



# 2021 NFHS BASEBALL RULES POWERPOINT

National Federation of State  
High School Associations



Take Part. Get Set For Life.®

B. Elliot Hopkins, MLD, CAA  
NFHS Director of Sports, Sanctioning and Student Services



## TODAY'S AGENDA

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- Review the 2020 Rules Interpretations
  - Review the NYS Adopted Rules and Items
  - NYSPHSAA Baseball Considerations for 2021
    - COVID-19 Protocols
  - Q&A Session
-

# NFHS RULES REVIEW COMMITTEE

- The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



**Davis Whitfield**  
Chief Operating  
Officer



**Lindsey Atkinson**  
Girls Lacrosse and  
Volleyball



**Bob Colgate**  
Football and Sports  
Medicine



**Sandy Searcy**  
Softball and  
Swimming & Diving



**Elliot Hopkins**  
Baseball and  
Wrestling



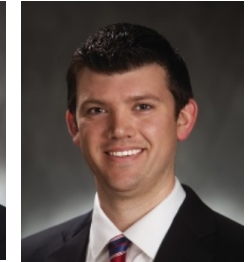
**Julie Cochran**  
Cross Country, Gymnastics,  
Field Hockey and  
Track & Field



**James Weaver**  
Boys and Spirit

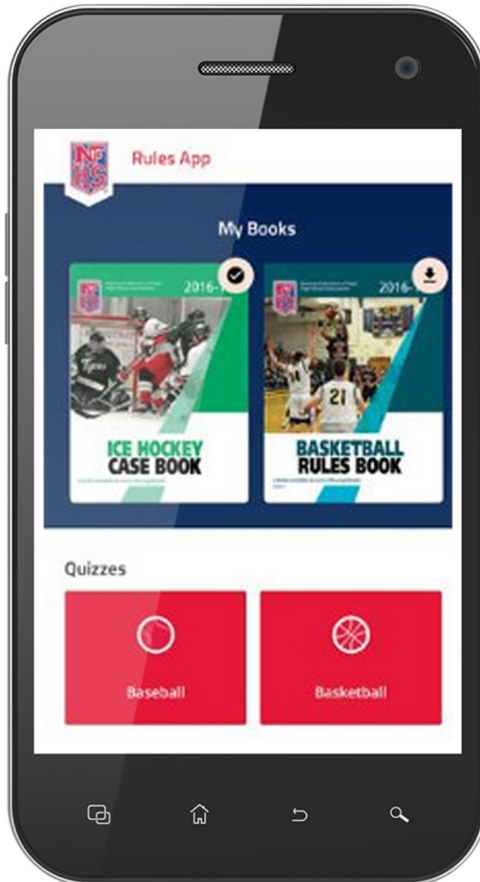


**Theresia Wynns**  
Basketball and  
Soccer



**Dan Schuster**  
Ice Hockey

# NEW NFHS RULES APP



- Rules App features:
  - Searchable
  - Highlight notes
  - Bookmarks
  - Quizzes for all sports
  - Easy navigation
  - Immediate availability
  - Free to paid members of the NFHS Coaches and Officials Associations
  - [www.nfhs.org/erules](http://www.nfhs.org/erules) for more information



# IMPORTANT FACTS AND DATES

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- Online Interpretation Meeting Date
  - **January 23, 2020**
- Mid-Season Webinar Date
  - **April 24, 2020**
- Rule Change Proposal Submission Dates
  - Open Date: **September 1, 2020**
  - Close Date: **May 1, 2021**
- Rules Committee Date
  - **June 5-7, 2021**

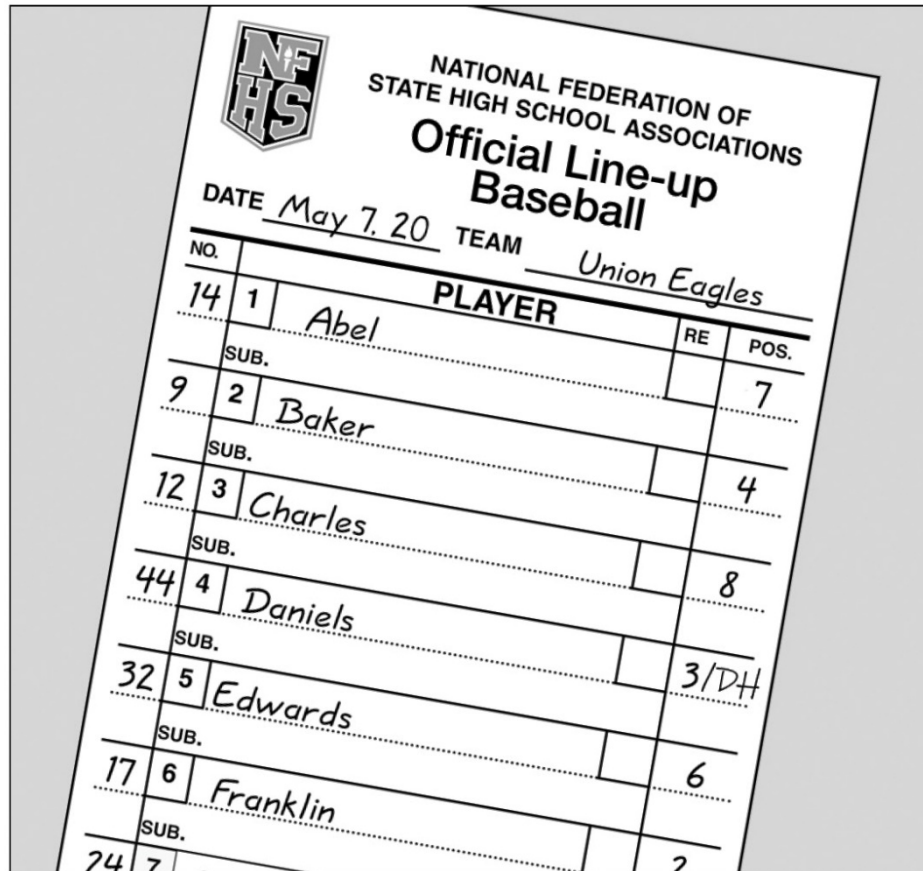




# 2020-21 NFHS BASEBALL RULE CHANGES

# DESIGNATED HITTER

## RULE 3-1-4b



NFHS  
NATIONAL FEDERATION OF  
STATE HIGH SCHOOL ASSOCIATIONS  
Official Line-up  
Baseball

DATE May 7, 20 TEAM Union Eagles

NO.	PLAYER	RE	POS.
14 1	Abel		7
9 2	Baker		4
12 3	Charles		8
44 4	Daniels		3/DH
32 5	Edwards		6
17 6	Franklin		2
24 7			

- 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.

