



# 2020 NFHS BASEBALL RULES POWERPOINT

National Federation of State  
High School Associations



Take Part. Get Set For Life.®

Tom Disharoon, DIAA Baseball Rules Interpreter

[tomdisharoon@gmail.com](mailto:tomdisharoon@gmail.com)



# 2020 NFHS BASEBALL RULE CHANGES





# DESIGNATED HITTER RULE 3-1-4

44	4	Daniels		8
		SUB.		
32	5	Edwards		DH
		SUB.		
17	6	Franklin		6
		SUB.		
24	7	George		2
		SUB.		
2	8	Hamilton		9
		SUB.		
19	9	Irwin		5
		SUB.		
6	10	Jackson		1
		SUB.		
		<b>SUBSTITUTES</b>		
11		Knutson		
28		Larson		
35		Matthewson		
1		Nelson		
			POS.	

The DH may still be a 10<sup>th</sup> starter hitting for any one of the nine starting defensive players.





# DESIGNATED HITTER RULE 3-1-4a1

44	4	Daniels	8
6		SUB. Jackson	
32	5	Edwards	DH 3
		SUB.	6
17	6	Franklin	
		SUB.	2
24	7	George	
		SUB.	9
2	8	Hamilton	
		SUB.	5
19	9	Irwin	
		SUB.	1
6	10	Jackson	
		SUB.	3
<b>SUBSTITUTES</b>			
NO.			POS.
11		Knutson	
28		Larson	
35		Matthewson	
1		Nelson	

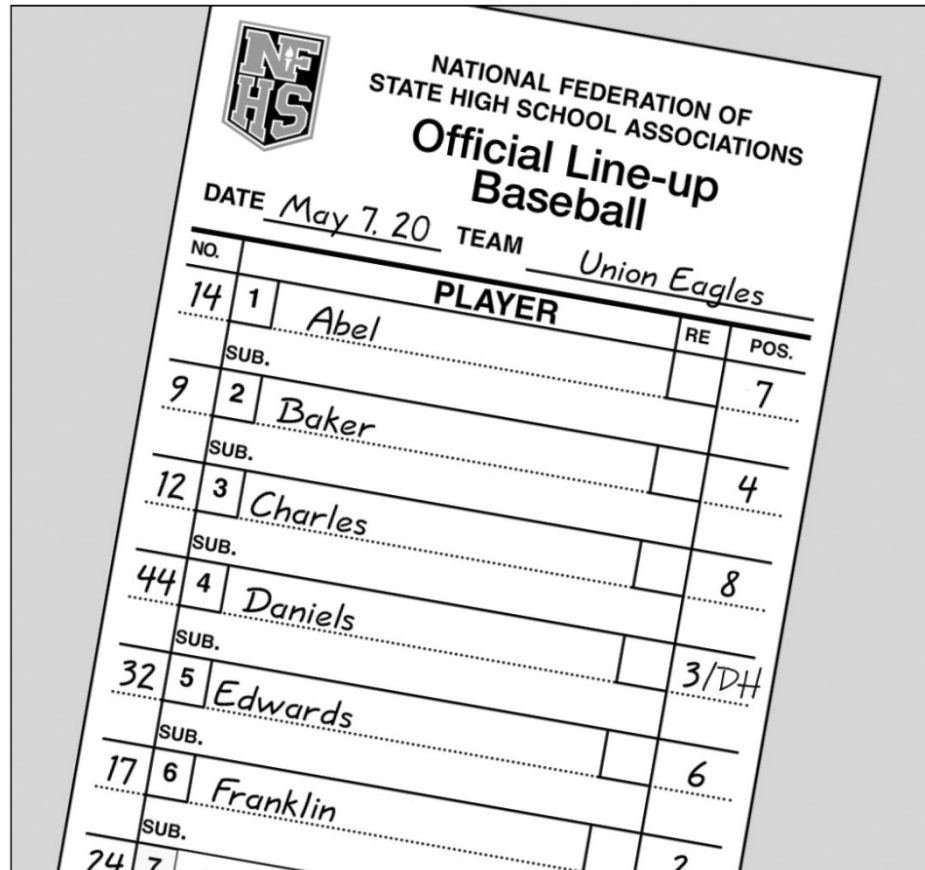
- While there is no change from the previous DH rule.
- When using a standard designated hitter, the role of the DH is still terminated for the remainder of the game when the defensive player for whom the DH batted, subsequently bats, pinch-hits or pinch-runs.

# DESIGNATED HITTER RULE 3-1-4a2

14	4	Daniels		8
		SUB.		
32	5	Edwards		DH 3
		SUB.		
17	6	Franklin		6
		SUB.		
24	7	George		2
		SUB.		
2	8	Hamilton		9
		SUB.		
19	9	Irwin		5
		SUB.		
<del>6</del>	10	<del>Jackson</del>		1
		SUB.		
				<del>3</del>
<b>SUBSTITUTES</b>				
NO.				POS.
11		Knutson		
28		Larson		
35		Matthewson		
1		Nelson		

- While there is no change from the previous DH rule.
- The role of a standard DH is still terminated for the remainder of the game when the designated hitter or any previous designated hitter assumes a defensive position.

# DESIGNATED HITTER RULE 3-1-4b



NATIONAL FEDERATION OF  
STATE HIGH SCHOOL ASSOCIATIONS  
**Official Line-up  
Baseball**

DATE May 7, 20 TEAM Union Eagles

NO.	PLAYER	RE	POS.
14	1 Abel		7
9	2 Baker		4
12	3 Charles		8
44	4 Daniels		3/DH
32	5 Edwards		6
17	6 Franklin		2
24	7		

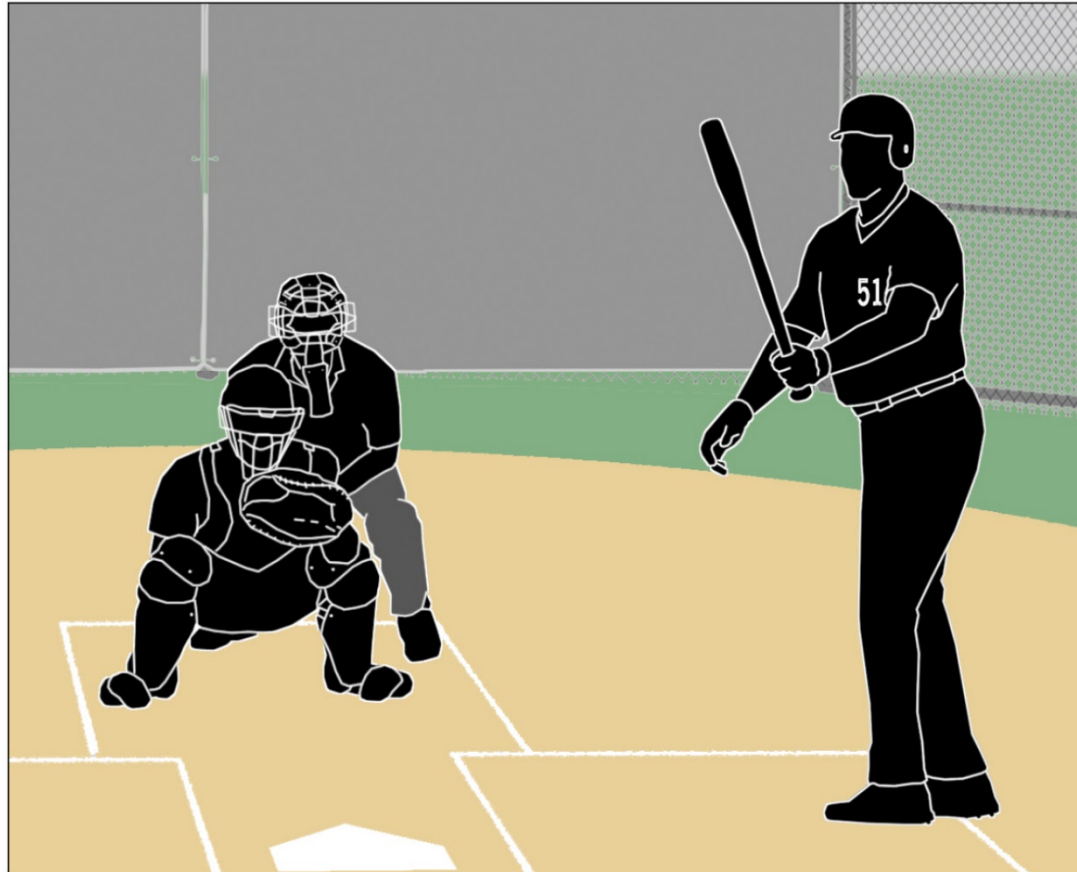
- The starting designated hitter (DH) may now be any one of the starting defensive players, including the pitcher.
- A Player/DH then holds two positions: defensive player and designated hitter.

