

Iowa Code Section 280.13C states, in part,

2c. Emergency medical care provider means the same as defined in section 147A.1.

2d. Extracurricular interscholastic activity means any dance or cheerleading activity or extracurricular interscholastic activity, contest, or practice governed by the Iowa High School Athletic Association or Iowa Girls High Athletic Union ...

2e. Licensed health care provider means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or licensed athletic trainer licensed by a board designated under section 147.13.

4b. For school years beginning on or after July 1, 2018, each school district and nonpublic school shall provide to the parent or guardian of each student in grades seven through twelve, a concussion and brain information sheet as provided by the Department of Public Health, Iowa High School Athletic Association and Iowa Girls High School Athletic Union. The student and student's parent or guardian shall sign and return a copy of the concussion and brain injury information sheet to the student's school prior to the student's participation in any extracurricular interscholastic activity.

5a. If a student's coach, contest official, or licensed health care provider, or an emergency medical provider observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed for participation.

5b. A student who has been removed from participation shall not recommence such participation in any dance or cheerleading activity, or activity, contest, or practice governed by the Iowa High School Athletic Association or Iowa Girls High Athletic Union until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and the student has received written clearance to return to or commence participation from the licensed health care provider.

IHSAA/IGHSAU Recommended Protocol When a Student Has Sustained a Concussion or other Brain Injury as Defined in Iowa Code Section 280.13C

1. **No student should return to play/competition or practice (RTP) on the same day s/he sustained a concussion or brain injury, but a licensed health care provider as defined in Iowa Code Section 280.13C makes the final decision regarding (RTP).**
2. **A licensed health care provider as defined in Iowa Code Section 280.13C should evaluate a student suspected of having a concussion or brain injury on the same day the injury occurs.**
3. **After receiving medical clearance by a licensed health care provider as defined in Iowa Code Section 280.13C, RTP should follow a stepwise protocol with provisions for delayed RTP based upon the return of any signs or symptoms.**
4. **Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and licensed health care providers.**
 - The Iowa High School Athletic Association and Iowa Girls High School Athletic Union will provide educational materials related to concussions and brain injuries developed by the CDC and other organizations knowledgeable about concussions.
5. **Removing students who exhibit signs, symptoms, & behaviors of a concussion or brain injury from participation, and their return to participation.**
 - **Coach Removal** - If the student's coach observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., the student shall be immediately removed from participation and shall not return until the school's designated representative receives written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.
 - **Contest Official Removal** - If a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during scrimmages, contests, etc., the student shall be immediately removed from participation and a designated contest official at the contest/event must receive the written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event, including an event that takes place over multiple days.
 - Before allowing a student who has been exhibiting signs, symptoms, & behaviors of a concussion to return to participation (*practice and/or competition*), licensed health care providers as defined in Iowa Code 280.13C should follow the return to participation protocol from "Suggested Guidelines for Management of Concussion in Sports," NFHS Sports Medicine Advisory Committee 2017 and "Consensus Statement on Concussion in Sport 5th International Conference in Sport Held in Zurich, October 2016," British Journal of Sports Medicine, 2017; doi:10.1136/ bjsports-2017-097699.
6. **At events where the Iowa High School Athletic Association or Iowa Girls High School Athletic Union have provided licensed health care providers as defined in Iowa Code 280.13C, those licensed health care providers have final authority regarding RTP when a student has exhibited signs, symptoms, and behaviors consistent with a concussion.**

Adopted 122012
Amended 071118
References update 0718

RETURN TO PARTICIPATION PROTOCOL FOLLOWING A CONCUSSION (GUIDELINES FOR LICENSED HEALTH CARE PROVIDERS)

Return to participation following a concussion is a medical decision made on an individual basis by licensed health care providers. Medical experts in concussion believe a concussed student should meet ALL of the following criteria in order to progress to return to participation. However, these criteria are GUIDELINES ONLY and not required by Iowa Code Section 280.13C when licensed health care providers determine a student's return to participation.

- **Asymptomatic at rest, and with exertion (including mental exertion in school), AND have written clearance** from physician, physician's assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist or licensed athletic trainer . ****Written clearance to return by one of these licensed health care providers is REQUIRED by Iowa Code Section 280.13C!***
- Once the criteria above are met, **the student should progress back to full activity following the stepwise process** detailed below. A licensed health care provider as defined in Iowa Code Section 280.13C, or their designee, should closely supervise this progression.
- **Progression to return is individualized and should be determined on a case-by-case basis.** Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the student, and sport/activity in which the student participates. A student with a history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may progress more slowly as determined by a licensed health care provider as defined in Iowa Code Section 280.13C, or their designee.

Step 1. Complete physical and cognitive rest. No exertional activity until asymptomatic. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2. Return to school full-time /normal cognitive daily activities, or normal cognitive functions.

Step 3. Low impact, light aerobic exercise. This step should not begin until the student is no longer having concussion symptoms and is cleared by the treating licensed health care provider. At this point the student may begin brisk walking, light jogging, swimming or riding an exercise bike at less than 70% maximum performance heart rate. No weight or resistance training.