# DESIGNATED HITTER

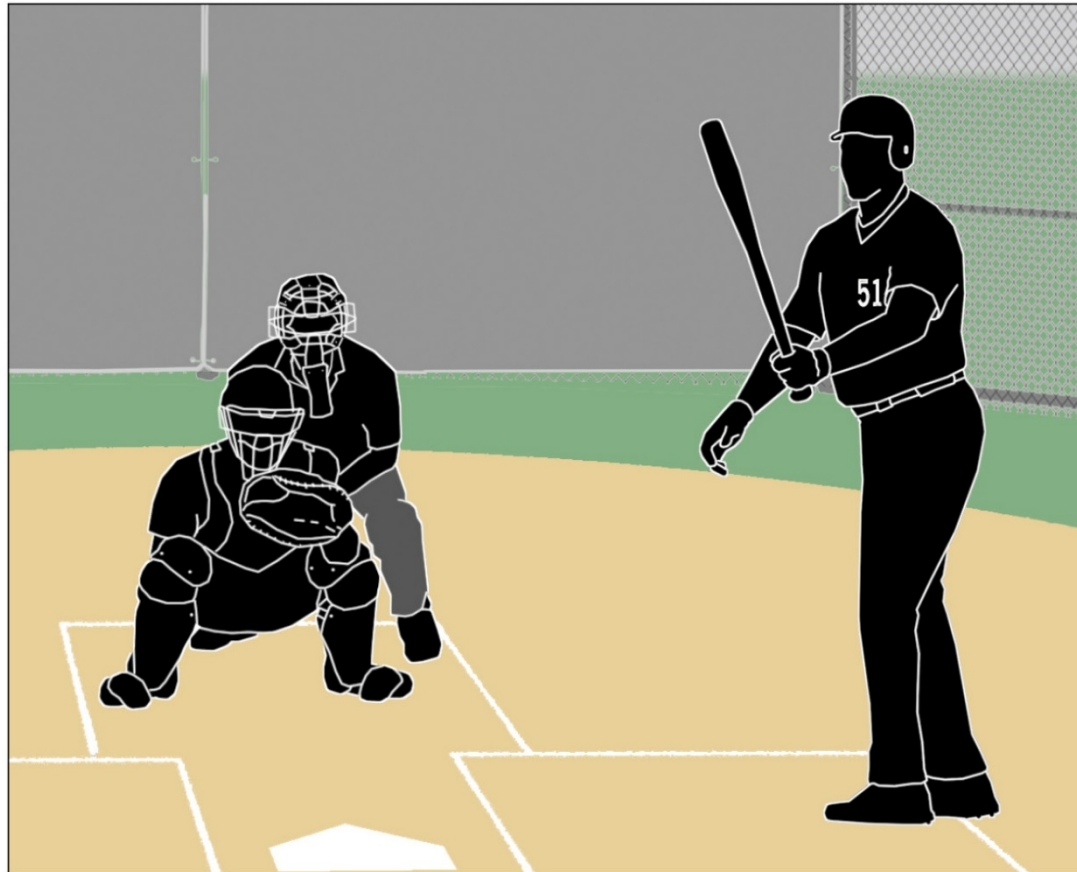
## RULE 3-1-4b

SUB.	44	4	Daniels	8
SUB.	32	5	<del>Jackson</del> Edwards	3/DH <del>3</del>
SUB.	17	6	Franklin	6
SUB.	24	7	George	2
SUB.	2	8	Hamilton	9
SUB.	19	9	Irwin	5
SUB.	10			1
NO.	SUBSTITUTES			POS.
6	<del>Jackson</del>			
11	Knutson			
28	Larson			
35	M...			

- 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.



## DESIGNATED HITTER RULE 3-1-4b-1



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

# DESIGNATED HITTER RULE 3-1-4b-2



As a reminder from the previous slide, 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.



# DESIGNATED HITTER (DH)

## RULE 3-1-4

- **Rationale:**

This rule change will provide coaches some options to strategize how to keep their better players in the game, to contribute to the offensive output of the team and give another player a chance to participate on defense. In addition, considering the pitch count rules, this change would help pitchers to keep their bat (because they are typically the best hitter) in the game, but can come out of the game to protect their arms from overuse.

## WHAT ABOUT NY'S P/DH RULE FROM 2019?

- How does this rule affect the 2019 rule in NY concerning the P/DH?
- Answer: NY P/DH Rule has been **eliminated**. (February 2021).
- 3 lineup options: straight 9 (no DH), standard DH rule, Player/DH rule.



## POINTS OF EMPHASIS



## DESIGNATED HITTER

NATIONAL FEDERATION OF  
STATE HIGH SCHOOL ASSOCIATIONS  
Official Line-up  
Baseball

DATE May 7, 20 TEAM Union Eagles

NO.	PLAYER	RE	POS.
14	1 Abel		7
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12	3 Charles		8
44	4 Daniels		3
32	5 Edwards		6
17	6 Franklin		2
24	7 George		9
2	8 Hamilton		5
19	9 Irwin		1
10			
6	Jack		

SUBSTITUTES

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.

## 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.

## 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.

## GAME-ENDING PROCEDURES



	1	2	3	4	5	6	7	Total
VISITOR	3	2	4	1	4			14
HOME	1	0	0	0	0			1

A state association may adopt game-ending procedures that determine how games are ended, including suspended games. However, if a state does not adopt game-ending procedures, by mutual agreement of the opposing coaches and the umpire-in-chief, any remaining play may be shortened or the game terminated. If a state association has adopted game-ending procedures, only those game-ending procedures may be used, unless the opposing coaches wish to terminate the game (4-2-4).