# DESIGNATED HITTER RULE 3-1-4b

SUB.					
44	4	Daniels			8
SUB.		<del>Jackson</del>			
32	5	Edwards			3/DH
SUB.					<del>3</del>
17	6	Franklin			6
SUB.					
24	7	George			2
SUB.					
2	8	Hamilton			9
SUB.					
19	9	Irwin			5
SUB.					
	10				1
SUB.					
NO.	SUBSTITUTES				POS.
<del>6</del>	<del>Jackson</del>				
11	Knutson				
28	Larson				
35	M...				

- In the case where one player is listed as a starting DH and a starting defensive player in the lineup, the role of the defensive player may be substituted for by any legal substitute.
- The original player/DH may re-enter defensively one time.

# DESIGNATED HITTER RULE 3-1-4b-1



When using the P/DH, the role of the DH is terminated for the remainder of the game when any player substitutes offensively for the DH.



# DESIGNATED HITTER RULE 3-1-4b-2



As a reminder from the previous rule, the role of the DH is terminated for the remainder of the game when the starting defensive Player/DH is substituted for either as a hitter or a runner.



# DESIGNATED HITTER (DH) RULE 3-1-4

- **ART. 4 . . .** A hitter may be (not mandatory) designated for any one starting player (not just pitchers) and all subsequent substitutes for that player in the game. ~~A starting defensive player cannot be listed as the designated hitter in the startup.~~ A designated hitter for said player shall be selected prior to the start of the game, and his name shall be included on the lineup cards presented to the umpire-in-chief and to the official scorer.





# DESIGNATED HITTER (DH) RULE 3-1-4

- A team forfeits the use of a designated hitter if it fails to declare a designated hitter prior to the game. If a pinch hitter or pinch runner for the designated hitter is used, that player becomes the new designated hitter. The player who was the designated hitter may re-enter as the designated hitter under the re-entry rule. A designated hitter and the player for whom he is batting are locked into the batting order. No multiple substitutions may be made that will alter the batting rotation.





# DESIGNATED HITTER (DH) RULE 3-1-4

- ~~The role of the designated hitter is terminated for the remainder of the game when:~~ A designated hitter may be used in one of the two scenarios:
  - ~~a. The defensive player, or any previous defensive player for whom the designated hitter batted, subsequently bats, pinch-hits, or pinch-runs for the designated hitter; or~~
  - a. The designated hitter may be a tenth starter hitting for any one of the nine starting defensive players. If the designated hitter (DH) is used in this manner, the role of the DH is terminated for the remainder of the game when:





# DESIGNATED HITTER (DH) RULE 3-1-4

- 1. The defensive player, or any previous defensive player for whom the designated hitter batted, subsequently bats, pinch-hits, or pinch-runs for the designated hitter; or
- 2. The designated hitter or any previous designated hitter assumes a defensive position.



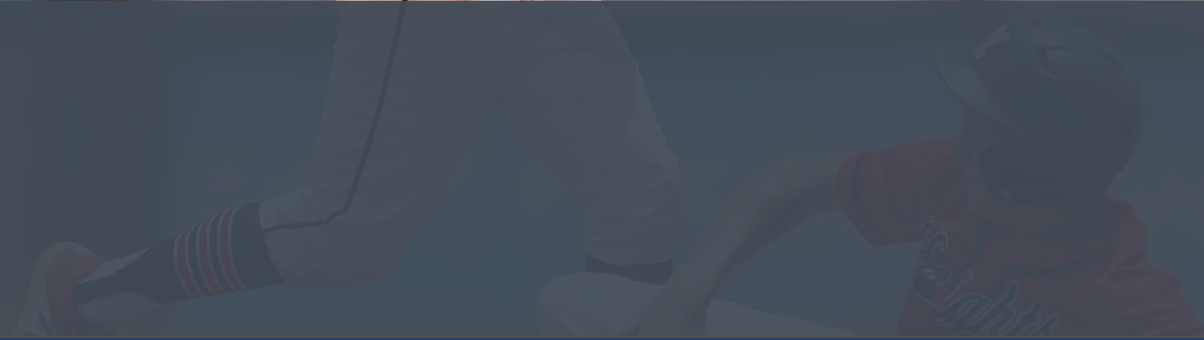


# DESIGNATED HITTER (DH) RULE 3-1-4

- **Rationale:**

This rule change will provide coaches some options to strategize how to keep their better players in the game, to contribute to the offensive output of the team and give another player a chance to participate on defense. In addition, considering the pitch count rules, this change would help pitchers to keep their bat (because they are typically the best hitter) in the game, but can come out of the game to protect their arms from overuse.





# POINTS OF EMPHASIS



# DESIGNATED HITTER

NATIONAL FEDERATION OF  
STATE HIGH SCHOOL ASSOCIATIONS  
**Official Line-up  
Baseball**

DATE May 7, 20 TEAM Union Eagles

NO.	PLAYER	RE	POS.
14	1 Abel		7
	SUB.		
9	2 Baker		4
	SUB.		
12	3 Charles		8
	SUB.		
44	4 Daniels		3
	SUB.		
32	5 Edwards		6
	SUB.		
17	6 Franklin		2
	SUB.		
24	7 George		9
	SUB.		
2	8 Hamilton		5
	SUB.		
19	9 Irwin		1
	SUB.		
10			
	SUB.		
6	Jacks		
	SUBSTITUTES		

There are now two options when using a designated hitter: the standard DH and the player/DH. Teams may also still choose to start the game without using a designated hitter (straight 9). All options must be declared prior to the start of the game.



## DESIGNATED HITTER




The courtesy runner (CR) can never have any function with a designated hitter (DH). When a DH comes to bat, he is a DH (regardless of either lineup option); when at bat, he can never assume a defensive position. As a result, a CR is never a legal substitute for a DH.