Step 4. Basic exercise, such as running in the gym or on the field. No helmet or other equipment.

Step 5. Non-contact, sport-specific training drills (dribbling, ball handling, batting, fielding, running drills, etc.) in full equipment. Weight-training can begin.

Step 6. Following medical clearance*, full contact practice or training.

Step 7. Normal competition in a contest.

NOTE: Generally, **each step should take a minimum of 24 hours.** If post concussion symptoms occur at ANY step, the student must stop the activity and their licensed health care provider as defined in Iowa Code Section 280.13C should be contacted. If any post-concussion symptoms occur during this process, the student should drop back to the previous asymptomatic level and begin the progression again after an additional 24-hour period of rest has taken place.

References: "Suggested Guidelines for Management of Concussion in Sports," NFHS Sports Medicine Advisory Committee 2017; "Consensus Statement on Concussion in Sport 5th International Conference in Sport Held in Zurich, October 2016," British Journal of Sports Medicine, 2017; doi:10.1136/bjsports2017-097699.

Updated 0718

APPLICATION OF IOWA CODE SECTION 280.13C BY SPORT

A. COACH REMOVAL

When a student's coach removes a student from any kind of participation due to observing signs, symptoms, or behaviors consistent with a concussion or brain injury the student shall not return until designated school personnel have received written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.

B. CONTEST OFFICIAL REMOVAL

(Information below is only listed for sports where contest officials have jurisdiction; therefore, not all sports are listed.)

When an official removes a student from participation, the following procedures are used.

FALL SPORTS

Cross Country:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in the meet.
2. As long as the meet is in progress, the written clearance to return shall be presented to the referee and the referee shall determine the student's return to competition.

Football:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the contest is in progress, the written clearance to return shall be presented to the referee during a time when the clock is stopped.
3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.

Swimming & Diving:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the event is in progress, the written clearance to return shall be presented to the referee after a race has finished and before the next race has begun.
3. If the contest is between events, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next event begins.
4. For multiple day events when the contest referee may not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Volleyball:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the contest is in progress, the written clearance to return shall be presented to the referee during a dead ball situation.
3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.
4. For multiple day events, i.e. conference tournament, when the contest referee will not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

WINTER SPORTS

Basketball:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the contest is in progress, the written clearance to return shall be presented to the referee during a time when the clock is stopped.
3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.
4. For multiple day events, i.e. conference tournament, when the contest referee will not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Swimming:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the event is in progress, the written clearance to return shall be presented to the referee after a race has finished and before the next race has begun.
3. If the contest is between events, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next event begins.
4. For multiple day events when the contest referee may not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Wrestling:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the head contest referee, or his/her designee, must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. For dual meets, clearance to return shall be presented to the head contest referee before the match resumes. Injury time is NOT extended for a student with signs, symptoms, or behaviors consistent with a concussion or brain injury.
3. For one-day events when the head contest referee may change during the event (multidual meets & tournaments), written clearance to return shall be presented to the head contest referee, or his/her designee, before the student participates again that day. The designee may be the host administrator, head event official, designated on-site licensed medical professional, etc. The student's coach, or other school-designated representative, is responsible for providing the written clearance to return to head contest referee, or his/her designee. The head contest referee, or designee, will then notify the other contest officials that written clearance to return has been received.
4. For multiple day events when the head contest referee may change during the event, the head contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

SPRING/SUMMER SPORTS

Baseball/Softball:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the umpire-in-chief must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the contest is in progress, the written clearance to return shall be presented to the umpire-in-chief during an opportunity for a legal substitution.
3. For one-day events when the umpire-in-chief may change during the event (local high school tournaments), written clearance to return shall be presented to the umpire-in-chief, or his his/her designee, before the student participates again that day. The designee may be the host administrator, designated on-site licensed medical professional, etc. The student's coach, or other school-designated representative, is responsible for providing the written clearance to return to the umpire-in-chief, or his/her designee. The umpire-in-chief, or his/her designee, will then notify the other contest umpires that written clearance to return has been received.
4. For multiple day events when the umpire-in-chief may change during the event, for example the state tournament, the umpire-in-chief on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the umpire-in-chief(s) of the contest(s) in which the student may participate on the subsequent days of the event. The umpire-in-chief(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Soccer:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the contest is in progress, the written clearance to return shall be presented to the referee during an opportunity for a legal substitution. For those contests using a three-person crew, the center official shall be designated as the head referee. The center official will need to receive the written clearance for return to play. For those contests using a two-person crew, one official shall be required to be the head referee. The head referee in the two-person crew shall be responsible for receiving the written clearance.
3. For one day events when the head contest referee may change during the event (local high school Saturday tournaments), written clearance to return shall be presented to the head contest referee, or his his/her designee, before the student participates again that day. The designee may be the host administrator, head event official, designated on-site licensed medical professional, etc. The student's coach, or other school-designated representative, is responsible for providing the written clearance to return to the head contest referee, or his/her designee. The head contest referee, or his/her designee, will then notify the other contest officials that written clearance to return has been received.
4. For multiple day events when the head contest referee may change during the event, for example the state tournament, the head contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on the subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Track and Field:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in the meet.
2. As long as the meet is in progress, the written clearance to return shall be presented to the referee and the referee shall determine the student's return to competition.
3. For multiple day events when the contest referee may not be the same throughout the entire meet, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the meet. The referee(s) of future contests during this meet must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Record Keeping:

- A. Health records, such as written clearance to return to participation, should become part of a student's cumulative file kept by the school. *Iowa Administrative Code 281.12.3(4)*

BASEBALL

Rules and regulations regarding Iowa baseball can be found in the NFHS Baseball Rule Book regarding the rules of playing the game, except for any differentials approved by the IHSAA Board of Control.

REGULATIONS PERTAINING TO BASEBALL GAMES AND PRACTICE

Year	First Practice: Week/Date	First Contest: Week/Date
2018-19	Week 44/April 29	Week 47/May 20
2019-20	Week 44/May 4	Week 47/May 25
2020-21	Week 44/May 3	Week 47/May 24
2021-22	Week 44/May 2	Week 47/May 23
2022-23	Week 44/May 1	Week 47/May 22

CLASSIFICATIONS

The IHSAA baseball classifications will be the following:

- Class 4A will be the top 48 schools
- Class 3A will be the next 64 schools
- Class 2A will be the next 96 schools
- Class 1A will make up the remaining schools

2019 NFHS RULE CHANGES

- 1-3-1** Modified the effective date that baseballs shall meet a NOCSAE performance standard. (Effective January 1, 2020).
- 6-1-3** Modified an element of the pivot foot requirement.

COACH'S BOX

A coach shall not have any object in his possession in the coach's box other than a stop watch, rule book (hard copy), scorebook and a cell phone in pocket, on silent, for emergency reasons only.

COURTESY RUNNER

The Iowa High School Athletic Association has adopted the following suggested speed-up rules found in the National Federation Rule Book.

RUNNERS: The team at bat may use a courtesy runner for the pitcher and/or catcher as soon as they get on base or anytime while 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. NOTE: The courtesy runner is running for the position, not the player.**

- A. At any time, the team at bat may use a courtesy runner for the pitcher and/or the catcher.
- 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 the same half inning.
- D. If a coach uses a courtesy runner he must always run for the same position when used, either pitcher or catcher.
- E. If Jimmy Jones courtesy runs for the pitcher's position, that's the only position he can run for in that game.
- F. In the event that the offensive team bats around, the pitcher and/or catcher who had a courtesy runner inserted on their behalf may bat in their normal position in the batting order.
- G. Per NFHS rules, the pitcher or catcher have never left the line-up. Always remember the courtesy runner is running for the position, not the player.
- H. **An individual's game limitation rule would not be affected if the player is used only as a courtesy runner:** The player limitation rule for any individual who serves in the capacity of a **courtesy runner only** and is not used in any other capacity during the game, does not count as one of his 40 games.

DESIGNATED HITTER RULE

- A. The use of the DH is not mandatory.
- B. If used, the DH must be selected **prior to the start of the game** and his name must be included on the official line-up cards presented to the umpire in chief and official scorer.
- C. The DH is locked into any selected position in the batting order and may never be moved to any other batting order position.
- D. If a pinch hitter or pinch runner is used for the DH, that player becomes the new DH.
- E. The player who was the DH may reenter as any other player under the reentry rule.
- F. If the player for whom the DH is batting for runs or bats for the DH, that terminates the DH role, but does not constitute them ever being out of the lineup.

- G. Two ways you lose the designated hitter: The DH assumes a defensive position, or the player for whom the DH is batting, pinch hits or pinch runs for the DH.
- H. If the DH is ejected, another player may become the new DH.

GAME LIMITATION

Member schools are permitted a 40 game limitation, exclusive of the tournament series.

The limitation rule applies to individual teams representing the school and an individual player participating on those teams. No individual player may play in more than 40 games during the season, exclusive of the tournament series.