## 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.

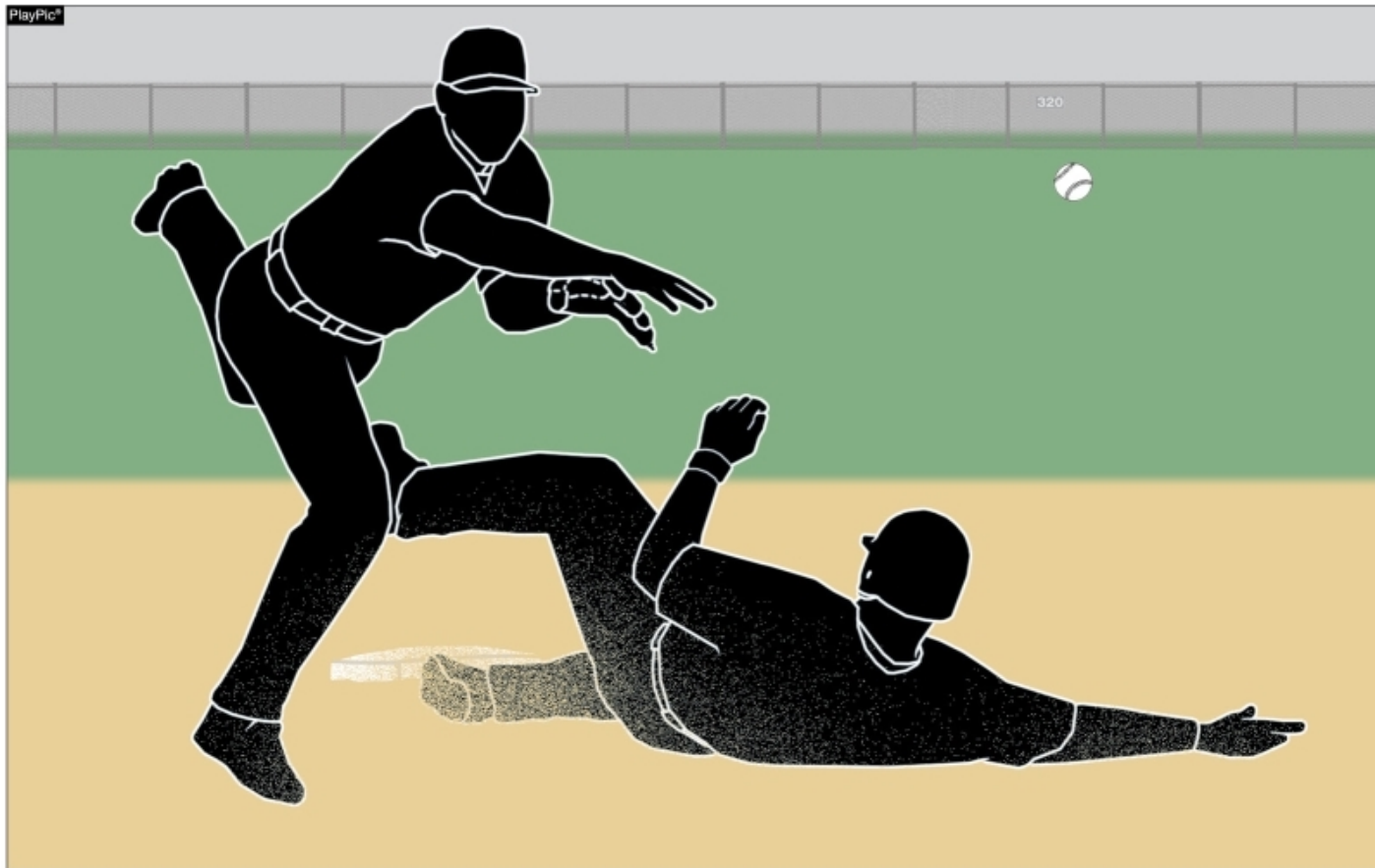


## FORCE-PLAY SLIDE RULE



Runners may not pop-up into the fielder.

## FORCE-PLAY SLIDE RULE



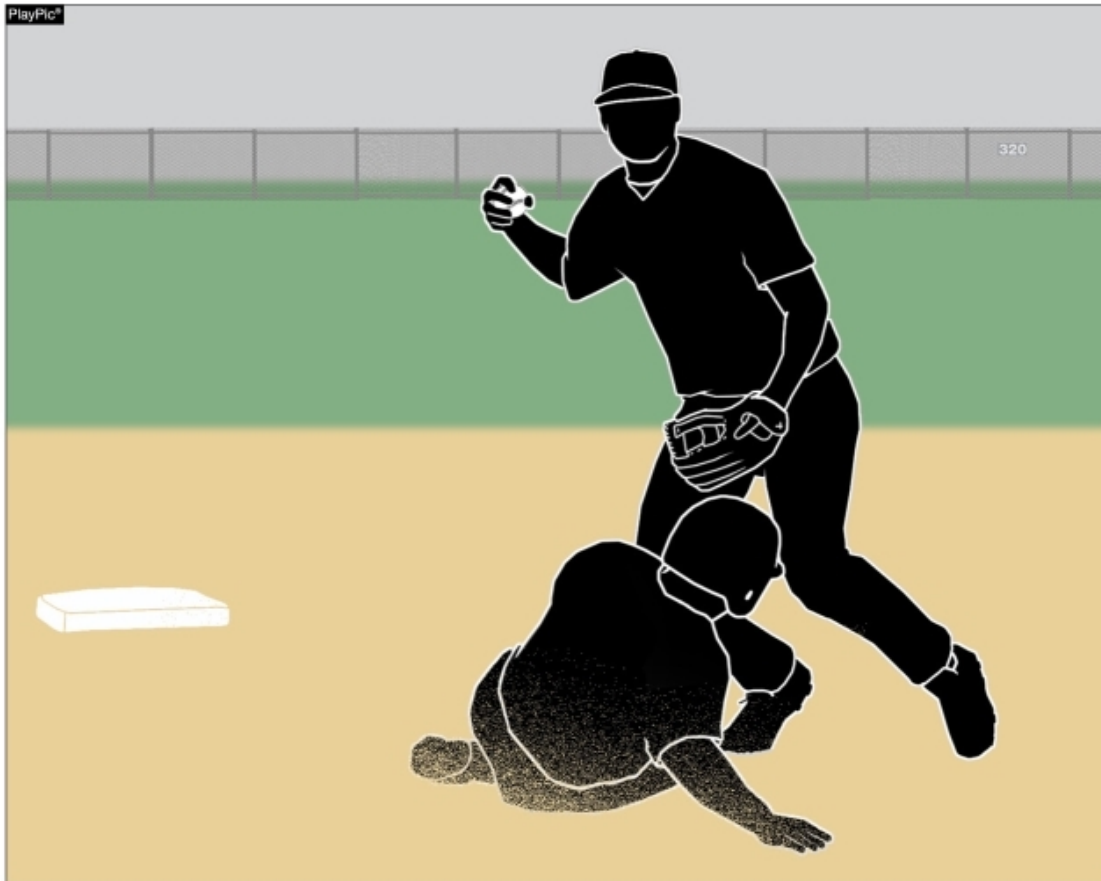
Runners may not have a leg raised higher than the fielder's knee.