## DESIGNATED HITTER



If the DH is batting for another player, when he bats, he is a DH. As a result, if a runner comes in for him when he gets on base, it is a substitution, and that player is now the DH. If the DH is a Player/DH, he is batting as the DH. A substitution by an offensive player would eliminate the role of the DH.

## GAME-ENDING PROCEDURES



	1	2	3	4	5	6	7	Total
VISITOR	3	2	4	1	4			14
HOME	1	0	0	0	0			1

A state association may adopt game-ending procedures that determine how games are ended, including suspended games. However, if a state does not adopt game-ending procedures, by mutual agreement of the opposing coaches and the umpire-in-chief, any remaining play may be shortened or the game terminated. If a state association has adopted game-ending procedures, only those game-ending procedures may be used, unless the opposing coaches wish to terminate the game (4-2-4).

## FORCE-PLAY SLIDE RULE



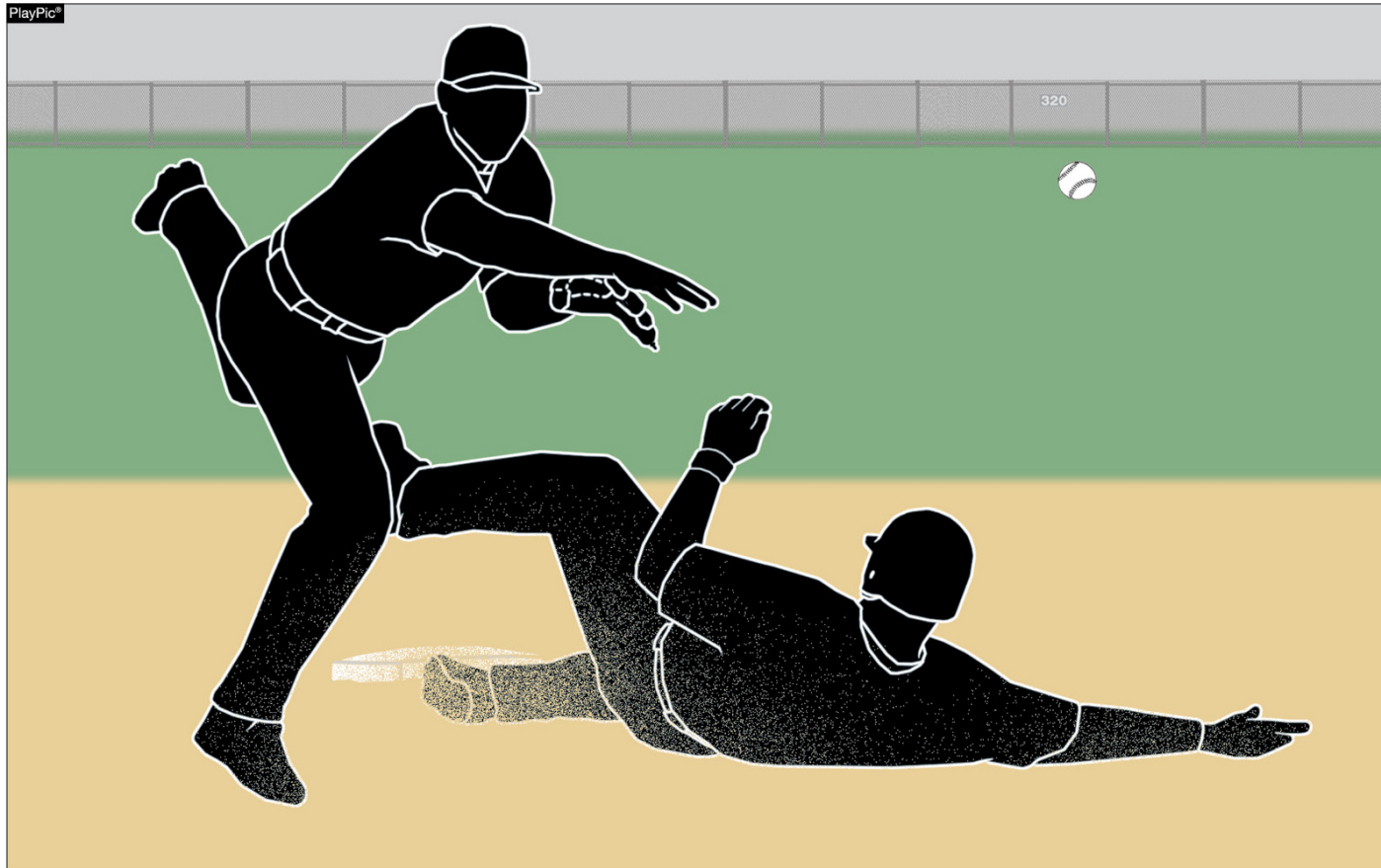
Runners are never required to slide, but if a runner elects to slide at any base, it must be legal. A legal slide can either be feet first or head first. If a runner slides feet first, at least one leg and buttock shall be on the ground.

## FORCE-PLAY SLIDE RULE



Runners may not pop-up into the fielder.

## FORCE-PLAY SLIDE RULE



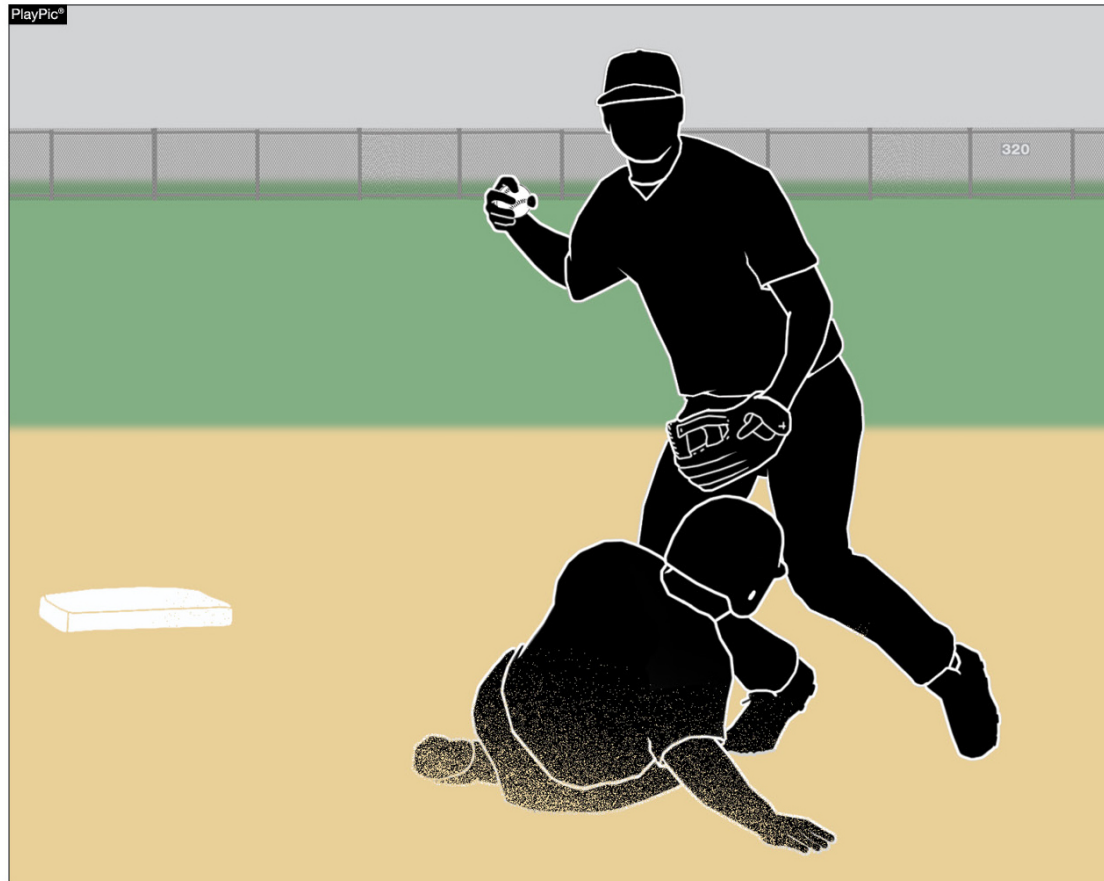
Runners may not have a leg raised higher than the fielder's knee.

