



2020 BASEBALL RULES MEETING

National Federation of State High School Associations

Take Part. Get Set For Life.™

Todd Tharp & Jared Chizek
Iowa High School Athletic Association

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HEAT & HYDRATION

- Take plenty of water breaks during practice.
- Use the information provided by the IHSAA.
 - Heat and Humidity Gauge
 - Heat Index Chart
 - Urine Color Chart

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HEAT & HYDRATION

- Heat-related deaths are preventable if specific steps are taken by coaches and administrators.
 - Develop an Emergency Action Plan
 - Allow student-athletes to acclimatize to heat and humidity
 - Access to water should never be restricted
 - Student-athletes should be encouraged to take in fluids frequently before and after practices and games
 - Practices should be scheduled at times during the day that minimize exposure to heat and humidity

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HEAT & HYDRATION

- Use the "BUDDY SYSTEM"
 - Assign student-athletes a "Buddy" and have them monitor each other for signs and symptoms of heat related problems
- Signs of Possible Heat Stroke
 - Altered consciousness
 - Semi-consciousness, confused, irrational behavior
 - Comatose
 - Headache, dizziness, weakness
 - Hot skin – with or without sweating
 - Increased heart and breathing rates
 - Nausea, vomiting or diarrhea

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HEAT & HYDRATION

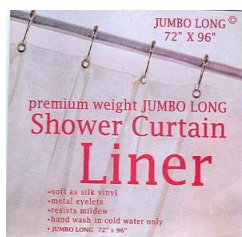
- The actions taken in the first 5-10 minutes after recognizing heat stroke are critical to the student-athlete's survival!
- Cold water submersion cools the body the fastest!
 - For student-athletes wearing pads, remove the pads and place the student in a plastic tub of ice and cold water
 - Can also use a piece of plastic with ice and cold water that is held at the corners

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Exertional Heat Stroke is the leading cause of preventable death in high school athletics

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HEAT INDEX TABLE

This Heat Index Chart provides general guidelines for assessing the outdoor safety of a wide range of outdoor activities. Individual reactions to the heat will vary. Heat illness can occur at lower temperatures than those indicated on the "Heat Index & Possible Risk" section of this poster.

How to use the Heat Index Chart:

1. Assess the heat of the day by air temperature (in Fahrenheit).
2. Down the left side of the chart, the relative humidity is listed.
3. Where the temperature and humidity meet on the chart is the Heat Index.

TAKE TEMPERATURE & HUMIDITY READINGS IN THE SUN, IF PRACTICE WILL TAKE PLACE IN THE SUN.

The Heat Index is the body's sensation of heat, or "What the temperature and humidity feel like to the body."

AIR TEMPERATURE (in degrees Fahrenheit)

	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
HEAT INDEX at "What the temperature & humidity feel like to the body"											
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	149
40%	68	74	79	86	93	101	110	120	132	147	169
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136					
90%	71	79	88	102	122						
100%	72	80	91	108							

HEAT INDEX & POSSIBLE RISK

80-104 degrees: Heat exhaustion, heat cramps & heatstroke likely, and heatstroke possible. Prompt medical aid is likely. Drink more fluids, consider changing practice, and if in heat, discontinue the activity, consider changing practice, and if in heat, discontinue the activity.

105-124 degrees: Heat exhaustion, heat cramps & heatstroke likely, and heatstroke possible. Prompt medical aid is likely. Drink more fluids, consider changing practice, and if in heat, discontinue the activity.

125-149 degrees: Heatstroke & heatstroke highly likely. CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS.

DIRECTIONS FOR USING THE MAXIMUS THERMO-HYGROMETER

1. Turn the unit on by the On/Off switch on the left side.
2. Place the unit in a shaded area, away from direct sunlight, and away from wind.
3. Read the temperature and humidity readings on the display. (Temperatures are in degrees Fahrenheit, and humidity is in percent.)
4. Record the temperature and humidity in the record book provided on the Heat Index Table.

9

MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES



Concussion in Sports

Elective Course

Student Coach Parent Administrator Official

Free! Completions: 161023 >

ALL 7-12 coaches (paid or volunteer) are required to view the NFHS course, "Concussion in Sports" before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.

