

**SIJHSAA**  
**2015 BASEBALL & SOFTBALL**  
**REGULATIONS**  
**(www.sijhsaa.com)**



\*The SIJHSAA follows National Federation of High Schools (NFHS) Rules. These are the same that are used by the Illinois High Athletic Association. The following are exceptions to the NFHS Rules.

**BASEBALL**

1. The distance between bases shall be 80 ft. and the pitching distance 54 ft.
2. A pitcher shall not be allowed to pitch in more than 9 innings in one day.
3. **40 Hour Rule:** A pitcher shall not be allowed to pitch unless he has had forty (40) hours rest after pitching in four (4) or more innings on the same calendar date. The 40 Hour Rule is computed from the scheduled starting time of the game in which he last pitched four or more innings. In games which begin more than two hours after the scheduled starting time, the actual starting time shall be used to compute the 40 hours. **One or more pitches constitutes having pitched in an inning.**
4. Names of each tourney pitcher who actually pitches during a game shall be written on the back of the team's eligibility sheet along with the date and the number of innings pitched. This shall be signed by at least one of the following: tournament manager, opposing coach, or official scorer.
5. **Bat Rules:** (attached)
6. **Bat Rule Penalties:** If a player has been found to have used an illegal bat during play - the batter will be declared out and restricted to the bench the remainder of the game. This infraction must be administered before the next pitch is thrown. The bat will also be taken out of play.
7. As of July 1, 2009, metal spikes and rubber cleats are permissible in SIJHSAA play.
8. **Portable Pitching Mounds:** May be used during regular season games. Host schools of regular season games must inform the visiting team of the use of the portable pitching mound. During regional play, a majority of the teams in the regional must approve of its use at its regional seeding meeting or fax/e-mail process.

### SOFTBALL

1. 12 inch fast pitch softballs will be used in games.
2. The distance between bases shall be 60 ft. and the pitching distance 40 ft.
3. Bat Rules: The illegal bat list is located on the IHSA Website under the sport of softball.
4. Bat Rule Penalties: If a player has been found to have used an altered or illegal bat during play – the batter will be declared out and restricted to the bench the remainder of the game. This infraction must be administered before the next pitch is thrown. The bat will also be taken out of play.
5. As of July 1, 2009 metal spikes and rubber cleats are permissible during SIJHSAA play.
6. The Olympic Tie-Breaker may be used for regular season games if both coaches agree. Regular season tournaments may use the Olympic Tie-Breaker as determined by the tournament manager. The SIJHSAA State Series will not use the Olympic Tie-Breaker.

### SIJHSAA Mercy Rule: (Baseball and Softball)

- 20 Runs after 3 innings
- 15 Runs after 4 innings
- 10 Runs after 5 innings.

### COACHES:

1. You are responsible to make sure that all your bats and equipment (catchers gear & helmets) are in compliance with NFHS standards.
2. Per NFHS rules in 2013 umpires will ask you at the pre-game conference if your bats and equipment are in compliance. You as coach are responsible to make sure they are in compliance! Umpires will no longer make pre-game checks of your bats and equipment.
3. If your player used an altered or illegal bat they will be declared out and restricted to the bench the remainder of the game. The bat will also be taken out of play.
4. It is highly advised that coaches get an NFHS Baseball Rulebook or NFHS Softball Rulebook, whichever applies. They can be purchased from the IHSA website. ([www.ihsa.org](http://www.ihsa.org))

SIJHSAA RULES VS IESA RULES: Schools that are members of the SIJHSAA often play schools that are members of the IESA (Illinois Elementary School Association). The rules are somewhat different in reference to the metal spike rules and the mercy rule. Make sure if you are an SIJHSAA school and you are playing an IESA school that your athletic directors confer before the game. As members of the SIJHSAA our schools adhere to our rules. The bat rules for the SIJHSAA and the IESA are the same.