## FORCE-PLAY SLIDE RULE



Except at home plate, runners may not slide through or beyond the base.

## FORCE-PLAY SLIDE RULE



Runners may not slide away from a base in the direction of the fielder. But a runner may slide in a direction away from a fielder to avoid making contact or altering the play of the fielder.

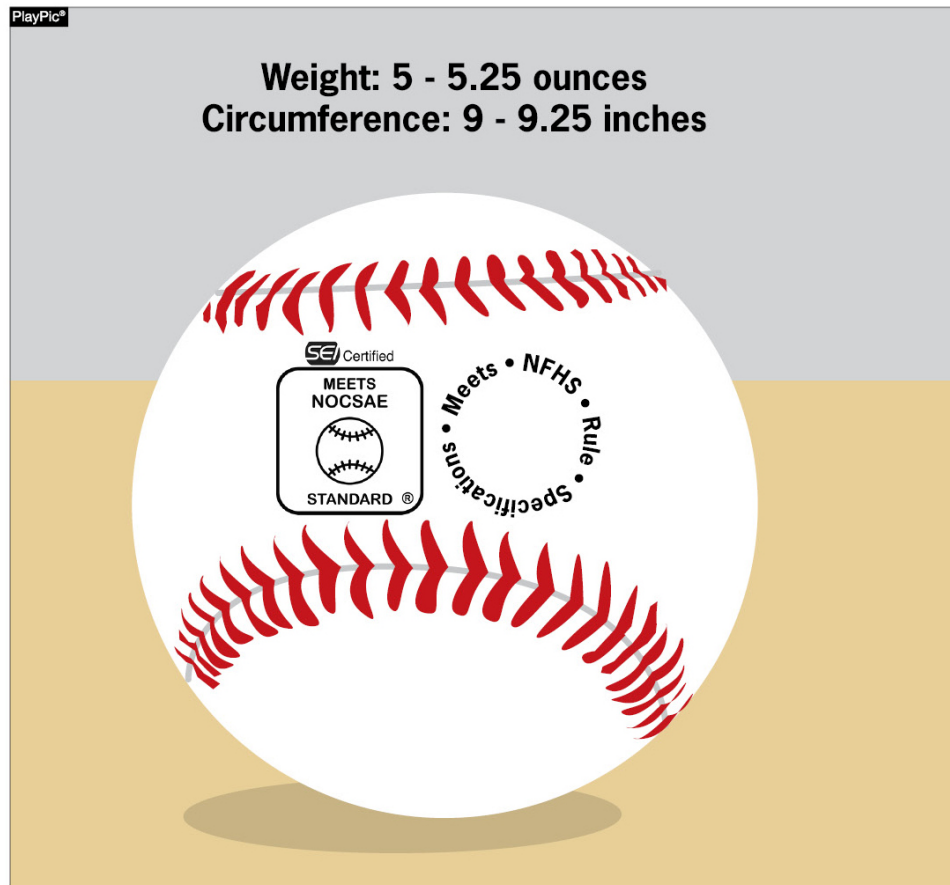


## FORCE-PLAY SLIDE RULE



The runner is out when he illegally slides. On a force play, the runner is also guilty of interference. The batter-runner is also declared out and all other runners must return to the base occupied at the time of the pitch.

# COMPLIANT BASEBALL



The ball shall meet the current NOCSAE standard for baseball effective January 1, 2020. The NFHS authentication mark and the NOCSAE mark shall both be visible on the ball.



# BASEBALLS

## RULE 1-3-1

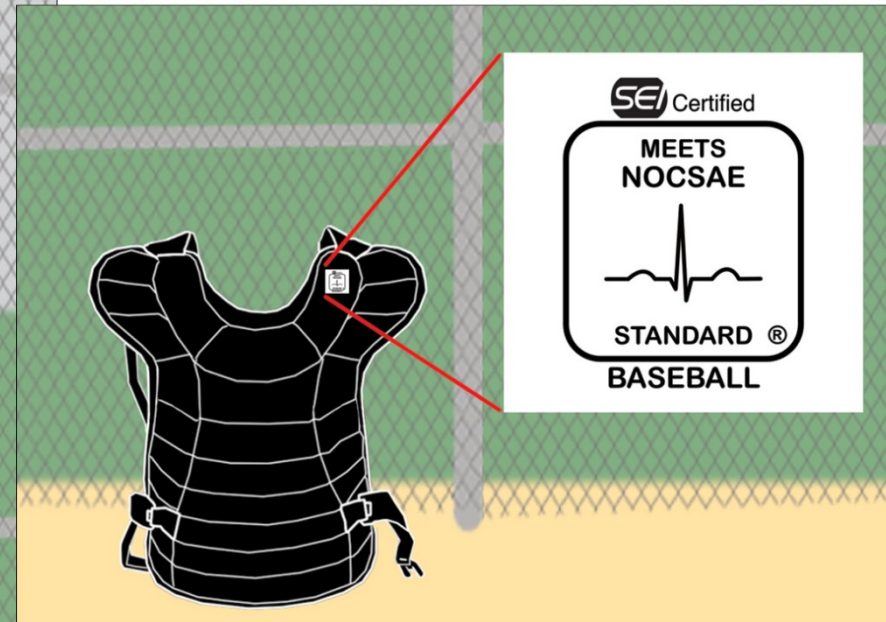
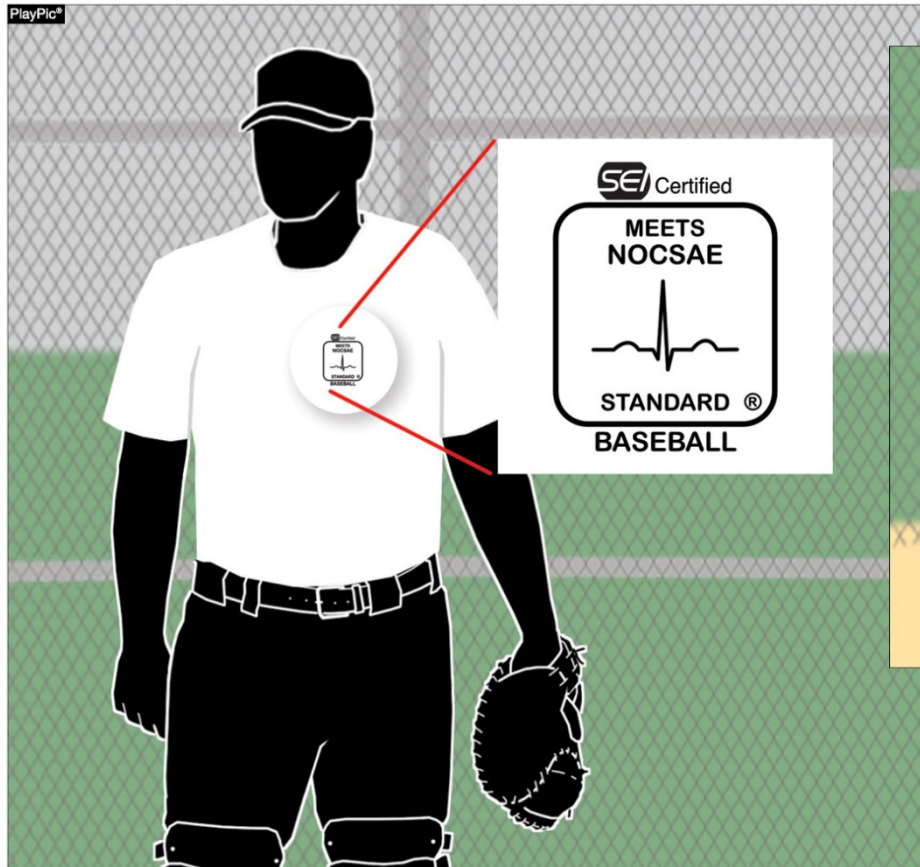
- Effective January 1, 2020 the SEI/NOCSAE mark is required on all baseballs that meet the NOCSAE standard that will be used in high school competition.
- Baseballs shall have the SEI/NOCSAE mark along with the NFHS Authenticating Mark.