GENERAL INFORMATION

- A. Infield will be taken 30 minutes before scheduled game time. Each team is allowed 10 minute infields, no matter how many players you put in each position.
- B. If you are the host school, make sure to paint or chalk your foul lines to the foul pole.
- C. Be sure media areas are marked or designated, and full batter's boxes and coaching boxes are chalked by rule.
- D. How to layout a field may be found in Rule 1, section 2. (If you need help on lighting, go to IHSAA home page).
- E. Make every effort to make your pitchers mounds legal per NFHS rule.
- F. Have baseballs for the umpires and host team have foul ball chasers lined up in advance.
- G. Make sure you have a lineup card for umpires; starters listed with their numbers & position, subs and numbers on the back of the line-up card.
- H. Each pitcher will receive no more than eight warm-up pitches the first inning or anytime the pitcher is replaced, exception injury or ejection. Each inning after that, the pitcher gets five warm-up pitches or one minute, whichever occurs first with the exception of injury or inclement weather.
- I. Be sure to supply a rosin bag for the pitchers.
- J. A coach must be in his team's uniform in order to coach first or third base.
- K. Schools are not permitted to play against non-school programs (Legion/AAU teams).
- L. In-between games, teams are allowed 30 minutes before the second game is to begin. That means any maintenance on the field should be done immediately following the first game.
- M. Coaches are required to verify their equipment is legal at the pre-game conference, this includes bats and helmets. Umpires will no longer inspect bats and helmets prior to the game. **Coaches, it is your responsibility to make sure bats and helmets don't have cracks in them and that the padding is in place and secure in the helmets. Umpires are instructed NOT to allow players to use equipment which does not meet regulations.**
- N. Eighth grader students in your school district are eligible to practice the first legal day of practice and may play the first legal playing (game) date, even if school is still in session.
- O. All VARSITY regular season and tournament contests shall be contracted as 7 inning games. This includes any varsity weekend tournament game(s) that may have been played in previous years less than 7 innings or had a time limit in order to keep games on schedule. Please understand these 7 inning games only apply to varsity level competition.
- P. **NEW FOR 2019:** Three scrimmages per school are allowed any time after the beginning of practice until the end of the state tournament series. (Only one other school may participate in the scrimmage.) This is per baseball program, not three at each level of competition. If the varsity team is scrimmaging at one location and the junior varsity at another location on the same day, this is considered two separate scrimmages. If the varsity team is scrimmaging at home and the junior varsity is scrimmaging at home on the same day, this would be considered one scrimmage. *Please keep in mind that a bona fide scrimmage is where no public announcement has been made, no admission charged, no scores kept, no school may travel greater than 100 miles to engage in such a scrimmage, and no school time may be used for travel or participation in such a scrimmage.*

MUSICAL ENTERTAINMENT AT GAMES

Appropriate music, if played, may be played before the game, between games, between innings up until the last pitch is thrown (5 or 8 warm-up pitches) and includes change of pitchers. **Music is not to be played between batters as they approach the plate in the same half inning.**

IHSAA GAME ENDING PROCEDURES

All Iowa **Varsity** High School contests must consist of 6 ½ innings if the home team is ahead or complete a full 7 innings if the visiting team is ahead.

The National Federation 10 run rule is in effect when the home team is ahead by 10 or more runs after 4 ½ innings or after 5 complete innings with the visiting team leading by 10 or more runs.

In addition, any varsity game involving a 15 or more run differential after 3 ½ innings if the home team is ahead, or 4 innings if the visiting team is ahead will be terminated.

If the game is tied, extra innings will be played until a winner is determined by National Federation rule.

If a game is called at any time for weather/darkness, but a winner can be determined after either 4 ½ innings (home team ahead) or 5 innings (visiting team ahead) the game is considered official.

If a winner cannot be determined the game becomes suspended (under the IHSAA suspended rule) and must be completed at another set date, completing 7 innings or any of the above exceptions apply.

LIGHTNING AND INCLEMENT WEATHER

The primary concern when signs of hazardous weather are present is to remove the players, coaches and fans from the field and the stands to a safer area. When lightning is seen in the vicinity, players, coaches and spectators should be directed to shelter. The time immediately preceding and following a thunderstorm may be the most dangerous in terms of lightning strikes. Every school needs to develop an emergency action plan if severe weather should arise.

LIGHTNING, DELAY/SUSPENSION

Anytime a game is delayed due to lightning or rain, umpires and coaches should wait a minimum of 30 minutes from the last lightning strike or if thunder is heard, before resuming or suspending a game. If enough innings are **not** played in order to determine a winner and the game becomes a suspended game, and the IHSAA suspended game policy goes into effect.

PITCHING LIMITATION RULE (REVISED FOR 2019)

Each individual is limited on the number of pitches thrown on a given day. The chart below shows how many pitches an individual can throw on a particular day and the number of days of rest required after throwing a specific number of pitches.

	10th-12th Graders	8th-9th Graders
No Rest	1-25	1-25
1 Day	26-40	26-40
2 Days	41-65	41-65
3 Days	66-90	66-90
4 Days	91-110	*More than 90 pitches allowed only if finishing pitching to a batter

When the pitcher reaches 110 pitches, he may not pitch to another batter. He may only finish pitching to the current batter.

If an individual were to pitch on consecutive days, the two or more-day total would determine how many days of rest would be required before the individual could return to pitch. The consecutive day total cannot exceed 110 pitches for 10th-12 graders and 90 pitches for 8th and 9th graders.

