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- National leadership organization for high school sports and fine arts activities;
- National authority on interscholastic activity programs;
- Conducts national meetings;
- Sanctions interstate events;
- Produces national publication for high school administrators;
- National source for interscholastic coach training and national information center.
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.
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.
The NFHS writes playing rules for 17 sports for boys and girls at the high school level.

- Publishes 4 million pieces of materials annually.
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## GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS

1. **Request from Student to School for Accommodation(s)**
2. **School Conducts Individual Student Assessment**
3. **Request from School for Accommodation(s) to State Association**
4. **Notice and Opportunity to be Heard**
5. **State Association Review of Request**
6. **State Association Provides Written Determination for Accommodation(s) to School**
7. **If appropriate, School Provides Letter of Authorization to Head Official for Local Contest Allowing Competition with Accommodation(s)**
NFHS BASEBALL RULES CHANGES
A runner may legally slide past home plate, even if he makes contact with a fielder or alters the play of the fielder, provided the slide meets all other provisions of the sliding rules and he does not initiate malicious contact.
RULE 2-32-2c

- **ART. 2. . .** A slide is illegal if:
- Sub-articles a-b remain the same.
- c. except at home plate, the runner goes beyond the base and then makes contact with or alters the play of the fielder. At home plate, it is permissible for the slider’s momentum to carry him through the plate in the baseline extended.
- Sub-articles d-f remain the same.
**RULE 2-32-2c (CONTINUED)**

- **Rationale:** The act of sliding is optional. However, if a base runner decides to slide, then he is held to certain criteria to ensure that neither the offensive nor defensive player are intentionally injured. There are six criteria that constitutes an illegal slide. Due to the physical design of home plate, it is not possible for a runner who chooses to slide to stop at or on top of home plate while running as fast as he can to score.
RULE 2-32-2c (CONTINUED)

- In order to stop at or on home plate, the runner would have to run slower or begin his slide earlier which would give the defense an advantage. This change allows the runner’s momentum to carry him through home plate in a straight line (baseline extended). He is still held to the other elements of Rule 2-32-2 and malicious contact as it relates to interference with the catcher. The catcher is protected because he has choices of locations where he can position himself to avoid contact.
If a runner is physically assisted by a coach, the runner is called out immediately and the ball remains live.
3-2-2 PENALTY

- PENALTY . . . The runner shall be called out immediately. (8-4-2s)

Rationale: The coach-assisted base runner is called out immediately without deference to other batter-runner(s) and play continues.
Umpires have access to a three-tier system for dealing with coaches’ misconduct: verbal warning, written warning with restriction to the dugout and, finally, ejection.
BENCH AND FIELD CONDUCT
3-3-1 PENALTY

- PENALTY: The umpire shall warn the offender unless the offense is judged to be major, in which case an ejection shall occur. A warning may be verbal or written. If written, the offender shall be restricted to the bench/dugout for the remainder of the game. If a coach has previously received a verbal warning, he shall receive a written warning (10-2-3j) and be restricted to the bench/dugout for the remainder of the game. If a coach has previously received a written warning, he shall be ejected for any subsequent offense.
BENCH AND FIELD CONDUCT
RULE 3-3-1 PENALTY

- If the umpire judges an offense to be minor, the umpire shall issue a verbal or written warning.
If the warning is written, the coach shall be restricted to the bench/dugout for the remainder of the game. The plate umpire will note the details of the warning on the lineup card.
Rule Change

BENCH AND FIELD CONDUCT
RULE 3-3-1 PENALTY

- After receiving a written warning, if the coach commits an additional offense, the coach will be ejected from the game.
If the umpire deems an offense to be major, such as, “physical contact, spitting, kicking of dirt or any other physical action directed toward an umpire,” the umpire shall immediately eject the coach from the game.
Any offense judged to be major in nature shall result in an immediate ejection. For coaches who violate f (1-5), g, h, i, j or k, the umpire may: (1) issue a verbal warning to the offender, (2) issue a written warning to the offender (any offender receiving a written warning shall be restricted to the bench/dugout for the remainder of the game), or (3) eject the offender for a major offense.
For violation of f(6) both the head coach and offending coach shall receive a written warning and be restricted to the dugout for the remainder of the game unless the offense is so severe the umpire may eject the offender and restrict or eject the head coach.