## FORCE-PLAY SLIDE RULE



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

## 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.

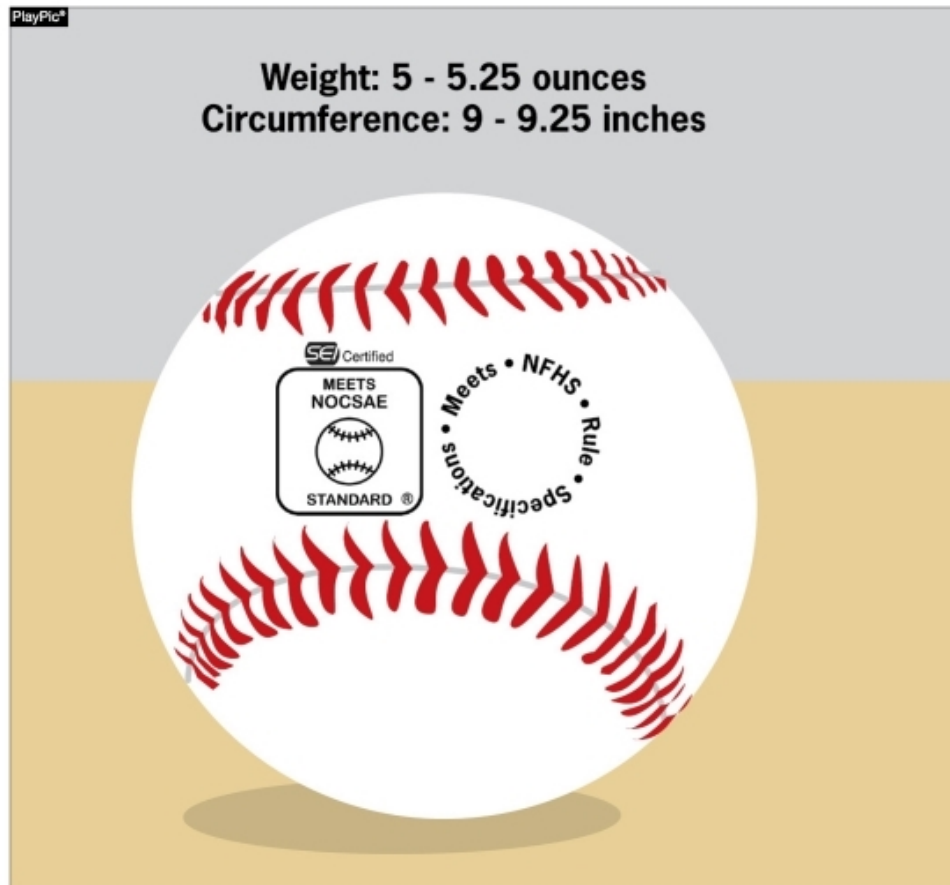
## FORCE-PLAY SLIDE RULE



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.



## 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.



# BASEBALLS

## RULE 1-3-1

- Effective January 1, 2020 the SEI/NOCSAE mark is required on all baseballs that meet the NOCSAE standard that will be used in high school competition.
- Baseballs shall have the SEI/NOCSAE mark along with the NFHS Authenticating Mark.

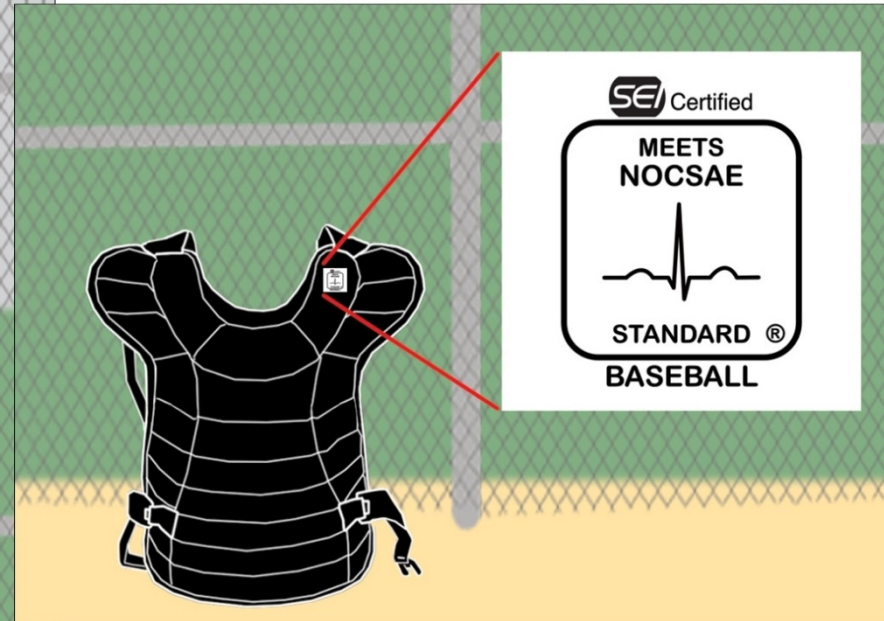
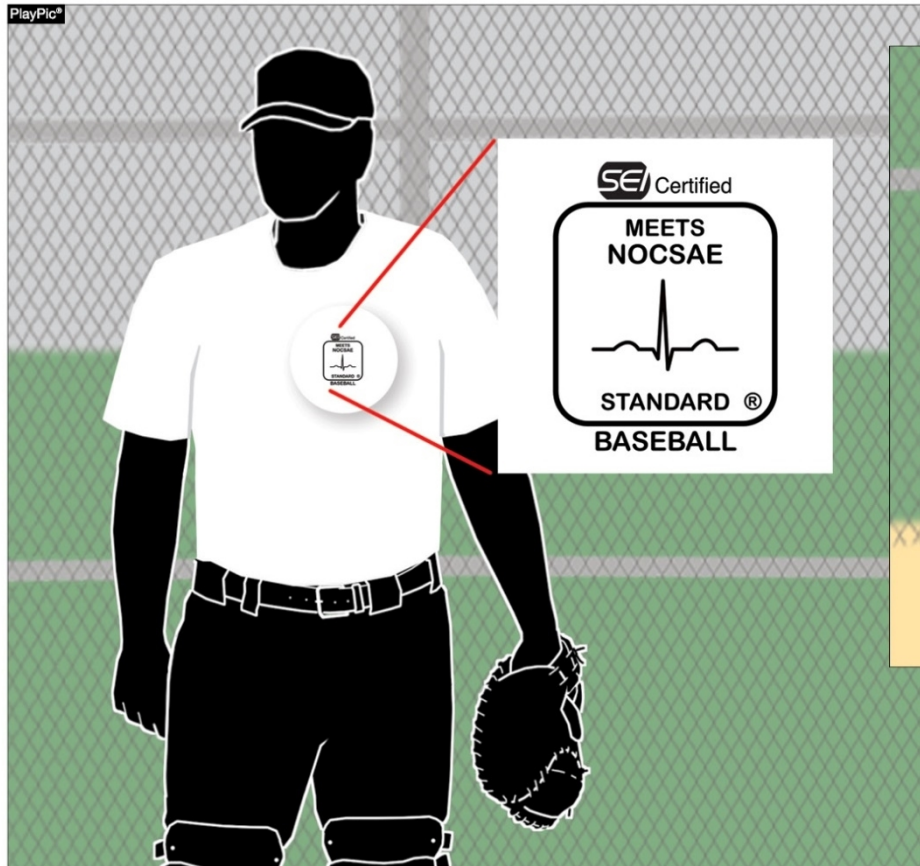
- **Rationale:**

To maintain a consistent and uniform standard for high school competition. To ensure that every baseball manufactured meets the same level of quality and playability.