10th-12th graders may only throw 180 pitches in a week through Saturday, June 9th. Starting with the week of June 10, 10th-12th graders are only restricted with the daily limitation. 8th-9th graders may only throw 150 pitches in a week for the entire season. A week is defined as Sunday-Saturday. An 8th or 9th grader playing varsity baseball is still limited to 90 pitches on a day and 150 pitches in the week. The weekly limit is a soft-cap number similar to that off the 110 pitch daily limit for upperclassmen.

If an individual were to throw 40 or fewer pitches in game one of a doubleheader, he may return to pitch in game two, up to 110 pitches for the day. If an individual were to throw more than 40 pitches in game one of a doubleheader, he would be ineligible to pitch in game two. An individual can return to pitch in the same game if he had pitched earlier in the contests.

An adult designee from each team approved by the school will confirm the pitch count of each pitcher at the completion of each inning. If there is a discrepancy that cannot be worked out, the home scorebook/count will be considered the official count.

All varsity pitch counts are required to be entered into QuikStats within 24 hours of the completion of the game. All levels of baseball (freshman, JV, varsity, etc.) are required to complete the IHSAA Pitch Count Chart and both schools' recorders are required to verify and sign said chart at the conclusion of the contest.

Pitch Count Scenarios

- 1) A pitcher throws 85 pitches on Monday. How many calendar days of rest are required? Three calendar days of rest are required. He may pitch again on Friday of that week.
- 2) An upperclassmen pitcher throws 106 pitches on Saturday. When is the next day he is eligible to pitch? He is eligible to pitch on Thursday after receiving four (4) days of rest. He is eligible to pitch the maximum of 110 pitches on Thursday.
- 3) An upperclassmen pitcher throws 12 pitches on Tuesday. He does not throw on Wednesday. How many pitches can he throw on Thursday? He is eligible to pitch 110 pitches on Thursday.
- 4) An upperclassmen pitcher throws 85 pitches on Monday and 85 pitches on Friday. When is the next day he is eligible to pitch? He is eligible to pitch on Tuesday, after receiving three (3) days of rest.
- 5) During the first week of the season, an underclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The maximum number of pitches he can throw is 65. Underclassmen can throw a maximum of 150 pitches per week.
- 6) During the last week of the regular season, an underclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The maximum number of pitches he can throw is 65. Underclassmen are restricted to 150 pitches per week all season long.
- 7) During the first week of the season, an upperclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The maximum number of pitches he can throw is 95. Upperclassmen can throw a maximum of 180 pitches per week through Saturday, June 9th.