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HEAT & HUMIDITY PEN CONTACT THE IHSAA IF INTERESTED



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IHSAA URINE COLOR CHART

The urine color chart shown here will help assess athletes' hydration status. To use this chart, match the color of your urine to a color on the chart. The greater the level of dehydration, the greater the negative effect on performance & health. If the color of your urine matches #1, #2 or #3 on the chart, you are WELL hydrated. If your urine color matches #4 or #5 you are likely being dehydrated, and if your urine color matches #6, #7 or #8 you are DEHYDRATED and need to consume a lot more fluids. ALL LEVELS OF DEHYDRATION HAVE SOME NEGATIVE EFFECT ON ATHLETIC PERFORMANCE & HEALTH.

1, 2, 3 = WELL HYDRATED

Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.

4, 5 = Hydrated, but not well hydrated. Drink additional fluids on a regular basis so the color of your urine is equivalent to numbers 1, 2 or 3.

6, 7, 8 = DEHYDRATED

You are dehydrated! Drink a lot more fluids on a regular basis to enhance your performance and avoid getting muscle cramps, or heat illness. It may also improve your health.

Urine color chart used with permission from Publishing & Editors Association by Lawrence E. Armstrong, Ph.D., 2008. Copyright Lawrence E. Armstrong, 2008. Published by Human Kinetics, Champaign, IL. www.human-kinetics.com. Research conducted on color chart used by Human Kinetics The International Journal of Sport Nutrition, Volume 4, 1994, pp. 200-210 & Volume 5, 1995, pp. 200-201.

Distributed by the IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

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CONCUSSIONS

Iowa Code Section 280.13C states, in part,

"Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.

The student and student's parent or guardian shall sign and return the concussion and brain injury information sheet to the student's school **prior to the student's participation in any interscholastic activity for grades seven through twelve.**"

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LIGHTNING GUIDELINES

If thunder is heard, or lightning is seen, immediately suspend the contest and instruct everyone to take safe shelter.

Once the contest is suspended due to lightning, **wait at least 30 minutes after hearing the last thunder before having teams & spectators leave safe shelter and resuming the contest.**

Complete guidelines regarding lightning safety appear in every NFHS rule book.

Remember, lightning kills, play it safe!



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LIGHTNING GUIDELINES



STRIKEALERT
PERSONAL LIGHTNING DETECTOR

Play it safe outdoors

...Lightning is the most frequent and dangerous natural hazard...
...Lightning is also a threat to storm-related work.

Lightning Detector
Audible Warning
Visual Alarm

STRIKEALERT

Personal Alarm

LIGHTNING GUIDELINES



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COACH GENERAL INFORMATION

- First legal practice date May 18, 2020
- First legal playing date June 1, 2020
- Player game limitation, 40 games
- All **varsity** contests must be scheduled as 7 inning contests, 10 & 15 run rules apply.
- Current 8th Grade students in your school system are eligible to practice and participate in any 9-12 contest before they graduate from the 8th grade.

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COACH STATISTIC REQUIREMENT

- Statistics must be completed by 3:00 PM on the following dates:
 - June 9, 2020, for games through June 6th
 - June 23, 2020, for games through June 20th
 - July 7, 2020, for games through July 4th
 - Following any postseason contest

New Pitch Count Violation Reporting Policy mirrors these dates. Results of these games within time frame will not change if violation reported after the QS deadline.



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2020 NFHS BASEBALL RULE CHANGES



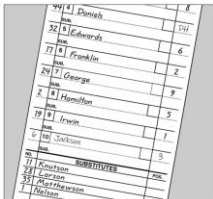
2020 NFHS BASEBALL RULE CHANGES



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Rule Change

DESIGNATED HITTER RULE 3-1-4



1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
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98	98	98	98
99	99	99	99
100	100	100	100

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Rule Change

DESIGNATED HITTER RULE 3-1-4

49	1	Daniels			8
32	5	Edwards			24
77	4	Franklin			6
89	7	George			2
2	8	Hamilton			9
19	8	Irvine			5
6	10	Jackman			1
					9
NO.		ROBUSTIVER			NO.
21		Kimble			
22		Marion			
55		Mathewson			
1		Marion			


The DH may still be a 10th starter hitting for any one of the nine starting defensive players.