## COMPLIANT BASEBALL - PENALTY

- There is **no** penalty listed in the rule book.
- If a baseball does not have the NOCSAE mark, report the coach/team/school to the Section.
  - Still play the game

## COMPLIANT BODY AND CHEST PROTECTOR



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



## CHEST AND BODY PROTECTOR RULE 1-5-3

- The catcher shall wear, in addition to a head protector, a mask with a throat protector, body/chest protector that meets the NOCSAE standard at the time of manufacture (Effective January 1, 2020), protective cup (male only), and baseball protective shin guards. The SEI/NOCSAE mark is required on all body/chest protectors that meets the NOCSAE standard at the time of manufacture that will be used in high school competition.





## CHEST AND BODY PROTECTOR RULE 1-5-3

- **Rationale:**

A SEI/NOCSAE standard has been developed to protect the heart and the cardiac silhouette from commotio cordis. The NOCSAE standard could be included in a product that is either a separate device/apparel or a device constructed into a traditional chest protector. This proposal is recommended and endorsed by the NFHS Sports Medicine Advisory Committee (SMAC) to minimize risk. The catcher has to wear either a chest protector that meets the NOCSAE standard or a body protector that meets the NOCSAE standard underneath a traditional chest protector. It is the responsibility of the coach to verify that his/her players are properly equipped and in uniform.

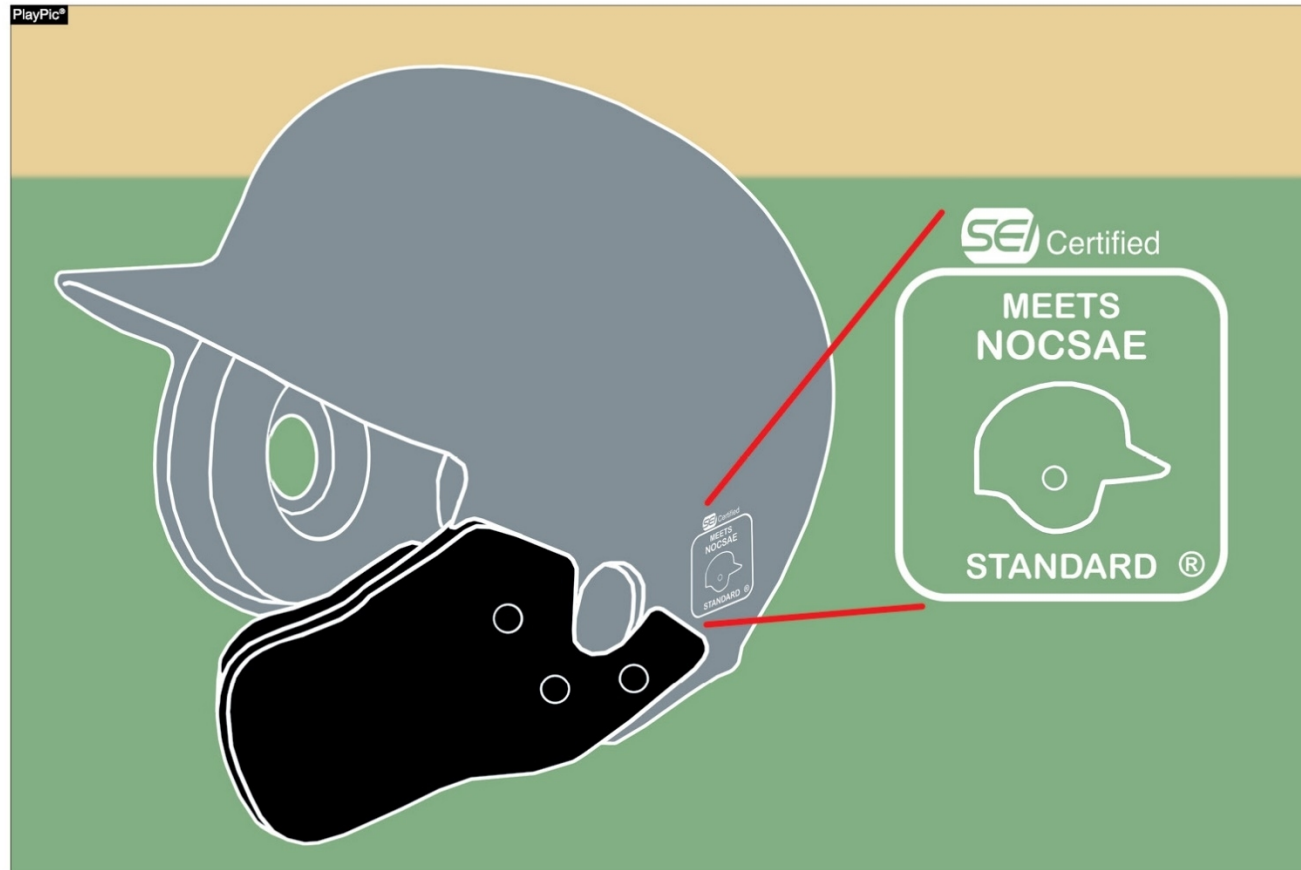
## CHEST AND BODY PROTECTOR - PENALTY

- Per Elliot Hopkins:
  1. Order the player to wear the proper equipment.
  2. If the player does not comply, **eject** them from the contest.
    - Rule 1-5-3 Penalty

