



**Idaho High School Activities
Association
2026
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.

2026 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		

2026 Baseball Season

First date of practice	February 27
First baseball game	March 11
Pitch Count Extended	April 3
District Tournament Completion	May 2
State Regional Series Games	May 7-9
State Championships	May 14-16

****All teams will be required to enter rosters, schedules, pitch count for all pitchers and game 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/tripleheader. Only the 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 (six days per week). After 30 days pitchers will use the other chart.

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

Varsity - First 30 Days of Season – April 2

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

Varsity - After 30 Days – April 3

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 2

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

Sub-Varsity - After 30 Days – April 3

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

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 IHSA 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.

2026 State Tournament

State Regional Series Dates:	May 7-8
State Regional Series Sites:	District Champions by Classification
State Championship Dates:	May 14-16
State Championship Sites:	6A Memorial Stadium, Boise
	5A Melaleuca Field, Idaho Falls
	4A CSI, Twin Falls
	3A NNU, Nampa
	2A Capital HS, Boise

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 IHSA card or tournament pass. Any coaches or support personnel exceeding that number must have either an IHSA card or purchase a tournament pass.

Determining Home Team

At state play-in and championship series, 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 high seed can earn the seed back by winning against the team that was 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 IHSA 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 IHSA.
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.

2026 Baseball Representation and State Regional 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 2
IV-V-VI 2	IV 2	IV 1
*4 At-Large	V 1	V 1
	VI 2	VI 1
	*4 At-Large	*2 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	

****Seeding state regional series brackets are determined by MaxPreps Final Idaho Rankings using a 3 tier system.***

****Regional hosts tier will determine other tiers at each site.***

2026 Baseball State Regional Series

6A

3-Team Play-In Format
Double Elimination Qualifier
Winner of State Regional Series Advances to State Championships
District Champions Host State Regional Series
North Host District I
West Host District III (2 hosts)
East Host District IV-V-VI
3 Tier System (MaxPreps) for State Regional Series 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 State Regional Play-In Advances to State Championships
District Champions Host State Regional Series
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 State Regional Series 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 State Regional Series Advances to State Championships
State Regional Series Hosts
Top 4 ranked (MaxPreps) District Champions
Opponents will be based on final Idaho (MaxPreps)
Rankings vs. District Champion Hosts

3A

3-Team Play-In Format
Double Elimination Qualifier
Winner of State Regional Series Advances to State Championships
District Champions Host State Regional Series
North Host District I-II
West Host District III
*South Host District IV-V
*Highest ranked district champion of 4-5
East Host District VI
3 Tier System (MaxPreps) for State Regional Series 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 State Regional Series Advances to State Championships
District Champions Host State Regional Play-In Games
North Host District II
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

2026 Baseball State Championship Series

****Seeding State Championship series is determined by MaxPreps Final Idaho Rankings.***

- 4-Team Double Elimination Tournament
- Based on 4 State Regional Series Qualifiers

#2 Seed

#3 Seed

#1 Seed

#4 Seed

Baseball Rules Changes - 2026

Fri Aug 01 2025

1-2-9, 2-5-1h, 2-16-1h, 8-2-1, 8-2-2(a)1-7, 8-2-7, 8-4-1g(1) – Modified that the double first base will be mandatory effective January 1, 2027 and associated rule changes.

1-4-4 – Clarified what is allowed on a school's official baseball uniform.

1-6-3 – Clarified what is not allowed to be worn by a player to record or transmit audio or video feeds.

2-10-3 – Clarified the definition of a player-to-player defensive meeting.

3-4-6 – Clarified the difference from a player-to-player meeting and a charged conference.



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 Interscholastic Coaches**

ALL COACHES

- CPR/1st Aid Certification (current 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 (Head Coaches Only)
- 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 Idaho 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
- Maintain current certification in 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
- Pursue NFHS Certified LEVEL 3 credential within two years
- Read, understand and agree to the national and state Coaches Code of Ethics





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 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.**

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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 IHSA 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 DOWNLOAD** the Certificate of Completion

YOU MUST

Submit your Certificate of Completion
to your administrator.



IHSAA

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

IHSAA and MaxPreps Partnership FAQ

IHSAA and MaxPreps Partnership Background

The IHSAA has partnered with MaxPreps to efficiently collect schedules, scores, rosters and team photos, to highlight member school information. MaxPreps' industry leading platform provides schools with various desktop, tablet and mobile options to keep their team information accurate. Once team information is submitted to MaxPreps it will be automatically made available to the IHSAA.

--- Frequently Asked Questions

1. **What do coaches need to do?** In order to accurately manage important IHSAA initiatives, coaches are required to enter their team rosters and team photos on MaxPreps. Coaches are also required to enter their scores into MaxPreps immediately after each game throughout the season to help compile accurate regular-season standings and statewide leaderboards and post-season seeding.
2. **How do coaches sign up to get free access to their administrative account on MaxPreps for the first time?** Coaches or Athletic Directors can follow [this link](#) to become a MaxPreps member and follow the prompts to request their unique access code. Your one-time access code will identify you as the coach or AD with permission to your team/school account. You can enter this access code in the "Set up Admin Accounts" link of your member account profile page.
3. **Can coaches allow a team statistician or assistant coach to help manage their team information?** Yes! Once the coach has access to their team admin page, they can give other individuals access to their page to help keep their team information accurate.
4. **What if I already have a MaxPreps account?** Coaches and ADs with an existing account will simply need to continue submitting information.
5. **What do Athletic Directors need to do?** Athletic Directors simply need to clearly communicate with coaches to keep their scores and other team information updated on MaxPreps. ADs should direct any new coaches or coaches currently not using MaxPreps to contact MaxPreps at 800-329-7324 x1 or support@maxpreps.com, to sign up immediately.
6. **Can Athletic Directors control their MaxPreps team pages, if desired?** Yes. Athletic Directors can control every single team page from their free "School Administration" page on MaxPreps. While MaxPreps recommends coaches are responsible for their own team information, MaxPreps provides 100% free reporting, communication and school management tools for athletic directors, if desired. In order to gain access to your school administration page, please contact MaxPreps at support@maxpreps.com, to sign up today.