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Rule Change

DESIGNATED HITTER
RULE 3-1-4a1



LINE	NAME	POS	NO.
1	Demals	DH	3
2	Edwards		6
3	Franklin		2
4	George		9
5	Hamilton		7
6	Travis		5
7	Clarkson		1
SUBSTITUTES			
8	Clarkson		1
9	Edwards		6
10	Hamilton		7
11	Travis		5

- While there is no change from the previous DH rule.
- When using a standard designated hitter, the role of the DH is still terminated for the remainder of the game when the defensive player for whom the DH batted, subsequently bats, pinch-hits or pinch-runs.

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Rule Change

DESIGNATED HITTER
RULE 3-1-4a2



LINE	NAME	POS	NO.
1	Demals	DH	3
2	Edwards		6
3	Franklin		2
4	George		9
5	Hamilton		7
6	Travis		5
7	Clarkson		1
SUBSTITUTES			
8	Clarkson		1
9	Edwards		6
10	Hamilton		7
11	Travis		5

- While there is no change from the previous DH rule.
- The role of a standard DH is still terminated for the remainder of the game when the designated hitter or any previous designated hitter assumes a defensive position.

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Rule Change

DESIGNATED HITTER
RULE 3-1-4b



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS Official Line-up Baseball			
DATE	TEAM	Opponent	
May 1, 2010	Team	Opponent	
LINE	NAME	POS	NO.
1	Abel		3
2	Baker		9
3	Charles		2
4	Demals		6
5	Edwards		7
6	Franklin		5
7	Travis		1
SUBSTITUTES			
8	Clarkson		1
9	Edwards		6
10	Hamilton		7
11	Travis		5

- The starting designated hitter (DH) may now be any one of the starting defensive players, including the pitcher.
- A Player/DH then holds two positions: defensive player and designated hitter.

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Rule Change

DESIGNATED HITTER
RULE 3-1-4b


LINE	NAME	POS	NO.
1	Demals	DH	3
2	Edwards		6
3	Franklin		2
4	George		9
5	Hamilton		7
6	Travis		5
7	Clarkson		1
SUBSTITUTES			
8	Clarkson		1
9	Edwards		6
10	Hamilton		7
11	Travis		5

- In the case where one player is listed as a starting DH and a starting defensive player in the lineup, the role of the defensive player may be substituted for by any legal substitute.
- The original player/DH may re-enter defensively one time.

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Rule Change

DESIGNATED HITTER
RULE 3-1-4b-1

When using the P/DH, the role of the DH is terminated for the remainder of the game when any player substitutes offensively for the DH.

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Rule Change

DESIGNATED HITTER
RULE 3-1-4b-2

As a reminder under the new option, the role of the DH is terminated for the remainder of the game when the starting defensive Player/DH is substituted for either as a hitter or a runner.

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Rule Change

DESIGNATED HITTER (DH) RULE 3-1-4

- **ART. 4 . . .** A hitter may be (not mandatory) designated for any one starting player (not just pitchers) and all subsequent substitutes for that player in the game. ~~A starting defensive player cannot be listed as the designated hitter in the startup.~~ A designated hitter for said player shall be selected prior to the start of the game, and his name shall be included on the lineup cards presented to the umpire-in-chief and to the official scorer.



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Rule Change

DESIGNATED HITTER (DH) RULE 3-1-4

- A team forfeits the use of a designated hitter if it fails to declare a designated hitter prior to the game. If a pinch hitter or pinch runner for the designated hitter is used, that player becomes the new designated hitter. The player who was the designated hitter may re-enter as the designated hitter under the re-entry rule. A designated hitter and the player for whom he is batting are locked into the batting order. No multiple substitutions may be made that will alter the batting rotation.



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Rule Change

DESIGNATED HITTER CASES

- Sanders is listed as P/DH, hitting in the third position. In the fifth inning, McNeely enters the game as the pitcher. Sanders continues to DH for McNeely. LEGAL
- In the sixth inning, substitute Jackson enters to pitch replacing McNeely. Sanders remains the DH for Jackson. LEGAL
- In the seventh inning, Sanders returns to defense as the catcher and is still listed as the DH. LEGAL; remember though Jackson must exit the game as the two players are tied together in the batting order.