## CHEST AND BODY PROTECTOR – EXAMPLE

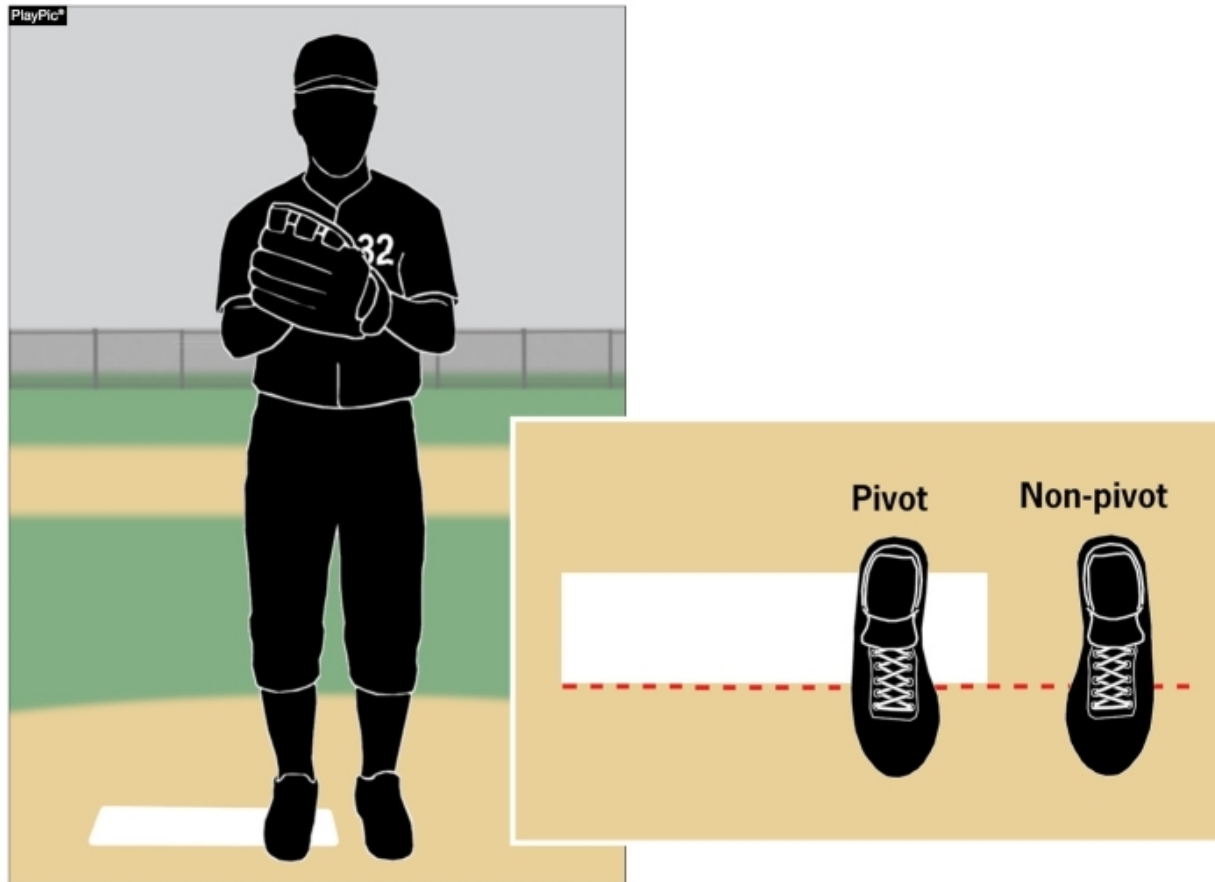
- The plate umpire is to **accept** a coach's verification.
- Once it is known that the verification was not totally accurate, the umpire **must** halt the game and have the situation rectified.
- The umpire **will** stop the game and ask the coach if there is a body/chest protector available that the catcher may use.
- The game **cannot** resume until the catcher is legally equipped. (1-5-3, 1-5-6)

## COMPLIANCE OF PLAYER EQUIPMENT



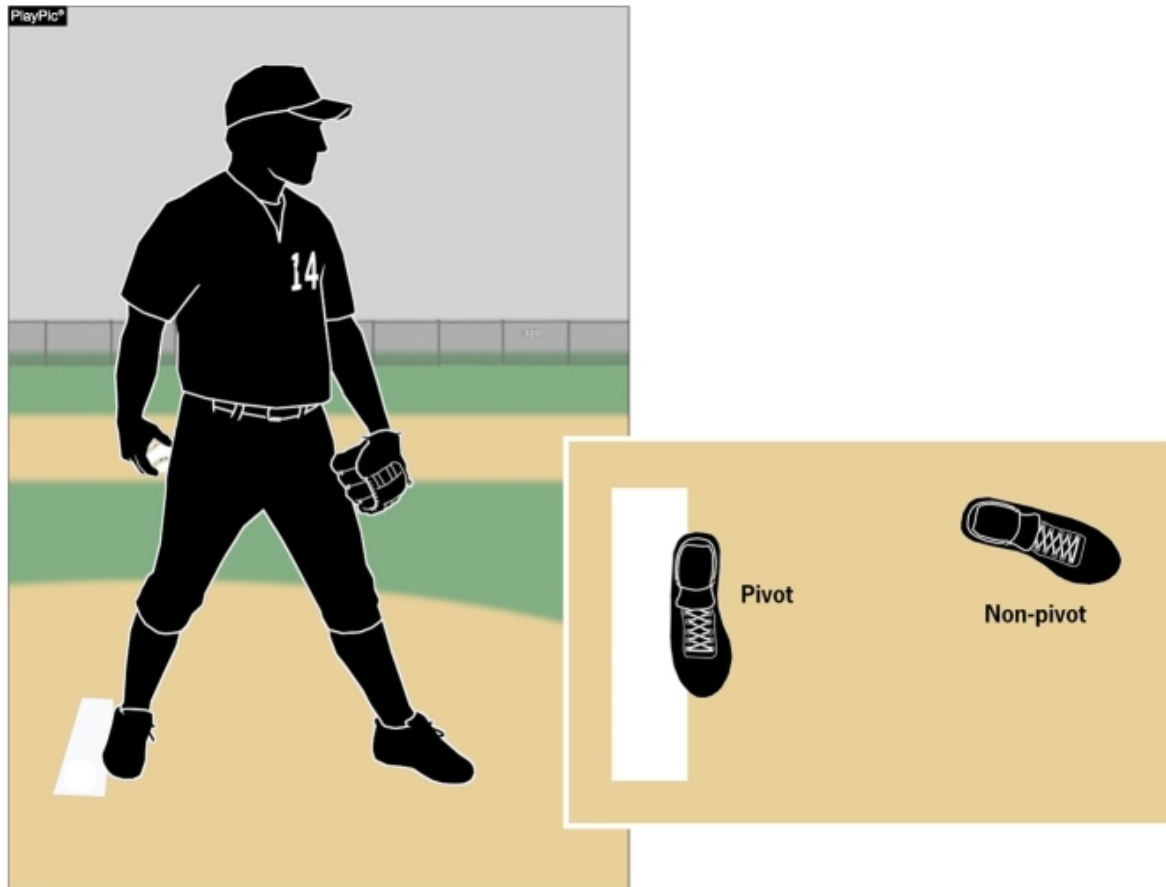
A face mask/guard specifically designed for a particular helmet model may be attached after manufacture, provided that procedure is approved by the manufacturer and meets the SEI/NOCSAE standard at the time of manufacture.