- 8)** During the last week of the regular season, an upperclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The upperclassmen can throw a maximum of 110 pitches. Upperclassmen are only held to the daily maximum starting with Sunday, June 10.
- 9)** In the bottom of the 6th, an upperclassmen pitcher has reached his 110 pitch limit with a 2-2 count on the batter. Is he required to come out at that time? No, the pitcher may complete the at bat with the current batter or inning, whatever occurs first. After either of these events, the pitcher is required to be replaced. The total number of pitches thrown will be the number recorded and not limited to 110.
- 10)** An upperclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. During the game on Friday, the pitcher reaches 95 pitches (180 weekly maximum) with a 2 ball, 2 strike count. Is he required to come out at that time? No, the pitcher may complete the at bat with the current batter or inning, whatever occurs first. After either of these events, the pitcher is required to be replaced.
- 11)** An upperclassmen pitcher has thrown 89 pitches. His coach decides to have him face one more batter. The batter is retired on four (4) pitches. How many days of rest is required for this pitcher? This individual is required to rest four (4) days. The "soft cap" only applies to the 110 pitch limit and not to the lower tier limits.
- 12)** An upperclassmen pitcher throws 12 pitches on Tuesday. How many pitches can he throw on Wednesday? He can throw 98 pitches on Wednesday. He is now required to rest for four (4) calendar days. He cannot pitch again until the following Monday.
- 13)** An upperclassmen pitcher throws 12 pitches on Tuesday and throws 12 pitches on Wednesday. How many pitches can he throw on Thursday? He can throw 86 pitches on Thursday. He is now required to rest for four (4) calendar days. He cannot pitch again until the following Tuesday.
- 14)** An upperclassmen pitcher throws 12 pitches on Tuesday, throws 12 pitches on Wednesday, and throws 12 pitches on Thursday. How many pitches can he throw on Friday? He cannot throw on Friday due to the fact that his consecutive day pitch total is greater than 25. He is eligible to pitch 110 pitches on Saturday.
- 15)** An upperclassmen pitcher throws 30 pitches in game 1 of same day doubleheader. Can he throw in game 2 of the same day doubleheader? Yes, he may throw 80 pitches in the second game.
- 16)** An upperclassmen pitcher throws 45 pitches in game 1 of the same day doubleheader. Can he throw in game 2 of the same day doubleheader? No, he may not return to throw as his game 1 total was greater than 40. Also, he is required to have two calendar days of rest.
- 17)** A game begins on Monday at 10 PM and is completed at 12:05 AM on Tuesday. The upperclassmen pitcher throws a complete game with 89 pitches. When is he eligible to pitch again? He is eligible to pitch on Friday after receiving three (3) days rest. The contest is considered to have been played on Monday.
- 18)** A game begins on Monday at 10 PM and is completed at 12:05 AM on Tuesday. Team A uses two pitchers during the contest, each throwing 45 pitches. When are both eligible to pitch again. Both pitchers are eligible to pitch again on Thursday, after receiving two (2) days rest. The contest is considered to have been played on Monday.
- 19)** A game begins on Monday at 11 PM and is completed at 1 AM on Tuesday. A relief pitcher enters the game in the 5th inning at 12:25 AM on Tuesday and throws 30 pitches. When is he eligible to pitch again? He is eligible to pitch on Wednesday after receiving one (1) day of rest. The contest is considered to have been played on Monday.
- 20)** A game begins on Wednesday and is suspended in the 4th inning. An upperclassmen pitcher has thrown 70 pitches. The game is rescheduled to be played in two weeks. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Sunday, after receiving three (3) days of rest. 2) Is he limited to 40 pitches when the game resumes? No. He can throw as many pitches as the current policy allows.
- 21)** A game begins on Tuesday and is suspended in the 4th inning. An upperclassmen pitcher has thrown 70 pitches. The game is rescheduled to be played on Thursday of that week. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Saturday, after receiving three (3) days of rest. 2) How many pitches can he throw during the completion of the game later that week? Zero, he has not had the required amount of days or rest to pitch, based on his pitch count.
- 22)** A game begins on the first Monday of the season and is suspended in the 6th inning at 3-3. An upperclassmen pitcher has thrown 89 pitches. The game is rescheduled to be played on Friday of that week. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Friday, after receiving three (3) days of rest. 2) How many pitches can he throw during the completion of the game on Friday? He may throw 91 pitches. 3) Assuming he throws 21 pitches on Friday, how many pitches can he throw on Saturday? Due to throwing less than 25 on Friday, he may throw 70 pitches on Saturday as he will meet his maximum pitch count of 180.
- 23)** A game begins on the fifth Monday of the season and is suspended in the 6th inning at 3-3. An upperclassmen pitcher has thrown 89 pitches. The game is rescheduled to be played on Friday of that week. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Friday, after receiving three (3) days of rest. 2) How many pitches can he throw during the completion of the game on Friday? He may throw 110 pitches. 3) Assuming he throws 21 pitches on Friday, how many pitches can he throw on Saturday? Due to throwing less than 25 on Friday, he may throw 89 pitches on Saturday.
- 24)** An ambidextrous pitcher throws 20 pitches with his right arm and 15 pitches with his left arm during a game on Monday. Is the individual eligible to pitch on Tuesday? No. Even though each arm total is below 25 pitches, his total pitch count is 35, which requires one day of rest.
- 25)** The home team scorebook has the pitcher of Team A with 93 pitches, with the visiting team scorebook has the pitcher of Team A with 90 pitches. How is the issue resolved? An adult designee from both teams approve by each school will confirm the pitch count of each pitcher at the completion of each inning. If there is a discrepancy that cannot be resolved, the home team scorebook/count will be considered the official count. (NOTE: The umpiring crew will not be involved in the determination of appropriate pitch count total(s).)

26) On Monday, a 9th grader throws 90 pitches and has a 2 ball, 2 strike count on the batter. His coach replaces after the 90th pitch. How many calendar days of rest are required? Three calendar days of rest are required. He may pitch again on Friday of that week and is limited to 60 pitches (soft-cap).

27) On Monday, a 9th grader throws 90 pitches and has a 2 ball, 2 strike count on the batter. His coach allows him to finish the batter and he strikes him out on the next pitch, having thrown 91 pitches. By rule, the pitcher is required to be removed from the contest. How many calendar days of rest are required? Four calendar days of rest are required. He may pitch again on Saturday of that week and is limited to 59 pitches (soft-cap).

28) On Monday, an underclassman throws 70 pitches. On Friday, he begins a batter at 79 pitches. Is he limited to only one pitch on the batter? No, the weekly limit is a soft cap, and the pitcher may pitch to the batter as he started the at bat with fewer than 150 pitches for the week.

PITCHERS & CATCHERS

Pitchers and catchers may voluntarily practice on your own facility under a coach's supervision from January 1 through September 30 using equipment required for these two positions only. **No batting practice, no hitting of ground balls, no position coverage and no drills** may be performed by pitchers or catchers. Pitchers and catchers may stretch, run and play catch (short and long distance). Catchers are there for the sole purpose of catching your pitcher(s).

NOTE: Outside of the ten days in April through the first day of fall practice, no other players can be in the facility hitting or playing catch except for pitchers and catchers as this is the only time a coach can provide instruction until the first legal practice date. The new contact rule specifies **no instruction** can be provided when players are on your school facility and hitting. When a coach is working with pitchers it must be in a **separate room** if hitting is also taking place at the same time in your school facility.