A coach may leave the bench/dugout to attend to a player who becomes ill or injured. In f (7), the state association shall determine appropriate action.
Rule Change

BENCH AND FIELD CONDUCT
3-3-1 PENALTY (CONTINUED)

- **Rationale:** Coaches and officials are equally responsible to provide an ideal learning environment for the students who play baseball. That learning environment is severely disrupted if the adults show a lack of respect for each other’s position and role in the contest. The coach has the responsibility to coach and teach his players about basic and complicated skills of baseball and important life lessons.
The game official has the obligation to administer the rules of the game and to judiciously address any coach’s or player’s behavior that is not consistent with those rules. As he (umpire) administers any penalty resulting in a warning, restriction to the bench/dugout or ejection, his decision should be in response to the actions by the offending coach and player. The coach needs to understand that his behavior will dictate which level of discipline is applied.
BENCH AND FIELD CONDUCT
3-3-1 PENALTY (CONTINUED)

- Utilizing a three-step process, the umpire is given the opportunity to de-escalate any situation that might arise during the course of the game.
- This enhancement of last year’s rule provides an additional “teachable moment” element to the current rule. Umpires are given clear procedures for dealing with minor unsportsmanlike behavior while at the same time promoting the practice of keeping coaches and players “in the game” and minimizing ejections.
We encourage the officials to clearly communicate their warnings and restrictions when possible to the coaches prior to ejection. The coaches also need to recognize when those warnings and restrictions are being issued so they can modify their behavior and continue to teach their players. When the adults are acting in a professional and respectful manner, the young people will be the ultimate winners regardless of the score of the game.
Each state association shall have a pitching restriction policy based on the number of pitches thrown to afford pitchers a required rest period between pitching appearances.
Rule Change

RULE 6-1-6

- **ART. 6. . . .** Each state association shall have a pitching restriction policy based on the number of pitches thrown to afford pitchers a required rest period between pitching appearances.

- **Rationale:** After years of research and thoughtful discussion on minimizing risk for the position of pitcher, it has been determined that modifying the pitching restriction rule to reflect that the policy should be based on the number of pitches thrown is a better indication of overuse and repetition than the current method of innings pitched during a contest.

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When the plate umpire hinders, impedes or prevents a catcher’s throw attempting to prevent a stolen base or to retire a runner on a pickoff play, if an out is not made at the end of the catcher’s initial throw, the ball shall be dead and all runners shall return to the bases occupied at the time of the interference.
ART. 6. . . . When a plate umpire hinders, impedes or prevents a catcher's throw attempting to prevent a stolen base or retire a runner on a pickoff play, if an out is not made at the end of the catcher's initial throw, the ball shall be dead and all runners shall return to the bases occupied at the time of the interference.

Rationale: This rule change provides rules support that was missing from the rules book.
RULE 8-4-2s

- s. is physically assisted by a coach. (3-2-2)

**Rationale:** This rule supports the action taken in Rule 3-2-2 Penalty regarding coaches’ conduct with assisting a base runner.
The “Double Tag-Up Signal” is one that the umpires give to one another when there are runners on first and second base with less than two outs to indicate that the plate umpire will take any play at third base involving the runner on second base should he tag-up and try to advance.

Rationale: Better communication between umpires.
CHANGING DESIGNATION OF PLATE UMPIRE AND OTHER BASE UMPIRES

- In a 2-man system, the nomenclature of identifying the plate umpire has been changed to Plate Umpire (PU), and U1 now represents the first base umpire.

- In a 3-man system, the plate umpire has been changed to Plate Umpire (PU), and U1 now represents the first base umpire and U2 represents the third base umpire.
CHANGING DESIGNATION OF PLATE UMPIRE AND OTHER BASE UMPIRES

- In a 4-man system, the plate umpire would be recognized as PU, U1 now represents the first base umpire, U2 represents the second base umpire and U3 would represent the third base umpire.

