

2022-SIJHSAA BASEBALL 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 School 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. **Pitching Rules:** Pitch Count Limitation Rules are posted on the SIJHSAA Website (www.sijhsaa.com) / go to Forms and Documents / Baseball)
3. **Pitching Records:** Coaches are responsible to keep pitch count records on their pitchers during regular season and state series games. Details on how to do this are listed on the Pitch Count Limitation Rules. Coaches of both teams will complete the SIJHSAA Pitch Count Worksheet and sign it at the conclusion of each game. This document should be used to verify the number of pitches of your pitching staff per game. Violation of the Pitch Count Limitation Rules will result in forfeiture of games and possible sanctions against offending coaches.
4. **Bat Rules:** (SIJHSAA Website under Administrative /Forms and Documents)
5. **Bat Penalties:** If a player has been found to have used an illegal or altered 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.
6. As of July 1, 2009, metal spikes and rubber cleats are permissible in SIJHSAA play.
7. **Portable Pitching Mounds:** May be used during regular season games. Host schools of regular season games will 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.
8. **Pitching Substitution Rule Change:** Any pitcher (either starting pitcher or any relief pitcher) withdrawn from the mound or game may return to the pitching position once per game. (Because of the pitch count limitations, this change gives coaches more options as far as pitcher selection)
9. **New-Baseball Standard:** All baseballs used in contests must meet the current NOCSAE Standards at the time of manufacture and the baseballs shall be stamped as such. Rawlings baseballs purchased this year are approved although might not have the stamp on them. These are balls in stock. New balls in production will have the NOCSAE seal on them.
10. **Baseball Chest Protector Standards:** NFHS rules will require chest protectors worn by baseball catchers must be NOCSAE approved. You need to be aware that “old” chest protectors without the NOCSAE stamp cannot be worn. All baseball chest protectors must be NOCSAE approved.

*Note – At the present time this doesn't apply to softball chest protectors.

Baseball & Softball Time Limits: Time Limits may be used during regular season games if both schools agree. Some conferences are institution time limits for conference games.

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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!
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 or Softball Rule Book, whichever applies. They can be purchased from the IHSA website (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.