



**Idaho High School Activities
Association
2024
Baseball Officials Packet**

unbottled.

2024 Baseball

Classification — based on grades 9-12

5A	1,280 and over	2A	319-160
4A	1,279-640	1A	159 and under
3A	639-320		

2024 Baseball Season

First date of practice	February 23
First baseball game	March 6
Pitch Count Extended	March 29
Last date of 2024 season	*May 18

*IHSAA Rules & Regulations are followed through the final date of the 2024 season

- All teams will be required to enter rosters, schedules, pitch count for all pitchers and scores on MaxPreps

Umpires

Approved officials must be used for all interschool contests. Two umpires should be used at all games. Both must be certified.

Game Limitations for Each Team

A team is limited to 22 games or 20 games plus one tournament, not to exceed 24 games. If a school loses a scheduled tournament game or a school is unable to attend a tournament due to reasons beyond their control, the school can reschedule lost games.

Game Limitations for Individuals

During the regular season, athletes are permitted to play in no more than 154 innings in a 22 game schedule, or 168 in a 24 game schedule. For a game in which the score is tied at the end of seven innings, the extra innings shall be considered as an extension of the seventh inning. A contestant who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored competition of that sport.

Rules

All contests will be played under National Federation rules. Rule books and case books are to be picked up and signed for by the school representative at the district rules clinic.

Idaho Rules Modifications

The National Federation of the State High School Associations Baseball Rules are the official rules for Idaho high school baseball games, except as modified by the IHSAA Board of Directors. The following modifications have been approved and must be observed:

- All varsity games must be seven innings. A game shall end when a team is behind 10 or more runs after 5 innings. Games may also be shortened by following procedures outlined by National Federation Rule 4-2-4.
- If weather or darkness causes a tied game to be called, such game shall be considered a suspended game and shall be continued from the point of suspension at a later time.
 - If a game is called before five full innings have been played and the score is not tied, such game shall also be considered a suspended game, unless the home team has scored a greater number of runs in four or four and fraction turns at bat than the visiting team has scored in five terms at bat, in which case it is a regulation game.

Pitching Rules

- No pitcher may throw more than 110 pitches in a game or day if the team is playing a doubleheader. Only a starting pitcher will be allowed to finish a batter only when they hit the maximum limit (110 in varsity play; 85 in sub-varsity) during an at-bat, but must exit the position after the hitter. *Once a non-starter reaches a pitch limit, they do NOT get the opportunity to finish an at bat.
- A pitcher cannot throw three consecutive days no matter how many pitches they have combined to throw the previous two days.
- No varsity pitcher can throw more than 100 pitches over two consecutive days. No sub-varsity pitcher can throw more than 60 pitches over two days. Pitchers are NOT allowed to finish a batter once they reach the limit over a two-day period. That limit will result in two days of mandated rest. (Note: Swing players who play multiple days at multiple levels should combine pitches thrown and use the VARSITY chart for mandated rest.)
- Starting with the first day of practice, pitchers cannot throw more than the amount listed on the charts below. This will be for the first 30 days of practice and games. After 30 days pitchers will use the other chart.

***Required Days rest is a complete calendar day**

Varsity - First 30 Days of Season - March 28

Pitches	Required Rest
71-88	3 Days
50-70	2 Days
29-49	1 Day
1-28	0 Days

Varsity - After 30 Days – March 29

Pitches	Required Rest
86-110	3 Days
61-85	2 Days
36-60	1 Day
1-35	0 Days

Sub-Varsity - First 30 Days of Season – March 28

Pitches	Required Rest
50-70	3 Days
29-49	2 Days
1-28	0 Day

Sub-Varsity - After 30 Days – March 29

Pitches	Required Rest
61-85	3 Days
36-60	2 Days
26-35	1 Day
1-25	0 Days

***Required Days rest is a complete calendar day**

EXAMPLE: (after the first 30 days of practice) If a Varsity pitcher throws more than 86 pitches on Tuesday, they would be able to pitch again on Saturday. Resting on Wednesday, Thursday and Friday.

