POINTS OF EMPHASIS
Coaches, players, substitutes, attendants or other bench personnel shall not leave the dugout during a live ball for any unauthorized purposes.
Coaches or team personnel may not sit outside the dugout/bench area on buckets or stools.
COMPLIANT OF PLAYER’S EQUIPMENT – BODY/CHEST PROTECTOR

Per a rule change approved in 2017, the catcher’s body/chest protector shall meet the NOCSAE standard effective January 1, 2020.
Points of Emphasis

COMPLIANT OF PLAYER’S EQUIPMENT - HELMETS

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Bats shall be unaltered from the manufacturer’s original design and production and must meet the provisions of Rule 1-3-2.
Runners are never required to slide, but if a runner elects to slide, it must be legal. A legal slide can either be feet first or head first. If a runner slides feet first, at least one leg and buttock shall be on the ground.
Runners may not pop-up into the fielder.
Runners may not have a leg raised higher than the fielder’s knee.
Except at home plate, runners may not slide through or beyond the base.
Runners may not slide away from a base in the direction of the fielder. But a runner may slide in a direction away from the fielder to avoid making contact or altering the play of the fielder.
The runner is out when he illegally slides and affects the play. On a force play, the runner is also guilty of interference. The batter-runner is also declared out and all runners must return to the base occupied at the time of the pitch.
Jumping, hurdling and leaping are all legal attempts to avoid a fielder as long as the fielder is lying on the ground.
When illegally executed, as shown in the PlayPic, hurdling, jumping or leaping over a fielder supersedes obstruction.
Diving over a fielder is always illegal. Diving supersedes obstruction.