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Rule Change

DESIGNATED HITTER CASES

- Dolan is listed in the starting lineup as the 2B/DH and batting fourth. Coach wants to bring in Holaday to hit for Dolan in the third inning.
 - If substitute Holaday comes in to hit or run for Dolan, the role of the DH is terminated for the game. Dolan may re-enter the game on defense and bat in the same spot in the order.



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Rule Change

DESIGNATED HITTER CASES

- Colgate is listed in the starting lineup as P/DH. Hopkins replaces Colgate as the pitcher in the fourth inning. In the fifth inning, Colgate sprains his ankle as he slides into second base. Colgate cannot continue and requires a pitch-runner.
 - If an eligible substitute enters the game to pitch-run for Colgate, the role of the DH is terminated. The coach may substitute another player, but this will end Hopkins as the pitcher since the substitute enters the game in the batting order spot already occupied by Hopkins. However, if Hopkins pinch-runs for Colgate, Hopkins can continue to pitch and hit for himself.



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Rule Change

DESIGNATED HITTER CASES

- In the fourth inning, Smith (P/DH), sprains his ankle running the bases and is taken out of the game for the first time and replaced by McGinnis. In the sixth, Smith pitch hits for McGinnis. LEGAL
- In the sixth, Smith enters the game to play defense for McGinnis. LEGAL
- In the sixth, Smith enters the game to play defense for Russell while McGinnis remains in the game to pitch. ILLEGAL; Smith and McGinnis are locked into the same lineup spot and cannot be in the game on defense at the same time.



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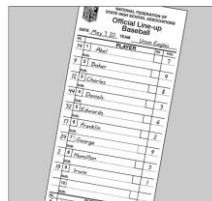
POINTS OF EMPHASIS



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Points of Emphasis

DESIGNATED HITTER



There are now two options when using a designated hitter: the standard DH and the player/DH. Teams may also still choose to start the game without using a designated hitter (straight 9). All options must be declared prior to the start of the game.



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Points of Emphasis

DESIGNATED HITTER



The courtesy runner (CR) can never have any function with a designated hitter (DH). When a DH comes to bat, he is a DH (regardless of either lineup option); when at bat, he can never assume a defensive position. As a result, a CR is never a legal substitute for a DH.



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Points of Emphasis

DESIGNATED HITTER



If the DH is batting for another player, when he bats, he is a DH. As a result, if a runner comes in for him when he gets on base, it is a substitution, and that player is now the DH. If the DH is a Player/DH, he is batting as the DH. A substitution by an offensive player would eliminate the role of the DH.



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Points of Emphasis

FORCE-PLAY SLIDE RULE



Runners are never required to slide, but if a runner elects to slide at any base, 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.



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Points of Emphasis

FORCE-PLAY SLIDE RULE



Runners may not pop-up into the fielder.



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Points of Emphasis

FORCE-PLAY SLIDE RULE



Runners may not have a leg raised higher than the fielder's knee.



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Points of Emphasis

FORCE-PLAY SLIDE RULE



Except at home plate, runners may not slide through or beyond the base.



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Points of Emphasis

FORCE-PLAY SLIDE RULE



Runners may not slide away from a base in the direction of the fielder. But a runner may slide in a direction away from a fielder to avoid making contact or altering the play of the fielder.



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Points of Emphasis

FORCE-PLAY SLIDE RULE



The runner is out when he illegally slides. On a force play, the runner is also guilty of interference. The batter-runner is also declared out and all other runners must return to the base occupied at the time of the pitch.

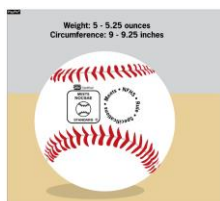


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Points of Emphasis

COMPLIANT BASEBALL



The ball shall meet the current NOCSAE standard for baseball effective January 1, 2020. The NFHS authentication mark and the NOCSAE mark shall both be visible on the ball.