- **Rationale:** Clarification and consistency with other codes and teaching/camp curriculum.
NFHS BASEBALL POINTS OF EMPHASIS
BALL MARKINGS

- All baseballs used in interscholastic contests shall meet the specifications outlined in Rule 1-3-1 and shall bear the NFHS Authenticating Mark.
The NFHS AMP program was designed in 2000 to ensure that the equipment used in interscholastic contests is manufactured consistently and meets certain physical requirements. By using conforming equipment, players, coaches, and officials can rest assured that the baseballs used are designed for the age group that we write playing rules for interscholastic competition.
All such balls are required to display the NFHS Authenticating Mark. Manufacturers make balls to our standards and expect that their products are purchased for game competition. Using non-AMP balls puts players, coaches, fans and umpires at risk of injury and inconsistent playability which hurts high school baseball. Using baseballs that meet the AMP requirements are good for our young people and even better for our game.
UMPIRE ASKING ASSISTANCE

- When requested by a coach, an umpire is not required to seek assistance from a partner.
Often during contests, a coach will request that an umpire seek assistance from his partner for a particular call or play situation. Asking assistance from a partner is not mandatory. It is the discretion of the plate umpire if he feels that his view was obstructed or that his partner had a better angle on the play. If he does feel that his partner’s perspective will provide additional input to his final decision, then he has the flexibility to request his partner’s help.
Once the opinion is shared, it is the plate umpire who will make the final determination on the call or play. This entire exchange will be quick and intentional using umpire signals that are relayed to players, coaches and spectators.
Coaches, player, substitutes, attendants or other bench personnel shall not leave the dugout during live ball for any unauthorized purpose.
LOCATION OF TEAM PERSONNEL

- Additionally, coaches or team personnel may not sit outside the dugout/bench area on buckets or stools.

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TEAMS PERSONNEL LOCATION

- Coaches, players, substitutes, attendants or other bench personnel shall not leave the dugout during live ball for any unauthorized purpose. Coaches or team personnel may not sit outside the dugout/bench on buckets or stools. Players are not allowed to stand or kneel outside their dugout/bench and make “cat-calls” or any other disparaging remarks while the other team is taking infield practice. This is unsportsmanlike behavior and will not be tolerated in interscholastic baseball.
Umpires and coaches need to work together for the benefit of the students they officiate and teach. It is these game situations that provide coaches and umpires excellent “teachable moments” to reinforce proper behavior and perspective. The positive values that are learned at the baseball diamond will serve the young people long after their high school careers have ended.
Players are never required to slide, but if they choose to do so, the slide must be legal.
There has been a misnomer that given a particular play that the base runner has to slide into the base he is trying to acquire. Even the universally accepted “force play slide” is misconstrued as the player having to slide into the base. NFHS rules are specific and very clear that runners are never required to slide. However, if they choose to slide, then the slide must be legal. You can legally slide either feet first or head first. If you choose feet first, then at least one leg and buttock shall stay in contact with the ground.
LEGAL SLIDES (CONTINUED)

- A slide is illegal:
- if the runner uses a rolling, cross-body or pop-up slide into the fielder;
- if the runner’s raised leg is higher than the fielder’s knee (while he is in a standing position);
- if the runner goes beyond the base and then makes contact with the fielder or alters his play;
- if the runner slashes or kicks the fielder;
Points of Emphasis

LEGAL SLIDES (CONTINUED)

- if the runner intentionally tries to injure the fielder;
- and during a force play situation, the runner does not slide on the ground and in a direct line between the two bases;
- when a runner slides, he must slide within reach of the base with either hand or a foot.
The consequence is that the runner is called out and based upon his actions there could possibly be malicious contact and the runner would be ejected from the game. Attention to when it is appropriate to slide and to do it legally will improve the overall process of base-running, reduce unnecessary injuries to the runner and the covering fielder, and make for a more exciting game to watch and enjoy.
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Welcome

Welcome to The Diamond, the homepage for NFHS Baseball Officials information. We know you will find this information useful and use the resources to stay informed. It is our intention to continually update, and we encourage you to visit The Diamond frequently for updated and new information.

The NFHS Baseball Rules Committee meets annually to discuss rule change proposals, editorial changes, and points of emphasis to the Baseball Rules Book. We encourage you to work with your member state association and submit a rules change proposal form. This is your way to voice your opinions and potentially enhance the sport for the youth of our nation.

The NFHS appreciates your dedication to the sport of baseball and the students we serve.

B. Ellin Hopkins
Baseball Rules Editor
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