



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Baseball Memo #2

February 24, 2023

Good morning, Head Baseball Coaches & AD's –

1. Spring Batting Practice

A quick reminder that our 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 be this **Monday, February 27th** and can be utilized anytime up to the first day of practice. AD's, be sure to know the dates your programs plan to utilize these 15 total dates for your reference.

2. Rule Meeting

The 2023 rules meeting will be available for viewing and completion on Monday, March 27th (Week 39) for those unable to attend the presentation at the IHSBCA coach's clinic last month. The NFHS, our national governing body, has made a couple rule updates/changes that you will want to be sure to be up to date on (covered, in detail in rules meeting):

- 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.
- [Baseball Rule Changes - 2023](#)

3. Bound Directory

AD's, please ensure your directory on Bound is up to date. I have many schools that do not have a baseball coach listed or do not have their contact information listed on here. Please ensure they are getting communications coming as we are pulling directory information directly from Bound.

4. Future Information Coming

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

- Preliminary Classifications with co-ops
- Post Season Manual

Thanks, and please do not hesitate to reach out if any questions arise as we go through spring and the start of our 2023 season approaches.



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