- **Rationale:**

To maintain a consistent and uniform standard for high school competition. To ensure that every baseball manufactured meets the same level of quality and playability.



# COMPLIANT BODY AND CHEST PROTECTOR



The catcher's body/chest protector shall meet the NOCSAE standard effective Jan. 1, 2020.



## CHEST AND BODY PROTECTOR RULE 1-5-3

- The catcher shall wear, in addition to a head protector, a mask with a throat protector, body/chest protector that meets the NOCSAE standard at the time of manufacture (Effective January 1, 2020), protective cup (male only), and baseball protective shin guards. The SEI/NOCSAE mark is required on all body/chest protectors that meets the NOCSAE standard at the time of manufacture that will be used in high school competition.





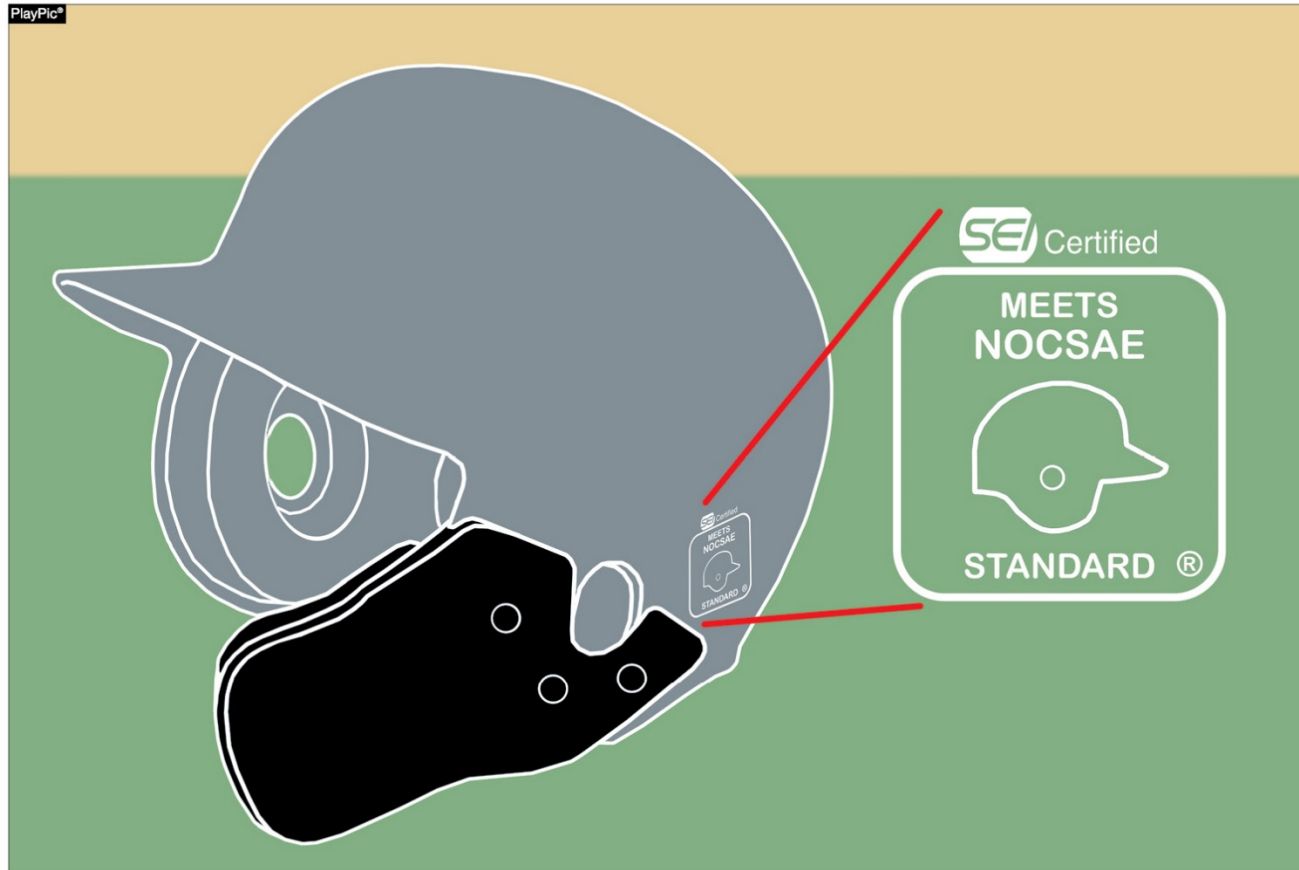
# CHEST AND BODY PROTECTOR RULE 1-5-3

- **Rationale:**

A SEI/NOCSAE standard has been developed to protect the heart and the cardiac silhouette from commotio cordis. The NOCSAE standard could be included in a product that is either a separate device/apparel or a device constructed into a traditional chest protector. This proposal is recommended and endorsed by the NFHS Sports Medicine Advisory Committee (SMAC) to minimize risk. The catcher has to wear either a chest protector that meets the NOCSAE standard or a body protector that meets the NOCSAE standard underneath a traditional chest protector. It is the responsibility of the coach to verify that his/her players are properly equipped and in uniform.