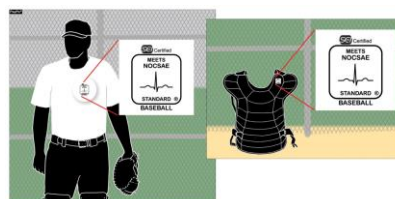


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Points of Emphasis

COMPLIANT BODY AND CHEST PROTECTOR



The catcher's body/chest protector shall meet the NOCSAE standard effective Jan. 1, 2020.



EvoShield undershirt with removable pads

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Points of Emphasis

CHEST AND BODY PROTECTOR RULE 1-5-3

- Three ways to be compliant with requirement under 1-5-3:
 - Traditional chest protector that meets NOCSAE standard
 - Compression shirt with heart guard built into shirt that protects heart/cardiac silhouette and meets NOCSAE standard
 - Chest pad that fits on top of traditional chest protector that meets NOCSAE standard
- Ultimately, coaches responsibility to make sure athletes are compliant with new rule change and should affirm with umpire-in-chief prior to game that his team is legally equipped

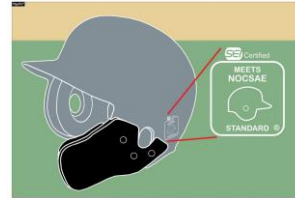


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Points of Emphasis

COMPLIANCE OF PLAYER EQUIPMENT



A face mask/guard specifically designed for a particular helmet model may be attached after manufacture, provided that procedure is approved by the manufacturer and meets the SEI/NOCSAE standard at the time of manufacture.

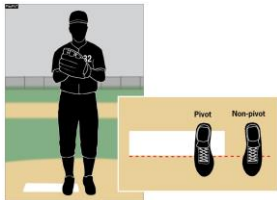


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Points of Emphasis

PROPER PITCHING POSITIONS



The windup is one of two legal pitching positions. For the windup, the pitcher's non-pivot foot shall be in any position on or behind a line extending through the front edge of the pitcher's plate.

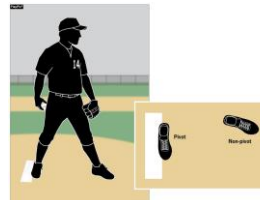


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Points of Emphasis

PROPER PITCHING POSITIONS



The set is one of two legal pitching positions. For the set position, a pitcher shall stand with his entire non-pivot foot in front of a line extending through the front edge of the pitcher's plate and with his pivot foot in contact with or directly in front of and parallel to the pitcher's plate.

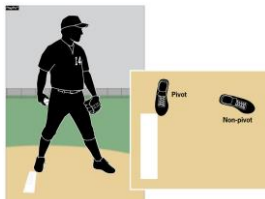


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Points of Emphasis

PROPER PITCHING POSITIONS



Pitchers are no longer required to have their entire pivot foot in contact with the pitcher's plate. This recognizes that many mounds are such that it is problematic for the pitcher to have his entire pivot foot in contact with the pitcher's plate.

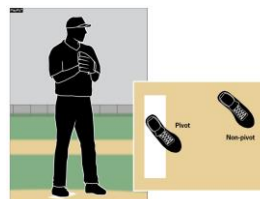


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Points of Emphasis

PROPER PITCHING POSITIONS



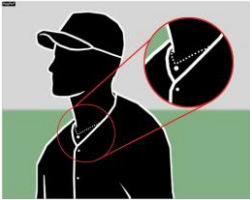
The so-called hybrid stance is illegal as it does not meet the requirements of either the windup or set positions.



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ENFORCEMENT OF NFHS JEWELRY RULE



Jewelry, including necklaces, bracelets and earrings, shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.



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CONTACT INFORMATION



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YOU'RE ALMOST FINISHED

At the conclusion of the verification page, you will be provided with a certificate of completion.

Coaches – please print three (3) copies of the verification certificate
 One for your records
 One for your administrator
 One for your coaching authorization renewal

Officials – please print one copy of the verification certificate for your files

You may now click on the button to the right of your screen that says:
 I'm FINISHED Watching the Rules Meeting Video
 You will be directed to the verification screen followed by the verification certificate



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