APRIL BATTING PRACTICE

Each program (9-12) is allowed 10 total days of hitting practice in the month of April prior to the first day of practice. Regardless if one student shows up or 100 students, it is a team limitation and not an individual limitation. Each coach will determine the hitting progression for his program. Each hitting session shall not be longer than one, continuous, 3-hour maximum time-period. These sessions are meant for hitting instruction. No base running or fielding drills are to be done during these sessions. Students can field batted ball and throw balls back to the pitching area; however, throws across the infield are not to occur. Hitting instruction can take place either indoors or outdoors. Students can only throw to batters from a flat surface behind an L-screen in a cage or in a soft-toss hitting drill. Pitchers and catchers can use this time as their contact period, but pitchers cannot throw to batters from the mound during these workout sessions.

PITCHING EXCEPTION FOR 8th THROUGH 10th GRADERS

The Board of Control has approved a policy that any 8th, 9th or 10th grade **varsity player** may pitch/bat on the freshman, sophomore or junior varsity level of competition and not have to count that game participation against his individual game limitation rule. If this player plays another position besides pitcher during the contest, you must count this contest against his 40 game participation limit.

SAFE-BASE (DOUBLE FIRST BASE) MANDATORY

The batter-runner should use the orange base on initial plays at first base, unless the fielder is drawn to the orange base (**because of a dropped third strike**) in which case the batter runner would go to the white base. Only on a dropped third strike may the fielder touch the orange or white base to retire a batter runner. Any other plays at first base other than a dropped third strike, the fielder must touch the white base or the runner in order to retire a batter/runner. The runner may touch the white or orange base on a dropped third strike, depending on the fielder's coverage of first base. The fielder must use the white base to retire a batter runner, **except on a dropped third strike**. A batter runner is never out for touching the white base rather than the orange base, when touching first base the first time. Once the batter runner reaches first base, the batter runner must always return to the white base.

SUSPENDED GAMES

If a game is called prior to the completion of a full inning after the fifth inning; the game becomes a suspended game in the following situation. "The visiting team has scored one or more runs to tie the score or take the lead, and the home team has not retaken the lead."

If a game is called for weather/darkness, where a winner cannot be determined, the game will be treated as a suspended game. All mechanical failures, regardless of which inning it occurs, 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 game will be treated as a suspended game. If the game is to be completed, it will be continued from the point of suspension with:

*Lineup and batting order the same as at the moment of suspension subject to rules of game.

*If a team, while on defense, has been charged two conferences, it is allowed only one more charged conference when the suspended game is continued.

*If a player entered as a substitute and has been removed from the game, he cannot re-enter when the game is continued -- even though played on two different days.

*All playing regulations apply as if the game was continuous and being played during one day.

EXAMPLES:

1. End of the 6th inning, Home - 6, Visitors - 4. Visitor scores three runs in the top of the 7th inning, to take the lead 7-6, when rain comes.
RULING: Suspended game rather than reverting back to the last completed inning.
2. End of the 5th inning, Home - 7, Visitors - 2. Visitor score four runs in the top of the 6th inning to make the score 7-6, bases loaded, when rain come and game cannot be completed.
RULING: Score reverts back to the 5th inning, Home - 7, Visitors - 2.
3. Game is called (ended) in the 3rd inning due to rain, darkness, lightning, or a combination of any.
RULING: It shall be considered a suspended game and continued from that point to a later time agreed upon by both schools involved.
4. Game is called (ended) in the top of the 7th inning due to a malfunction of lights or watering system with the score Home - 5, Visitors - 2. The visitors score two runs in the top of the 7th inning to make the score, Home - 5, Visitors - 4, prior to calling the game.
RULING: Suspended contest due to the mechanical failure.
5. In the middle of the 5th inning, Home - 6, Visitors - 4, when rain causes for a called game.
RULING: Completed game. Home team wins. The required numbers of innings have been played to meet the completed game requirement.
6. End of the 5th inning, Visitors – 6, Home – 5. Visitor scores three runs in the top of the 6th inning to extend lead to 9-5 when the rain comes.
RULING: Score reverts back to the 5th inning, Visitors – 6, Home – 5.

SPORTSMANSHIP ASSISTANT COACH/PLAYER COACH

NFHS ASSISTANT COACH OR PLAYER COACH RULE: Coaches are viewed by their players as teachers and positive role models. **Assistant coaches or a player (occupying one of the coaches boxes) are not permitted to leave the coaching box or the dugout to dispute, question or challenge the authority of the umpire(s). If this should take place, the assistant coach/player coach is either restricted to the dugout or ejected, umpires jurisdiction, on the severity of the assistant coach's action, and the head coach is restricted to the dugout for the remainder of that game.** If the restriction to the dugout takes place in the first game of a double-header, both coach and player (occupying one of the coaches boxes) would be able to resume their normal coaching duties the second game. **If the assistant coach is ejected, he would need to leave the confines of the playing field for the remainder of the day and not attend any contests until the next playing date has been completed at the level of competition he was ejected from. If a player was a base coach and he is restricted to the dugout he is eligible to play or base coach the second game of a double header.** If the player occupying the coach's box is ejected he stays in the dugout under the supervision of the head coach, and then falls under the ejection rule. Understand if the assistant coach is restricted or ejected, the head coach is restricted to the dugout for the remainder of that game. Other assistant coaches (in uniform) would have to take over the coaching box duties or players in uniform would assume those duties.