The Idaho pitching rules must be observed by Idaho teams even when playing in other states.

5. If a school/pitcher violates the pitching rules, the game in which the violation occurred will result in a forfeit.
6. During each contest, the home team is responsible for the official book. A record of pitches should be recorded and verified by both teams after each full inning. Verification of all pitchers and pitches thrown should be agreed on by both teams after each game. Without verification of both teams, the home team book becomes official.
7. Each school will use MaxPreps to record their own team's total pitches of each game.
 - a. Pitch count will be recorded on MaxPreps by noon the date following the game or prior to their next contest whichever occurs first.
 - b. If a team plays a doubleheader, pitch count for both games will be recorded on MaxPreps by noon the date following the doubleheader or prior to their next contest whichever occurs first.

If a school fails to report the pitch count from a game to Max Preps, the violation should be reported to the board of control and the coach will be suspended for the following two games. Idaho pitching rules must be observed by Idaho teams even when playing in other states.

Speed-up Rules

The IHSAA Board of Directors has approved the use of the courtesy runner speed-up rule for those leagues or districts that wish to adopt the rule. In inter-leagues or inter-district competition, both teams must agree to allow the speed-up rule before it may be used.

1. The team at bat may use courtesy runners for the pitcher and the catcher as soon as they get on base. The same runner may not be used for both positions. Neither the pitcher nor the catcher will be required to leave the game under such circumstances.
2. Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.
3. A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a runner or batter for another player in that inning.
4. For illegal substitution of a courtesy runner, such substitutes shall be disqualified for the duration of the game.

State Tournament

The IHSAA does not sponsor an official state baseball tournament. State Tournament Sweatshirts are limited to 17 per team in all classifications. Extra sweatshirts can be purchased through McU Sports.

Baseball Rules Changes - 2024

By NFHS on July 18, 2023

1-6-1 (NEW) SECTION 6 PLAYER COMMUNICATION EQUIPMENT:

ART. 1 . . . Any wristband with defensive shifts/offensive plays/pitching choices or game directions attached shall be considered non-electronic equipment and is permitted as long as it is a single, solid color. For pitchers, it may not contain the colors white, gray or be distracting. It does not have to match the color of the uniform or the sleeves worn underneath the uniform. It shall only be worn on a player(s) wrist or forearm and pitchers shall wear it on their non-pitching arm.

PENALTY: The umpire shall issue a team warning to coach of the team involved and the next offender(s) of that team will be ejected along with the head coach.

Rationale: Clarification. With the increase in popularity of these style of communication systems, confusion has been realized when the players wear them other than on their arm. This change will prohibit these types of products from being worn other places.

1-6-2 (NEW) SECTION 6 PLAYER COMMUNICATION EQUIPMENT

ART. 2 . . . One-way electronic communication devices are permissible from the dugout to the catcher while the team is on defense for the purpose of calling pitches. When using the electronic communication device, the coach cannot be outside the dugout/bench area.

PENALTY: The umpire shall issue a team warning to coach of the team involved and the next offender(s) of that team will be ejected along with the head coach.

Rationale: This rule allows for a team to utilize an electronic device for the purpose of calling pitches from the dugout. The device would only be able to be one-way, meaning the player cannot use an electronic device to respond or communicate back to the coach. Various technologies, earpiece, electronic band or a smart watch could be used giving teams several options at varying costs. No other player would be able to wear or use this device nor would the coach be able to communicate with any other player using electronic communication.

3-2-5 (NEW) SECTION 2 COACHING

ART. 5 . . . A coach may use a one-way electronic communication device to communicate to the catcher for the purpose of calling pitches. Coaches may not use electronic communication device(s) to communicate with any other team member while on defense or any team member while on offense. When using the electronic communication device, the coach cannot be outside the dugout/bench area.

