



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Baseball Memo #1

January 3, 2023

Good afternoon, Head Baseball Coaches & AD's –

Although we have plenty of time before the start of the 2023 baseball season, offseason contact period will be approaching quickly. Because of this, we wanted to get a few preseason updates out for all baseball coaches and ADs. Please don't hesitate to reach out if you've got further questions as we get going.

1. Spring Batting Practice

Based on recommendation from our baseball advisory committee, the 15 days allotted for voluntary spring batting practice has been updated to allow 5 of these 15 dates to be full voluntary practice to work on all aspects of the game (fielding, base-running, situational, etc.) in addition to batting. The 3-hour time limit has also been removed to accommodate for facility and number issues that some districts have experienced. The start date for this will still be Monday of Week 35 (February 27, 2023) up to the first day of practice. We wanted to get this information out now so coaches could plan accordingly. There are no changes to pre-season pitching workouts that could have begun January 1.

2. Post-Season Assignments

The IHSAA will no longer utilize coaches seeding meetings for postseason-assignments. Rather The IHSAA staff will assemble brackets on Week 51 (1A and 2A) and Week 52 (3A and 4A) in collaboration with the IHSBCA for the rankings process.

3. NFHS Rule Updates

The NFHS, our national governing body, has made a couple rule updates/changes that include but not limited to:

- Prohibition of jewelry removed from high school baseball rules.
- Added definition of a lodged ball.
- Rule 6 adjusted, the pitcher hybrid position is now legal.
- Catcher eye shield attached aftermarket are prohibited. If attached at time of manufacture, must be clear.
- More news shared at rules clinic on 21st and online rules meeting (late March) [Baseball Rule Changes - 2023](#)

4. Coming Soon

Later you will see on our [Baseball Page](#) and/or receive emails on:

- Preliminary Classifications with co-ops.
- Regular Season Manual
- Post Season Manual

Coaches, as the new IHSAA administrator for baseball, I also wanted to let you know I will be at the IHSBCA coach's clinic on January 20th & 21st. Although I may know many of you from my time as an AD, I hope to get to meet many of you there then and connect a name with a face/school. Hope everyone had a great break!

Andy Umthun
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