



**Idaho High School Activities
Association
2025
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.

2025 Baseball

Classification — based on grades 9-12

6A	1,400 and over	3A	349-175
5A	1,399-700	2A	174 and under
4A	699-350		

2025 Baseball Season

First date of practice	February 28
First baseball game	March 12
Pitch Count Extended	April 4
District Completion	May 3
State Play-In Games	May 8-10
State Championships	May 15-17

- 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:

1. 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.
2. 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.
 - a. 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

1. 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.
2. A pitcher cannot throw three consecutive days no matter how many pitches they have combined to throw the previous two days.
3. 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.)
4. 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 – April 3

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

Varsity - After 30 Days – April 4

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 – April 3

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

Sub-Varsity - After 30 Days – April 4

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.

2025 State Tournament

Play-In Dates:	May 8-10
Play-In Sites:	District Champions by Classification
Championship Dates:	May 15-17
Championship Sites:	6A Hawks Stadium, Boise
	5A College of Idaho, Caldwell
	4A Melaleuca Field, Idaho Falls
	3A NNU, Nampa
	2A Orofino HS, Orofino

Number of Participants

At play-in and state tournament games, a maximum of twenty players may be in uniform at the start of the contest. Violation of this rule will result in the school being assessed a maximum fine for dressing more than the approved number of players. A forfeiture would occur at a state play-in or tournament game if excess numbers play. All classifications will be allowed four coaches and three support personnel to be admitted without an IHSAA card or tournament pass. Any coaches or support personnel exceeding that number must have either an IHSAA card or purchase a tournament pass.

Determining Home Team

At state play-in games, the home team shall be determined by the MaxPreps end of season higher seed. With exceptions for a higher seeded team losing their seed to a lower seeded team if a head to head game is won by the lower seed. The home team dugout shall be determined by the site manager.

Inclement Weather Procedure for State

In the event the state play-in games and championships cannot take place in its scheduled format, the following procedure will be used:

1. All modifications will be handled in accordance with IHSAA Rule 20.
2. Alternate sites, if available, must be within reasonable distance to the original site so as not to incur additional travel/lodging costs for teams that have traveled.
3. Games will be shortened to 5 innings until the original game schedule can be resumed.
6. The length of championship games will be determined by the host site manager and the IHSAA.
7. If it is not possible to get the games in, the tournament may be cancelled.

Official Ball

The Official Baseball for all play-ins and state championships will be the Wilson A1010.

2025 Baseball Representation and Play-In Games

**At-Large teams are the next highest
Idaho MaxPreps end of season ranked non-automatic qualifying
teams*

6A	5A	4A
I 1	I-II 1	I 1
III 5	III 2	III 1
IV-V-VI 2	IV 2	IV 1
*4 At-Large	V 1	V 1
	VI 2	VI 1
	*4 At-Large	*3 At-Large

3A	2A
I-II 2	II 2
III 2	III-IV 2
IV-V 2	*4 At-Large
VI 2	
*4 At-Large	

6A

3-Team Play-In Format
Double Elimination Qualifier
Winner of Play-In Advances to State Championships
District Champions Host Play-In Games
North Host District I
West Host District III (2 hosts)
East Host District IV-V-VI
3 Tier System (MaxPreps) for Play-in Bracketing
Tier 1 1-4 seeds
Tier 2 5-8 seeds
Tier 3 9-12 seeds

5A

3-Team Play-In Format
Double Elimination Qualifier
Winner of Play-In Advances to State Championships
District Champions Host Play-In Games
North Host District I-II
West Host District III
South Host District IV
*East Host District V-VI
*Highest ranked district champion of 5-6
3 Tier System (MaxPreps) for Play-in Bracketing
Tier 1 1-4 seeds
Tier 2 5-8 seeds
Tier 3 9-12 seeds

4A

2-Team Play-In Format
Best 2/3 Game Qualifier
Winner of Play-In Advances to State Championships
Play-In Game Hosts
North Host District I Champion
Top 3 ranked (MaxPreps)
District Champions from Districts III-IV-V-VI
Opponents will be based on final Idaho (MaxPreps)
Rankings vs. District Champion Hosts

3A

3-Team Play-In Format
Double Elimination Qualifier
Winner of Play-In Advances to State Championships
District Champions Host Play-In Games
North Host District I-II
West Host District III
South Host District IV-V
East Host District VI
3 Tier System (MaxPreps) for Play-in Bracketing
Tier 1 1-4 seeds
Tier 2 5-8 seeds
Tier 3 9-12 seeds

2A

2-Team Play-In Format
Best 2/3 Game Qualifier
Winner of Play-In Advances to State Championships
District Champions Host Play-In Games
North Host District I
South Host District III-IV
Top 2 ranked (MaxPreps) Non-District Champions
Opponents will be based on final Idaho (MaxPreps)
Rankings vs. District Champion Hosts

2025 Baseball State Championships

- 4-Team Double Elimination Tournament
- Based on 4 Play-In Qualifiers
- Seeded by (MaxPreps) Final Idaho Rankings

#2 Seed

#3 Seed

#1 Seed

#4 Seed

Baseball Rules Changes - 2025

By NFHS on November 07, 2024

baseball

1-3-2c1 – Modified that resin, pine tar or any other drying agent is permitted on the bat in a specific area.

4-4-1c – Modified the definition of forfeiture.



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 an 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**



Required Student Mental Health & Suicide Prevention Online Instructions

Follow these instructions to access the free,
NFHS Online Student Mental Health & Suicide Prevention

- ✓ Go to the IHSAA website - www.idhsaa.org
- ✓ Click on the **SAFETY & WELLNESS** tab
- ✓ Select **SMHSP 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 administrator.

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



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 administrator.



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

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to your administrator.



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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.