



**Idaho High School Activities
Association
2025
Softball Coaches Packet**

unbottled.

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 Softball

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 Softball Season

First day of practice	February 28
First game	March 12
District completion date	May 10
State Play-ins	May 10
State Tournament	May 15-17

*All teams will be required to enter rosters, schedules and scores on MaxPreps.

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 Idaho contests will be played under National Federation (NFHS) Softball Rules. Rules books and case books will be distributed to school representatives at the district rules clinics.

Idaho Rules Modifications

NFHS rules shall be followed, except as modified by the IHSAA Board of Directors. IHSAA modifications:

- Length of game:** This rule is in effect for all games at the state tournament. All varsity games shall be seven innings with the exception of the 10-run rule. A game shall end any time after the fifth inning when a team is 10 or more runs behind and has completed its turn at bat. Fast pitch games may also be terminated by mutual agreement of both coaches prior to the start of the contest and acknowledged by the umpire-in-chief under the following conditions:
 - When a team is ahead by 15 runs after three innings of play.
 - When a game exceeds the time limit of 1 ½ hours.
- Called game:** 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-a-fraction turns at bat than the visiting team has scored in five turns at bat, in which case it is a regulation game.
- Baseline:** The baseline shall be 60 feet.
- Ball:** A 12" ball shall be used. The yellow optic ball may be used in fast pitch for league play and district tournaments, and

the official ball – Dudley Thunder Heat WT-12-Y-FP. – will be used at all play-in and state tournament competition.

- Tie-Break procedure:** Each half-inning begins by placing a runner on second base. That runner is the player in the batting order who precedes the lead-off batter in the inning. The game then proceeds a full inning or until a winner is determined in that inning. This procedure shall start at the beginning of the eighth inning or at the game time limit previously agreed upon by both coaches.
- Double First Base:** Idaho permits the use of a double first base in all levels of play and when in use, will be governed by NFHS rules.

Umpires

IHSAA certified umpires must be used for all interscholastic contests. Two umpires should be used at all games.

2025 State Tournament

Dates:	May	15-17
Sites:	6A	Eagle/Rocky Mtn HS
	5A	Skyview HS
	4A	Skyview HS
	3A	Quad Park, Caldwell
	2A	Quad Park, Caldwell

Number of Participants

At play-in and state tournament games, a maximum of seventeen 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 at a state play-in or tournament game with forfeiture of the 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 flip of a coin. At the state tournament, the highest seeded team shall be the home team (with exceptions for Game #15 if necessary). The home team dugout shall be determined by the site manager.

Home Run Fence

When state fast pitch tournaments are held at fields that do not meet NFHS standard distance for the home run fence, a fence shall be installed at 210', if possible.

Inclement Weather Procedure for State

In the event the state tournament cannot take place in its scheduled format, the following procedure will be used:

- All modifications will be handled in accordance with IHSAA Rule 20.
- All games will use Idaho Rules Modifications 1a and 1b.
- 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.
- Games will be shortened to 5 innings until the original game schedule can be resumed.
- All games on the consolation side of the bracket will be cancelled. Championship semifinal games will be 5 innings.
- The length of championship games will be determined by the host site manager and the IHSAA.
- If more than 4 teams remain in the tournament, and it is not possible to get the games in, the tournament may be cancelled.

NOTE: It is very possible that not all classifications will make the same decisions at each step of the protocol above.

2025 Softball Representation

6A		5A		4A	
I-II	1	I-II	1.5	I	1
III	5.5	III	2.5	III	2.5
V-VI	1.5	IV	2	IV	1.5
		V	.5	V	2
		VI	1.5	VI	1
3A		2A			
I-II	1.5	II	2*		
III	2.5	III	2*		
IV-V	2	*plus next two best MaxPreps seeds			
VI	2				

State Play-ins

6A Play-in

3F Burley HS
 1:00 p.m.
 5-6B Sat., May 10

5A Play-in

1-2B Lewiston HS
 1:00 p.m. Pacific
 3C Sat., May 10

5A Play-in

5A Blackfoot HS
 1:00 p.m.
 6B Sat., May 10

4A Play-in

3C Glens Ferry HS
 1:00 p.m.
 4B Sat., May 10

3A Play-in

1-2B Lewiston HS
 3:00 p.m. Pacific
 3C Sat., May 10

2025 Bracketing

Qualifying teams will be seeded into the state bracket according to the final rankings through and including all regular season and district tournament games. The high seed is considered the home team for all games in the tournament (with exceptions for Game #15 if necessary).

6A-3A:

#3 Seed

#6 Seed

#2 Seed

#7 Seed

#1 Seed

#8 Seed

#4 Seed

#5 Seed

2A:

#2 Seed
(first round bye)

#3 Seed

#6 Seed

#1 Seed
(first round bye)

#4 Seed

#5 Seed

Softball Rules Changes - 2025

By NFHS on August 15, 2024

[softball](#)

[Download a PDF version](#)

1-8-6 EXCEPTION & PENALTY: A high school softball coach is now able to use electronic devices in the dugout for one-way communication to the catcher while the team is on defense. The penalty from Rule 3-6-11 was added to Rule 1-8-6 as well, with violators subject to ejection unless the offense is ruled to be of a minor nature.

Rationale: The committee has made these changes to support the use of emerging technology within the sport of softball. Being a permissive rule, the use of this one-way electronic communication will allow those who choose to embrace the technology an additional option to communicate with the catcher while on defense.

3-6-11: This rule change specifies that coaches are prohibited from using the device to communicate with any other team member while on defense or any team member while on offense and the coach cannot use the device outside the dugout/bench area.

Rationale: Clarifies that a coach may use an electronic device for one-way communication to the catcher while the team is on defense.

9-3-2b: When a baserunner who is declared out for being hit by a fair batted ball, the batter-runner is credited with a fielder's choice in the scorebook.

Rationale: This change corrects an error in the rules book that awarded a base hit in this instance.

2025 SOFTBALL EDITORIAL CHANGES

Figure 1-1, Figure 1-3, 1-3-4, 1-3-5, 1-6-6, 1-7-1, 2-47, 3-2-3, 3-2-12 NOTE, 3-6-12, 5-1 Table, 5-1-1o, 6-1-2c, 8-1-2a EFFECTS 3, 8-6-4, 10-1-6

2025 SOFTBALL POINTS OF EMPHASIS

1. Team's Role in Pace of Play
2. Situational Awareness



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**



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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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.