VIDEOTAPING

Videotaping or filming is permissible in scouting your opponent. Space for videotaping or filming for scouting is not required of host school. Videotaping is **NOT** permissible from beyond first or third base. Hand held cameras are recommended. **A coach, player, substitute attendant or other bench personnel are permitted to video from the dugout during the game and they may also watch it for coaching purposes. A coach may not use video replay and show it to the umpire, if a coach attempts to do this, he/she is subject to being ejected from the contest.**

IHSAA BASEBALL TOURNAMENT MANUAL

More detailed information regarding the post season will be published in the IHSAA Baseball Tournament Manual placed on the IHSAA website in June stating specific rules and regulations which govern tournament play.

BOARD POLICY REGARDING SQUAD LIMITATION IN IHSAA TOURNAMENT PLAY

The policy adopted by the Board of Control is as follows: The maximum of 24-player squad limitation will be enforced and any school in violation of same will lose by **forfeiture. Host administrator, simply do not allow more than 24 players in uniform to enter through the pass gate. A school that brings more than 24 players may have additional players in their dugout, but are not allowed to be in uniform, but each player over 24 must purchase a ticket.** The head coach is responsible for any additional players in street clothes in the dugout.

POSTSEASON HOME/VISITOR SELECTION

In all post season tournament contests, including the State Baseball Tournament, **the highest seeded team will have the choice to be the home or visitor.**

2019 TOURNAMENT PLAY

<u>JULY</u>	11, 13, 16, 20	Boys District Baseball Tournament Class 1A
	13, 16, 20	Boys District Baseball Tournament Class 2A
	19, 22	Boys District Baseball Tournament Class 3A
	19, 22	Boys Substate Baseball Tournament Class 4A
	23	Boys Substate Final Baseball Tournament Class 1A & 2A
	24	Boys Substate Final Baseball Tournament Class 3A & 4A

NOTE: Doubleheaders will be 5:00 p.m. & 7:00 p.m. Single games at 7:00 p.m. Twenty minutes between games for infield.

2019 STATE TOURNAMENT CHAMPIONSHIPS SITE: PRINCIPAL PARK, DES MOINES, IOWA

JULY

- 26 Class 1A First Round—11:00 a.m., 1:30 p.m.
- 27 Class 1A First Round—11:00 a.m., 1:30 p.m.
- 29 Class 2A First Round—11:00 a.m., 1:30 p.m., 4:30 p.m. & 7:00 p.m.
- 30 Class 3A First Round—11:00 a.m., 1:30 p.m., 4:30 p.m. & 7:00 p.m.
- 31 Class 4A First Round—11:00 a.m., 1:30 p.m., 4:30 p.m. & 7:00 p.m.

AUGUST

- 1 Semifinal Rounds —Class 1A, 11:00 a.m., 1:30 p.m.; Class 2A, 4:30 p.m. & 7:00 p.m.
- 2 Semifinal Rounds —Class 3A, 11:00 a.m., 1:30 p.m.; Class 4A, 4:30 p.m. & 7:00 p.m.
- 3 Class 1A, 2A Championship Games—1A-11:00 a.m. & 2A-1:30 p.m.
Class 3A, 4A Championship Games—3A- 4:30 p.m. & 4A-7:00 p.m.

AWARDS

District: District team champions will receive medals that will be presented by the tournament manager to the team champion, total 24.

Sub-state: Team champions will receive medals and will be presented by the tournament manager to the team champion, total 24. Team champions will also receive a state qualifier banner.

State: All participating schools will receive a trophy and 24 medals for participants. Teams eliminated in first-round, quarterfinal and semifinal games will receive their awards following the contests. The teams participating in the championship game will receive their awards following the championship game.

Picture Plaques: Pictures will be taken approximately one hour and twenty minutes prior to the first-round game in which your team will be participating. The plaques will be sent directly to the school, two to four weeks following the state tournament series.

Autograph Baseball: Each team that qualifies for the state baseball tournament will receive up to 26 autograph baseballs. Each baseball player and head coach who qualifies for the state tournament will receive an autograph baseball (up to 26 baseballs per team) at the state tournament. on behalf of the Iowa High School Athletic Association and Iowa Farm Bureau, as part of the corporate sponsorship agreement between the organizations. The number of autograph baseball given to a school will be dependent on the number of players listed in the state tournament program. Each school will also receive one baseball that may be placed in their trophy case. If schools have more than 24 players, they may purchase additional autographed baseballs. These may be ordered through the Iowa High School Athletic Association within one week following the tournament.