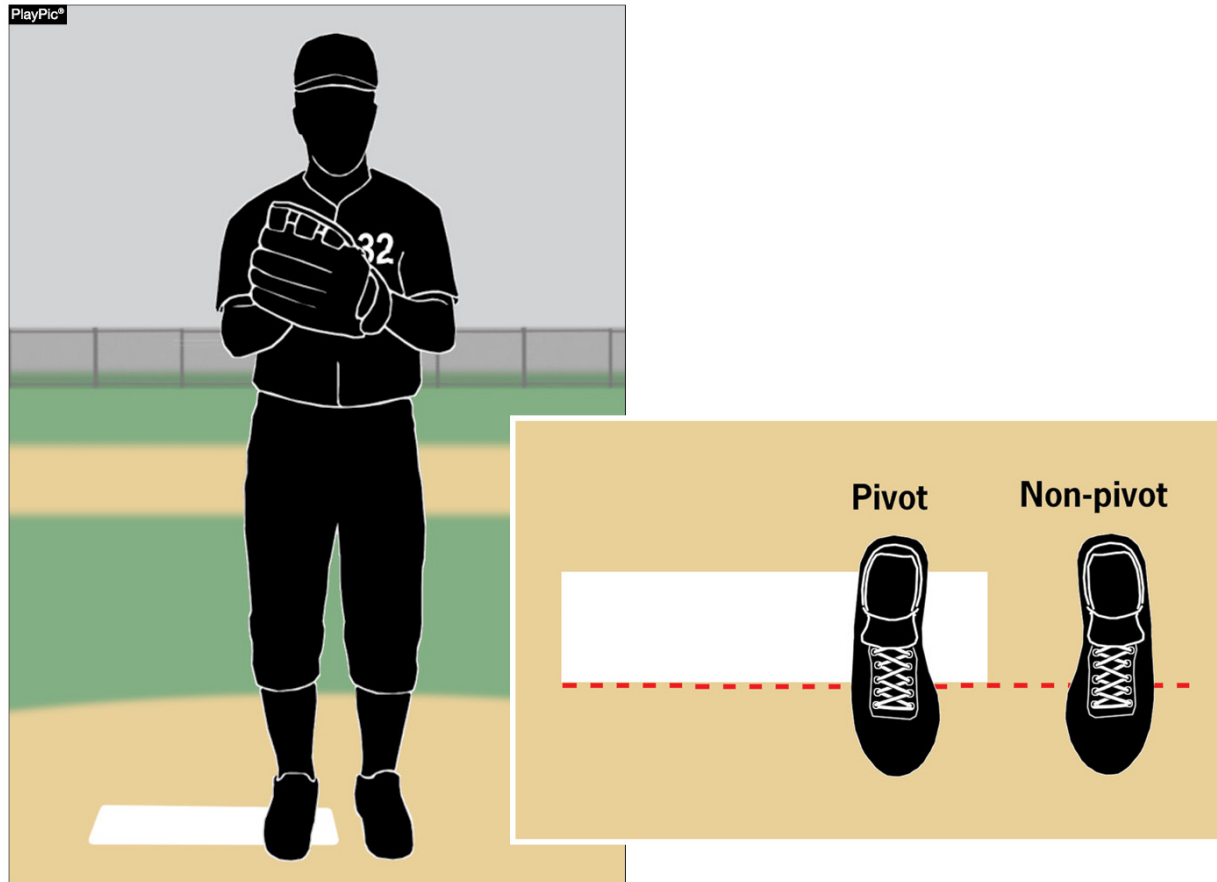


## COMPLIANCE OF PLAYER EQUIPMENT



A face mask/guard specifically designed for a particular helmet model may be attached after manufacture, provided that procedure is approved by the manufacturer and meets the SEI/NOCSAE standard at the time of manufacture.

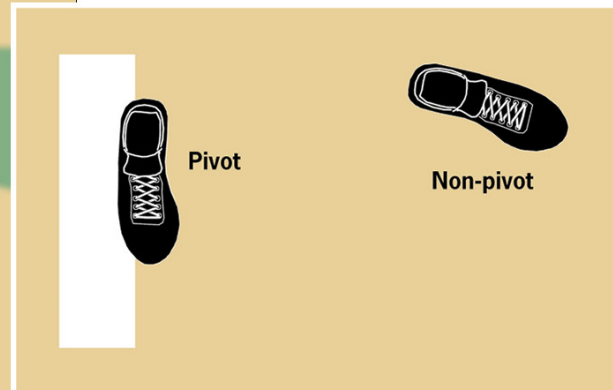
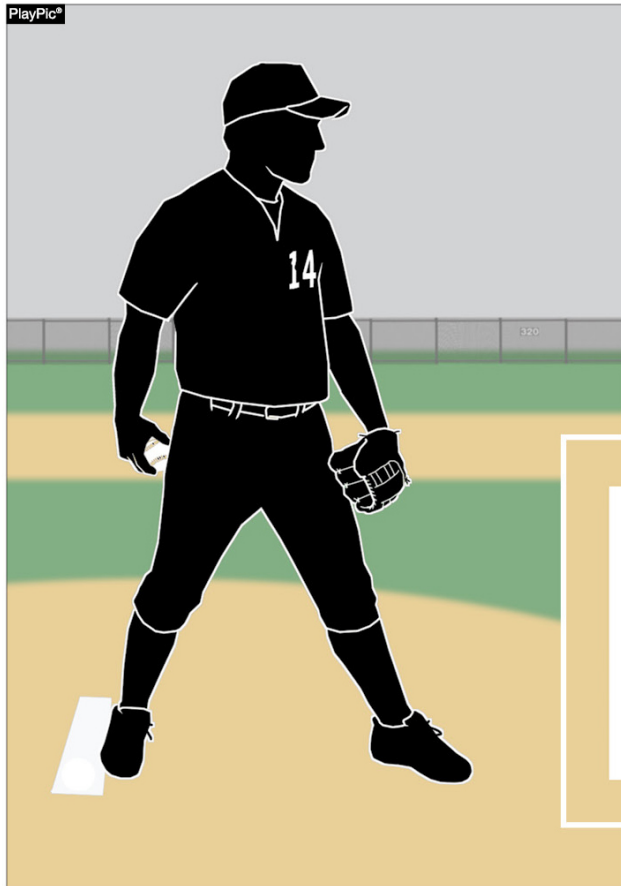
# PROPER PITCHING POSITIONS



The windup is one of two legal pitching positions. For the windup, the pitcher's non-pivot foot shall be in any position on or behind a line extending through the front edge of the pitcher's plate.

