



# IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Baseball-Coach and AD Memo #6

May 29, 2026

## **1. Balls and Strikes:**

We have already had multiple ejections this season for arguing balls and strikes. This is unacceptable and must be a point of emphasis in your program. Additionally, in several games I have attended, I have observed inappropriate gestures and poor body language from student-athletes—behavior that will not be tolerated. In many of these situations, our umpires have shown restraint that may not happen moving forward.

**Coaches** please set and enforce clear standards for sportsmanship and respect for officials.

**Athletic Directors** please ensure that spectators understand their role: support your team positively and allow umpires to handle all judgment calls without interference.

Failure to improve in this area will result in increased enforcement and further ejections.

## **2. Player to Player Meetings:**

It appears there has been some questions on the new player to player meetings rule. To provide clarity:

- 1) Teams can still throw the ball around the horn after a strikeout. This is not a player to player meeting as long as there is not a gathering at the mound that interrupts or stops play.
- 2) A Player-to-Player Defensive Meeting cannot be charged until the ball is put into play to start the half-inning.
- 3) Time does not need to be called for a meeting to be charged. Umpires will use their discretion on whether a player is encouraging the player(s) or conferring on strategy.

**If a team “requests “Time” for a second conference umpires should not allow a conference unless, the coach wants to come out and use it was one of their defensive conferences.**

Here is some additional guidance from the Case Book for reference: [P2P Meetings-Case Book.pdf](#)

## **3. Pitch Count**

Thank you all for your diligence so far this season on tracking and entering pitch counts. Pitch count information is detailed in our [Baseball Regular Season Manual](#). Please use the [Pitch Count Spreadsheet](#) and [Pitch Count Form](#) available from our website, do checks every half inning during games and reconcile any discrepancies, know the tiers of the pitch count and days of rest associated with it, consecutive pitching days policy, and document counts throughout contests.

## **4. Weekly Pitch Count Limitations**

A quick reminder that your 10-12 graders will have the weekly limitation of 180 through (Saturday, June 6). As of Monday, June 8, your 10-12 grade pitchers will only have the daily limitation, and the days of rest associated with it. Your 8-9 grade pitchers will still have a weekly limitation of 150 for the entire season. Some have asked so to clarify- a week is defined as Sunday-Saturday.

## **5. Catcher’s Helmet**

The catcher's helmet and mask combination shall meet the NOCSAE standard at the time of manufacture (tested together). Eye shields shall not be attached to the catcher's mask after manufacture. Any helmet or helmet and mask combination shall have full ear protection (dual ear flaps). A throat protector, which is either a part of or attached to the catcher's mask, is mandatory. A throat protector shall adequately cover the throat. The commercially manufactured catcher's head, face and throat protection may be a one-piece or multi-piece design.