IHSAA

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

7. **Which sports are included in the partnership?** At this time, football, girls' volleyball, boys' and girls' basketball, boys' and girls' soccer, baseball and softball are included for score and statistics entry. All sports are required to enter team rosters and team photos.
8. **What about other sports?** Coaches from any other sports may still choose to use MaxPreps' free platform.
9. **Is MaxPreps compatible with other stat programs?** In addition to MaxPreps' own mobile, tablet and desktop tools, MaxPreps is compatible with more than 80 different stat companies across multiple sports.
10. **Does MaxPreps have an app to manage team information?** Yes! An app called Teams by MaxPreps is coming soon and will be available to download for both iPhone and Android devices. ADs and Coaches will be able to communicate directly with athletes and parents, sync their game schedule to their phone's calendar, enter complete schedules, rosters, scores, stats and more. Visit maxpreps.com/teams for more information.
11. **How can fans participate with their teams?** This season the IHSAA is encouraging all teams to assign Official Team Reporter responsibilities to a trusted program volunteer. The **MaxPreps fan app** allows the program volunteer to provide live scoring updates on their mobile device during the game, to keep your high school community engaged and informed. All scores and updates will be available statewide on the IHSAA Scoreboard. The app is available for [iOS devices](#) and [Android devices](#).
12. **What do I label my game type as?** All games should be labeled as conference, non-conference, conference tournament or tournament. **Do not label games as "playoff". In Idaho, the state tournament games are considered "playoffs".**
13. **What is the consequence for school's that do NOT enter game results/scores?** All regular season and district tournament game scores must be entered by each member school on MaxPreps by midnight, Pacific Time, on the Saturday preceding the state tournament. Schools that fail to meet this deadline will be fined \$1,500 per sport. Any scores submitted or modified after the deadline will not be included in the final rankings.
14. **Who can I contact with additional questions?** Coaches and ADs may contact MaxPreps Idaho representative Alisa Dancer at alisa.dancer@playonsports.com, or may direct questions to MaxPreps coach support at support@maxpreps.com, or 800-329-7324 x1. MaxPreps also has a support website at support.maxpreps.com that can help answer specific questions such as how to enter a schedule or a roster, or how to upload a team photo, etc.



MaxPreps Rankings

IHSAA State tournament brackets for girls' soccer, boys' soccer, volleyball, girls' basketball, boys' basketball, baseball and softball will be seeded using MaxPreps Final Idaho Rankings.

Frequently Asked Questions

Do playing out of state school effect the rankings?

- There is no difference in playing a team from your state or an out of state opponent. We do not use the state played for in the calculation. You will want to make sure that the opponent school has an up to date schedule on MaxPreps but that goes with any team you play. If an opponent's schedule is not up to date, reach out to Alisa Dancer, alisa.dancer@playonsports.com or 530-957-1575 to get the schedule fixed.

Does playing a lower or higher division team have any impact on the rankings?

- MaxPreps rankings does not take into account the division or league a team is playing in. Playing a 5A school is the same as playing a 2A. Playing a school **ranked** lower than you and losing could hurt your ranking.

What is the rating?

- Calculated using your win/loss and quality of win. Quality of win is based on where your opponent is ranked and if you won or lost.

What is the strength of schedule?

- Is the average rating of all your opponents.

Is there a Margin of Victory?

- Yes, each sport has a small margin of victory. Should you run up the score? No, it is capped and does not have a high impact on your rating.
- Margin of Victory maximums for each sport:
 - Baseball – 10 runs
 - Basketball – 20 points
 - Football – 21 points
 - Soccer – 5 goals
 - Softball – 10 runs

Do forfeits count?

- **“No-Fault” Forfeits** (both school administrations agree that the game can’t be played) do NOT count in the rankings. **Do not select the forfeit button.** Game can be deleted from schedule.
- **“At-Fault” Forfeits** (one school violates a rule and/or contract to participate) count in the rankings and should be entered with a game score that is the maximum margin of victory per sport. If you do win as an “At-Fault” forfeit mark the score as – Football 21-0, Volleyball 3-0, Soccer 5-0, Basketball 20-0, Softball and Baseball 10-0. If the District Board of Control determines a breach of contract has occurred, schools will enter a “forfeit” into MaxPreps or Track Wrestling, whichever is applicable.

What is the consequence for school’s that do NOT enter game results/scores?

- All regular season and district tournament game scores must be entered by each member school on MaxPreps by midnight, Pacific Time, on the Saturday preceding the state tournament. Schools that fail to meet this deadline will be fined \$1,500 per sport. Any scores submitted or modified after the deadline will not be included in the final rankings.

MaxPreps rankings are run twice a week. Each time it is run, it starts from the beginning of the season. If a team you played is ranked high at the beginning of the season and they lose their best player and start losing games, their rating could drop along with yours if you played them.

The more games you play helps but you can still be ranked high even if you are playing less games than your opponents. Especially if you are winning the games you do play.

Coaches and ADs may contact MaxPreps Idaho representative Alisa Dancer at alisa.dancer@playonsports.com or 530-957-1575



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.