



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

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IHSAA Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. Interscholastic programs should be designed to promote citizenship and enhance the academic mission of the school.

The Coach Will

- Be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- Uphold the honor and dignity of the profession. The coach shall strive to set an example of the highest ethical and moral conduct. The coach/school will honor contracts regardless of possible inconvenience or financial loss.
- Master the contest rules and shall teach them to his or her team. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Demonstrate respect and support for officials. The coach shall not indulge in conduct, which would incite players or spectators against the officials. The coach will not make statements concerning officials' decisions after a game.
- Work with school faculty to promote overall educational growth of the student. The coach shall not exert pressure on faculty members to give student-athletes special consideration.
- Honor the commitment to student based programs that supplement the educational growth of each student-athlete.
- Be professional in association with other coaches. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- Exert his or her influence to enhance sportsmanship of all extracurricular activities.
- Cooperate with different media sources in an appropriate manner that promotes all aspects of the sport, school and community. Public criticism of officials, opponents or players is unethical.
- Uphold all policies and procedures of the school, district, IHSAA and the National Federation.

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.



For more information on IHSAA and NFHS coaches education

- Idaho Coaches Education – www.idhsaa.org
- NFHS Learning Center – www.nfhslearn.com
- Follow Idaho Coaches on Twitter @IHSAAcoach

IHSAA Coach Education

The Idaho High School Activities Association is committed to the promotion of coaches' education programs as well as providing resources toward continuing education for all of Idaho's coaches.

✓ Requirements for Idaho Coaches

ALL COACHES

- CPR/1st Aid Certification
- St. Luke's Concussion Course (fall of even numbered years)
- NFHS Sudden Cardiac Arrest Course (fall of even numbered years)
- NFHS Student Mental Health & Suicide Prevention (fall of even numbered years)

NON-CERTIFIED TEACHER

- NFHS Fundamentals of Coaching
- NFHS Teaching & Modeling Behavior

CHEER/DANCE/MUSIC/DRAMA/ADMINISTRATION

- NFHS Understanding Copyright & Compliance

POLE VAULT COACHES

- NFHS Coaching Pole Vault

✓ NFHS/IHSAA Educational Recommendations for Interscholastic Coaches

- Complete the NFHS Fundamentals of Coaching course (prior to coaching)
- Complete necessary courses to become and NFHS LEVEL 1 Coach within the first year of coaching
- Maintain current certification in CPR, AED and 1st Aid Safety
- Complete online courses or professional development specific to the sport in which they are an interscholastic coach
- Know the playing rules of their sport(s) and understand state association rules and policies governing their sport
- Encourage the participation of team building activities and community service projects with your team
- Pursue NFHS Certified LEVEL 3 credential within two years
- Read, understand and agree to the national and state Coaches Code of Ethics

NFHS Learning Center Coaches Education Courses

SPORT/ACTIVITY SPECIFIC COURSES

Coaching Baseball
 Introduction to Pitch Smart – **FREE**
 Coaching Basketball
 Coaching Cheer & Dance
 Spirit Safety Certification
 Coaching Football
 Blocking, Shoulder Tackling & Equipment Fitting
 USA Football Tackling & Contact
 Coaching Golf
 Coaching Cross Country
 Coaching Soccer
 Coaching Softball
 Coaching Swimming
 Coaching Tennis
 Coaching Track & Field
 Coaching Pole Vault – **FREE**
 Coaching Volleyball
 Coaching Wrestling
 Coaching Adapted Sports – **FREE**
 Coaching Unified Sports – **FREE**
 Adjudicating Speech & Debate – **FREE**
 Introduction to Music – **FREE**
 Introduction to Music Adjudication – **FREE**
 Introduction to Esports – **FREE**
 Speech & Debate Event Management – **FREE**
 Theater Safety – **FREE**
 Band Safety – **FREE**

ISSUES IN ACTIVITIES/SCHOOLS COURSES

Fundamentals of Coaching
 Engaging Effectively with Parents – **FREE**
 Appearance & Performance Enhancing Drugs – **FREE**
 Bullying, Hazing and Inappropriate Behaviors – **FREE**
 NCAA Eligibility – **FREE**
 Mental Training for Performance
 Middle School Sports
 Positive Parenting Within the School – **FREE**
 Social Media – **FREE**
 Implicit Bias – **FREE**
 Sportsmanship – **FREE**
 Sports Nutrition – **FREE**
 Strength & Conditioning
 Teaching and Modeling Behavior
 Teaching Sports Skills
 Captains Course – **FREE**
 Supervising After School Activities – **FREE**
 Interscholastic Music Event Management – **FREE**
 Title IX – **FREE**
 Understanding Copyright & Compliance – **FREE**
 Understanding Vaping & E-Cigarettes – **FREE**
 Protecting Students from Abuse – **FREE**
 P.A. Announcing – **FREE**

STUDENT COURSES - FREE

Concussion for Students
 Hazing Prevention for Students
 Learning Pro:
 Homework Helper
 Reading & Learning Strategies
 Research Skills
 Test Taking Tips
 Captains Course
 Social Media for Students
 The Student Experience
 Student Mental Health – **FREE**
SAFETY COURSES
 Sudden Cardiac Arrest – **FREE**
 Heat Illness Prevention – **FREE**
 First Aid, Health and Safety
 Concussion in Sports – **FREE**
 Protecting Students from Abuse – **FREE**
 ACL Prevention – **FREE**
 The Collapsed Athlete – **FREE**
 Band Safety – **FREE**
 Afterschool Safety
 COVID-19 for Coaches – **FREE**



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.