PENALTY: The umpire shall issue a team warning to coach of the team involved and the next offender(s) of that team will be ejected along with the head coach.

Rationale: Allows for the coach to communicate with the catcher using an electronic communication device for the purpose of calling pitches.

10-2-3h SECTION 2 UMPIRE-IN-CHIEF

h. Forfeit the game for prescribed infractions by spectators, coaches, players or team/bench personnel.

Rationale: Umpires have jurisdiction over the confines of the field, players, coaches and team/bench personnel. If there are issues with spectators, it is the responsibility of game management to deal with spectators and to ensure that the facility is safe for all involved.

Suggested Speed-Up Rules After Put Outs #3

Rules 1 and 2 remain the same.

~~#3 Following the final out in any inning, the ball shall be given to the nearest umpire. The plate umpire shall give the ball to the catcher. The base umpire shall place the ball on the pitcher's plate.~~

Rationale: This is a NFHS Softball rule book mechanic that needs to be deleted from the NFHS Baseball rule book.



Required Concussion Course

Online Instructions

Idaho Concussion Training: When In Doubt – Sit Them Out

- ✓ Go to the IHSAA website - www.idhsaa.org
- ✓ Click on **OFFICIALS** on the tab
- ✓ Select **Concussion Course**
- ✓ Enter required information
- ✓ Click **BEGIN CERTIFICATION**
- ✓ Take the 15 question **Pre-Test**
- ✓ Watch the 20-minute **Training Video**
- ✓ Take the 15 question **Post-Test**
- ✓ Once passed, click **Congratulations! Redeem Your Certificate**
- ✓ **PRINT** or **DOWLOAD** the Certificate of Completion

YOU MUST

submit your Certificate of Completion
to your district commissioner / interpreter.



Required Sudden Cardiac Arrest Course

Online Instructions

Follow these instructions to access the free,
NFHS Online Sudden Cardiac Arrest Course

- ✓ Go to the IHSAA website - www.idhsaa.org
- ✓ Click on the **OFFICIALS** tab
- ✓ Select **SCA COURSE**
- ✓ Select state and click on **ORDER COURSE**
- ✓ Fill in required information to sign-in or create account
- ✓ Follow instructions to start course
- ✓ At the conclusion of the course, **PRINT / SAVE CERTIFICATE.**

YOU MUST

Submit your Certificate of Completion
to your commissioner or interpreter.



If experiencing technical difficulties, contact the
Help Desk at **(317) 565-2023**



GUIDELINES FOR HANDLING CONTESTS DURING **LIGHTNING DISTURBANCES**

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. Thirty-minute rule: Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the *Guidelines for Lightning Safety* section contained in the NFHS Sports Medicine Handbook www.nfhs.org.

CHECK THE APPROPRIATE BOX



School: _____

Name: _____

#: _____

This individual was ejected for committing an unsportsmanlike act.

IHSAA Rule 4-3 is in effect.

This ejection was not the result of an unsportsmanlike act.

IHSAA Rule 4-3 is not in effect.

CHECK THE APPROPRIATE BOX



School: _____

Name: _____

#: _____

This individual was ejected for committing an unsportsmanlike act.

IHSAA Rule 4-3 is in effect.

This ejection was not the result of an unsportsmanlike act.

IHSAA Rule 4-3 is not in effect.

CHECK THE APPROPRIATE BOX



School: _____

Name: _____

#: _____

This individual was ejected for committing an unsportsmanlike act.

IHSAA Rule 4-3 is in effect.

This ejection was not the result of an unsportsmanlike act.

IHSAA Rule 4-3 is not in effect.

CHECK THE APPROPRIATE BOX



School: _____

Name: _____

#: _____

This individual was ejected for committing an unsportsmanlike act.

IHSAA Rule 4-3 is in effect.

This ejection was not the result of an unsportsmanlike act.

IHSAA Rule 4-3 is not in effect.