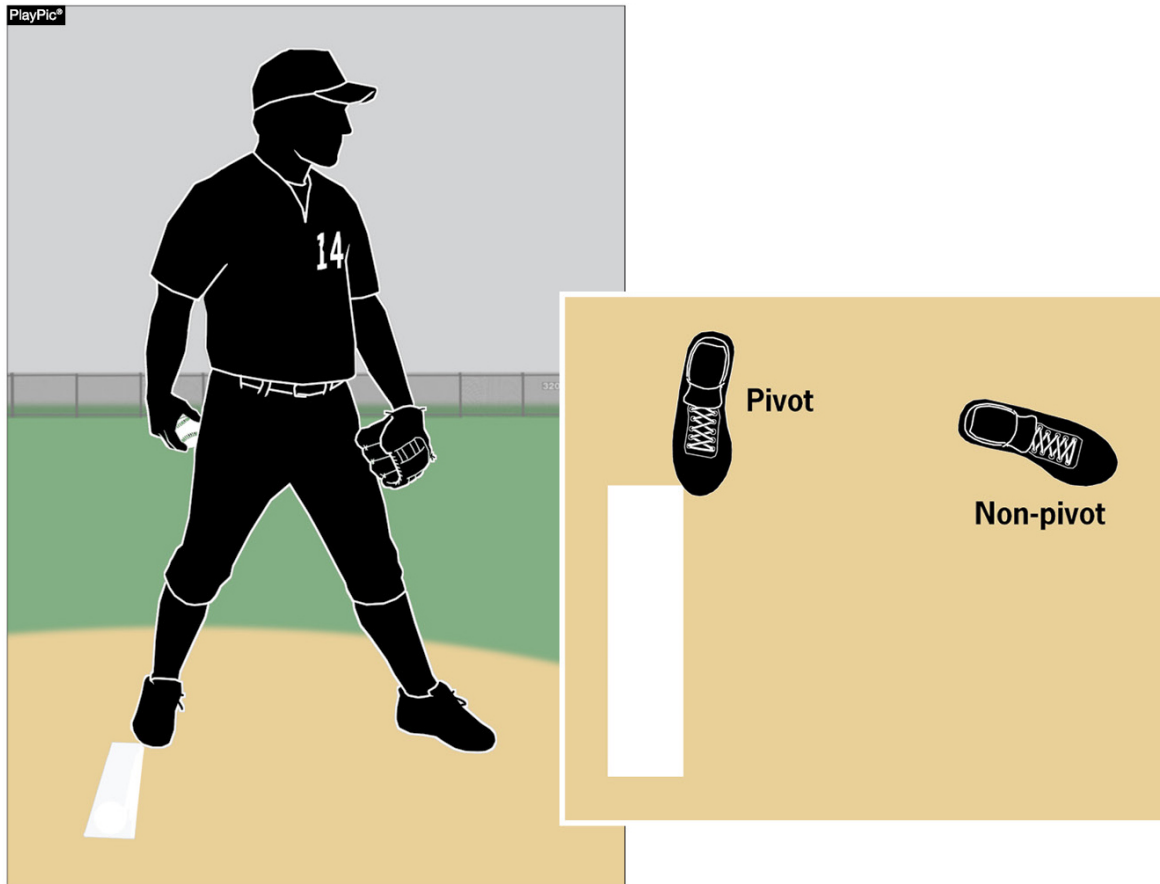


## PROPER PITCHING POSITIONS



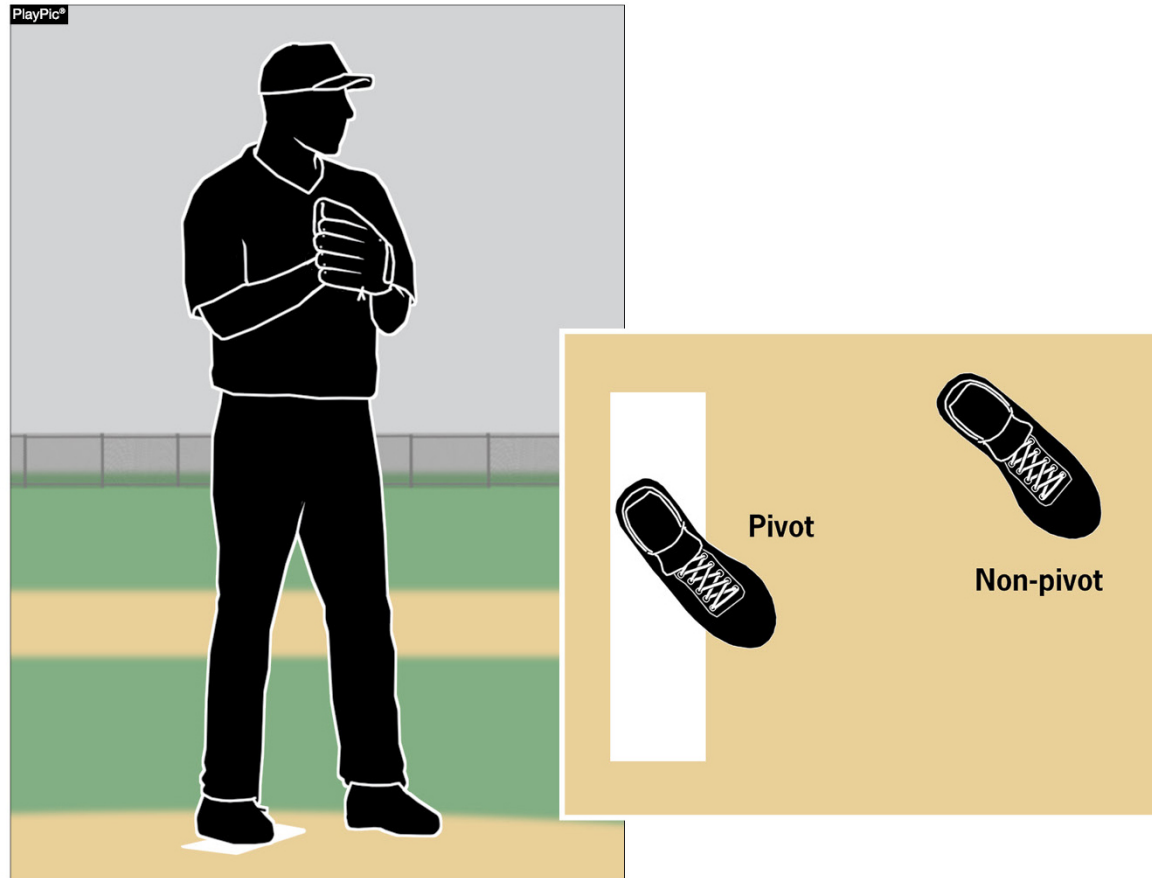
The set is one of two legal pitching positions. For the set position, a pitcher shall stand with his entire non-pivot foot in front of a line extending through the front edge of the pitcher's plate and with his pivot foot in contact with or directly in front of and parallel to the pitcher's plate.