## 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.

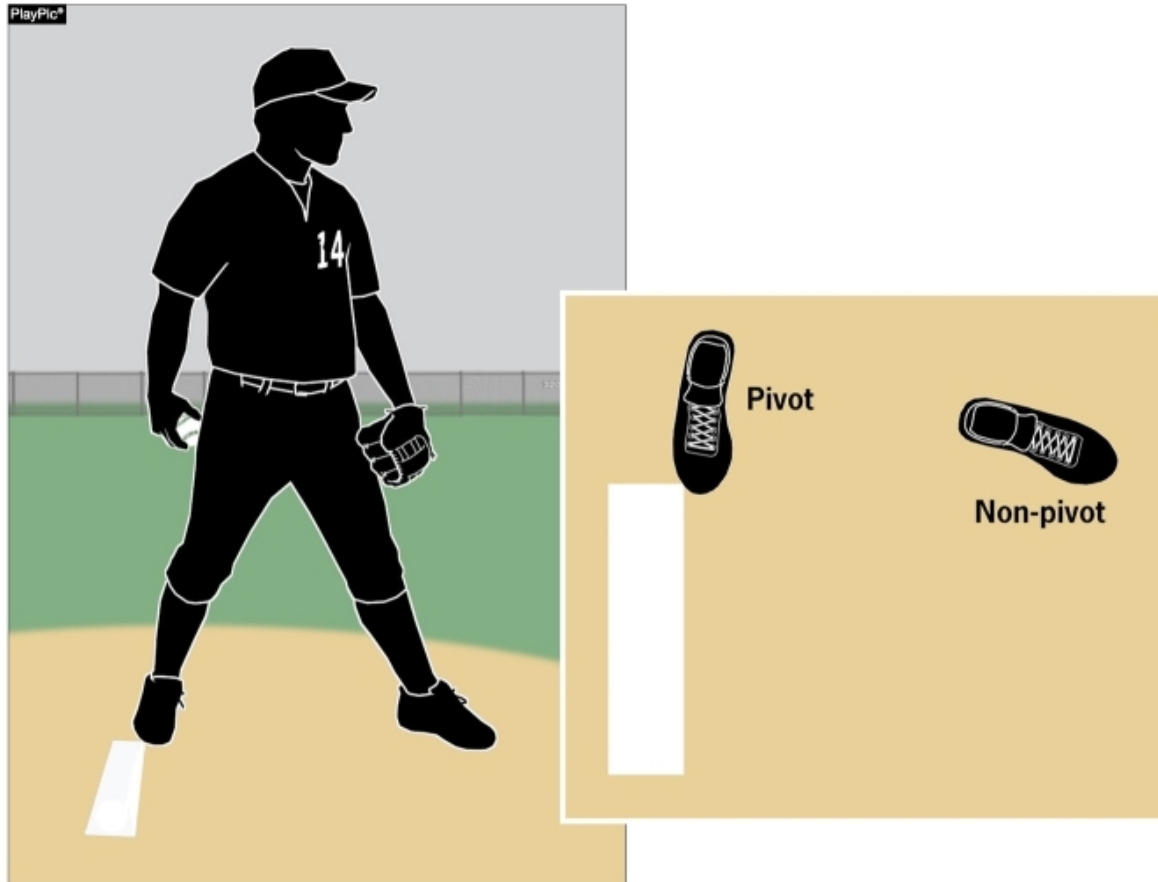
## PROPER PITCHING POSITIONS



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.

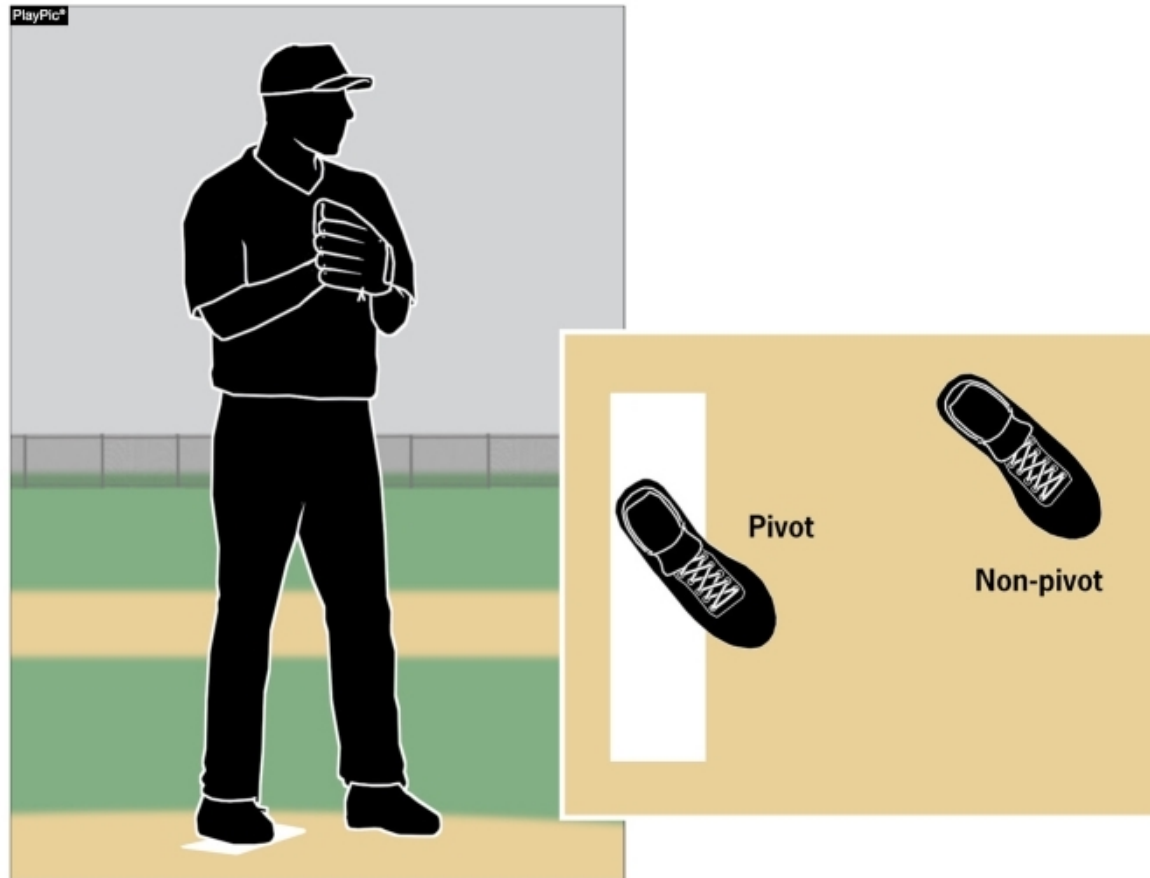


## PROPER PITCHING POSITIONS



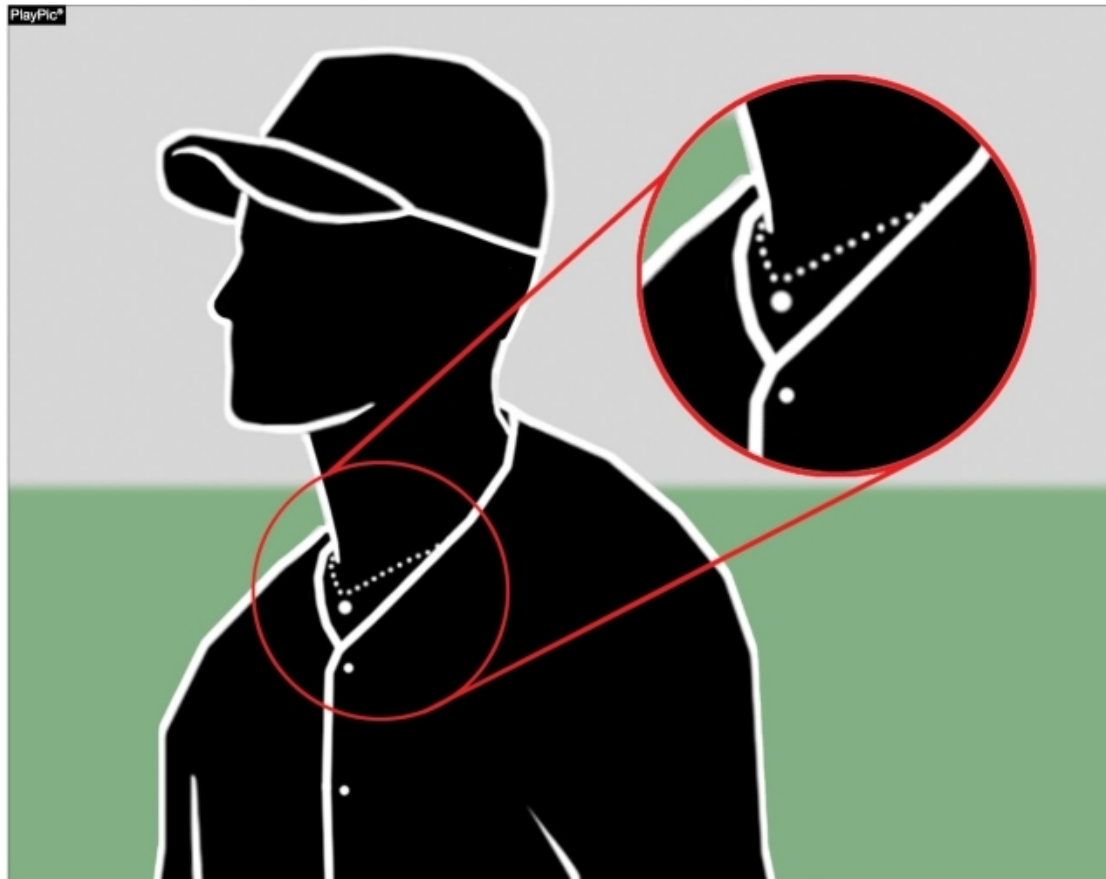
Pitchers are no longer required to have their entire pivot foot in contact with the pitcher's plate. This recognizes that many mounds are such that it is problematic for the pitcher to have his entire pivot foot in contact with the pitcher's plate.

## PROPER PITCHING POSITIONS



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

## 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.



# NY STATE ADOPTED RULES

## NY STATE ADOPTED RULES – PAGE 65

- ~~1-2-9~~: We do not allow a double-first base.
- **1-4-4**: To allow for special occasions, commemorative or memorial patches, that will be uniformly placed, not to exceed 4 square inches, to be worn on jerseys in an appropriate and dignified manner without compromising the integrity of the uniform.
  - If a school/coach contacts you or your chapter about this, refer them to NYSPHSAA.
  - Let NYSPHSAA make the decision.



## NY STATE ADOPTED RULES – PAGE 66

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- **2-33-1:** Suggested speed-up rules. (Check with your league office).
  - **4-2-2:** 10 run rule. Each section has the option to approve the rule and then each league has the option to approve the rule.
  - **4-2-4:** Game-ending procedures may be determined.
  - ~~**4-3-1:**~~ Cross out! We do not have this rule.
  - **4-4-1a:** State associations are authorized to specify the time frame and/or circumstances before a forfeit shall be declared for a late arrival by one of the teams.
  - **4-5-1:** Protests are allowed in NY.
  - **10-1-9:** Visit the NYSBUA website for our uniform code.
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## CONCUSSIONS – PAGE 72

- Recognize common signs and symptoms of a concussion.
- Suggested Concussion Management:
  - No athlete should return to play on the same day of a concussion.
  - Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional as soon as possible.
  - **RULE 3-1-5 (page 28):** “Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional.”



## BLOOD – PAGE 74

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- Student-athlete who is:
    - bleeding, has an open wound, has any amount of blood on a uniform, or has blood on their body **shall be directed to leave the game** until:
      - the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to the game.
  - Any blood exposure or bites to the skin that break the surface **must be reported** and immediately evaluated by an appropriate health-care professional.
-



## LIGHTNING OR THUNDER – PAGE 75

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- When thunder is heard or lightning is seen:
    - Vacate the field **immediately**.
    - Once play has been suspended, wait **at least** 30 minutes after the last thunder is heard or lightning is witnessed.
    - Any subsequent thunder or lightning after the beginning of the 30-minute suspension count will reset the clock and another 30-minute count should begin.
-



# **NYSPHSAA BASEBALL CONSIDERATIONS FOR 2021**



## **NYSPHSAA GENERAL CONSIDERATIONS FOR 2021**

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- Home Team will be responsible for game baseballs
  - One individual in the home dugout should be appointed to handle game baseballs (sanitizing used baseballs and entering new baseballs).
  - Every half inning should start with a new or sanitized baseball.
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## **NYSPHSAA GENERAL CONSIDERATIONS FOR 2021 (CONT)**

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- Baseballs from the dugout will be tossed to the catcher to be put back into play.
  - Umpires are NOT required to handle game baseballs at any time.
  - Students should minimize or limit blowing on hands, licking fingers, spitting on hands during a game.
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## IMPORTANT REMINDER

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- Keep in mind, a section can implement its own more restrictive rules aside from these NYSPHSAA Considerations.
  - Check with your Section Representative.
  - Schools are the responsible parties regarding COVID protocols, not us as officials.
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## **NYSPHSAA - PLATE MEETINGS FOR 2021**

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- Socially distanced plate meeting WILL occur prior to the game with head coaches.
  - Each team shall provide the umpire with a lineup card as usual.
  - Teams may share lineups with each other at the plate meeting or prior to the game.
  - We are still to ask coaches if players are legally and properly equipped (as always).
  - We are being asked to remind coaches of the COVID protocols and to follow social distancing on the field.
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## NYSPHSAA - UMPIRE CONSIDERATIONS FOR 2021

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- Bring personal hand sanitizer and wash hands frequently.
  - Do not share equipment and gloves are permissible.
  - Follow social distancing guidelines.
    - Maintain distance from players if an altercation occurs.
  - Be prepared to have a health screening conducted upon arrival at a school campus (General Official NYSPHSAA consideration).
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## UMPIRE MECHANICS FOR 2021

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- This will be a chapter decision.
  - NYSPHSAA request - communicate with every school what mechanics your chapter will be using prior to the start of the season.
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**THANK YOU AND HAVE A GREAT  
SEASON!**