## PROPER PITCHING POSITIONS



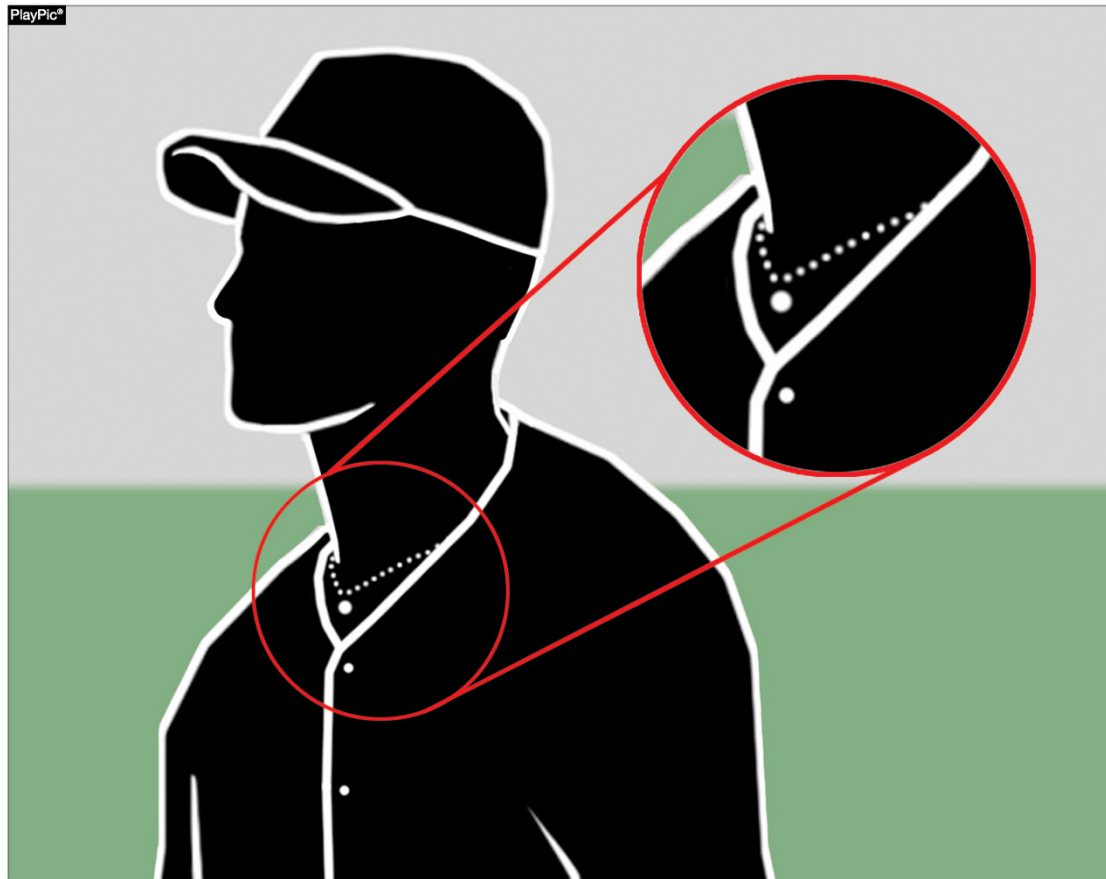
Pitchers are no longer required to have their entire pivot foot in contact with the pitcher's plate. This recognizes that many mounds are such that it is problematic for the pitcher to have his entire pivot foot in contact with the pitcher's plate.

## PROPER PITCHING POSITIONS



The so-called hybrid stance is illegal as it does not meet the requirements of either the windup or set positions.

## ENFORCEMENT OF NFHS JEWELRY RULE



Jewelry, including necklaces, bracelets and earrings, shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.



# NFHS OFFICIALS AND COACHES EDUCATION



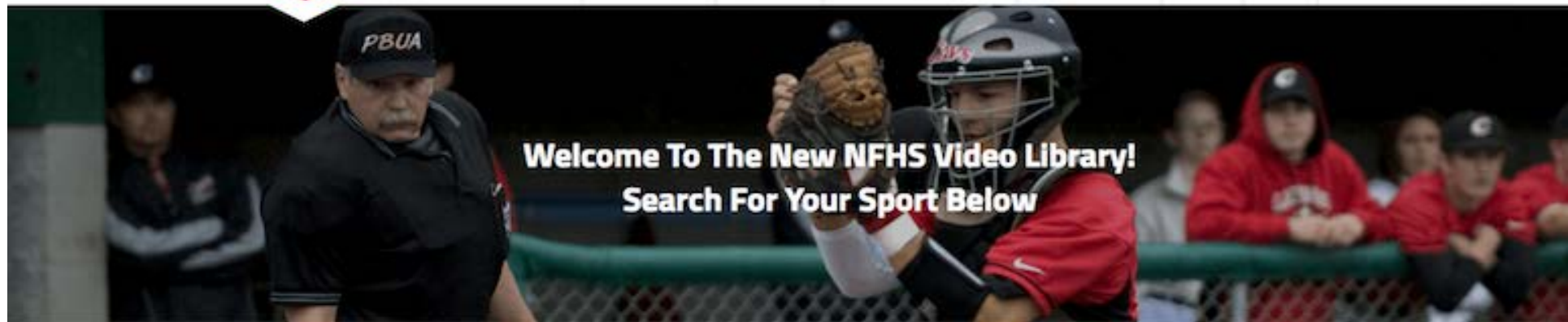
# SPORTS-SPECIFIC OFFICIATING COURSES

## WWW.NFHSLEARN.COM

The screenshot shows the NFHS Learn for Officials website. At the top, there is a navigation bar with the NFHS Learning Center logo and links for Dashboard, Courses, NFHS Learn for You, User Lookup, and Help. Below the navigation bar is a dark header with the text "NFHS Learn for Officials". The main content area is divided into sections: "Resources" with icons for Video Library, High School Today, Articles, and NFHS Rules Books; "Recommended Courses" with six course cards: Interscholastic Officiating (\$20), Heat Illness Prevention (Free), Concussion In Sports (Free), Sportmanship (Free), Sports Nutrition (Free), and Sudden Cardiac Arrest (Free). At the bottom, there is a footer with a navigation menu for Home, Courses, Resources, and Our Organization, along with social media icons and a copyright notice.

- Introduction to mechanics and techniques used in each sport
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics vary based on the needs of the officials in the sport
- NFHS Officials Association members cost is \$10
- Non-members - course is \$20
- API available to state associations to collect results





Video Filters

Sort By ▼    Select Categories ▼    Select Sports ▼    Search our videos... 🔍

Total videos: 373



3-Man Mechanics - Runners At ...

Baseball



UIL Court Coverage - Trail Of...

Basketball



THE FOLLOWING PRESENTATION WAS SHOT AND PRODUCED BY THE NFHS IN COOPERATION WITH BEN DAVIS HIGH SCHOOL (IND.) AND BERKELEY JESUIT PREPARATORY SCHOOL (IND.) IN 2014. WE THANK THEM FOR THEIR PARTICIPATION AND SUPPORT.

Final Run Out Before Start

Cross Country



Football Mechanics: Coin Toss...

Football



Ice Hockey Rules Concepts - B...

Ice Hockey



NFHS Soccer Rules: Referee Me...

Soccer

# NFHS OFFICIALS ASSOCIATION CENTRAL HUB

<https://nfhs-baseball.arbitersports.com/front/105406/Site>

- Contains:
  - Sport information
  - Rules information
  - Rules library
  - Searchable rules book
  - Video content on officiating sport, competition situations and interpretations

The screenshot shows the website interface for the NFHS Officials Association. At the top, there is a navigation bar with the NFHS logo, 'OFFICIALS ASSOCIATION', and 'POWERED BY Arbitersports'. User information for 'B. Elliot Hopkins (Admin)' is visible in the top right. Below the navigation bar is a main banner featuring a baseball player and the text 'NFHS BASEBALL OFFICIATING | THE DIAMOND'. A search bar is located below the banner. The main content area is divided into three columns: 'Baseball Rules Information' with links to press releases and interpretations; 'Baseball Resources' with links to officiating courses and committee addresses; and 'Sport Specific Information' with a vertical list of sports including Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Volleyball, and Wrestling.







# COACHING BASEBALL

Sport Specific Course

Coach

Please Select Your State

\$

Order Course

## Course Details



George Grande, USA Baseball



### Related Courses



Coaching Unified Sports

[View Course](#)



Middle School Sports

[View Course](#)



**National Federation of State High School Associations**

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax: 317.822.5700

[www.nfhs.org](http://www.nfhs.org) |

**THANK YOU AND HAVE A GREAT  
BASEBALL SEASON!**

