



## Oregon School Activities Association

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To: Athletic Directors and Head Baseball Coaches  
From: Kris Welch, Assistant Executive Director  
Subject: 2020 Baseball Reminders

Included within this memo are reminders regarding OSAA policies and NFHS rules specific to baseball that each coaching staff should review as we begin the season. The links on the right side will take you directly to more detailed information regarding that specific reminder. Each school offering baseball should have received one copy of the NFHS Baseball Rules Book from the OSAA, and if your Athletic Director has your email address listed on the OSAA website under your school, you will be able to have one NFHS eBook of the rules. If your school didn't receive your copy, please let me know. Feel free to contact me if you have questions.

### GENERAL INFO

#### OSAA Baseball Plan Book

<http://www.osaa.org/docs/bbl/bblplan.pdf>

We've revamped our plan books to be more thorough and include all information necessary for schools. The plan contains the season dates, NFHS rule changes, OSAA baseball rules and policies, state championship information and qualifications, plus OSAA general policies. Remember that Oregon is allowing for the "Speed up rule" and allow Courtesy Runners during all State Championship Playoff games. Many items listed in this memo in past years are now included in the OSAA Baseball Plan.

### NOCSAE STAMP REQUIREMENTS

Starting with the 2020 baseball season every baseball being used in competition **at ALL LEVELS (Varsity, JV, JVII, or Frosh)** must have the NOCSAE stamp on it. To be clear, there will be 2 stamps on every baseball; the NFHS stamp and the NOCSAE stamp in order for it to be considered legal.

Also starting this year and has been a discussion point since 2017-18 every chest protector **MUST** have the NOCSAE stamp on it. There are three different options that would meet this requirement. 1) a new traditional chest protector that protects the heart/cardiac silhouette and meets the NOCSAE performance standard; 2) a body protector (compression shirt with heart guard built into the shirt) that protects the heart/cardiac silhouette and meets the NOCSAE performance standard under the traditional chest protector; 3) a chest pad that protects the heart/cardiac silhouette and meets the NOCSAE performance standard that fits on top of the traditional chest protector. **If a school does not have this on their equipment, the game WILL NOT take place!** Please ensure that every team at your school has at least one of these.

### PITCHING LIMITATION

#### Pitch Count Limitation

<http://www.osaa.org/docs/bbl/bblplan.pdf>

This policy is now into its third year of existence that includes required rest days depending on the number of pitches thrown. The policy, which was created by the OSAA Sports Medicine Advisory Committee and Oregon Athletic Coaches Association, will be used for the 2020 season, schools will be required to enter the pitch counts of players through the OSAA website following each game at **ALL LEVELS, not just Varsity** by 10:00am the day following the game or the school may be fined, the head coach may be suspended, or the player may be considered an ineligible participant. It is recommended that lower levels utilize the OSAA website, but not mandated. Lower levels are still required to record pitch counts and follow the pitch count limits and corresponding days of rest.

#### USA Baseball Pitch Smart Guidelines

<http://m.mlb.com/pitchsmart/>

The OSAA Sports Medicine Advisory Committee (SMAC) supports the Pitch Smart guidelines created by USA Baseball and MLB. The two entities have teamed up to help young players reduce arm injuries by providing a comprehensive resource for safe pitching practices. Research has shown that pitching too much, particularly at a young age, can increase a pitcher's risk of injury. Pitch Smart is a series of practical, age-appropriate guidelines to help parents, players and coaches avoid overuse injuries and foster long, healthy careers for youth pitchers. The NFHS has a course offering ([www.nfhslearn.com](http://www.nfhslearn.com)), Introduction to Pitch Smart, hosted by Hall of Famer, John Smoltz, the course aims to explain the principles behind Pitch Smart, a joint arm care initiative between Major League Baseball and USA Baseball. This course includes topics such as risks of arm injuries, common misconceptions, and the Pitch Smart guidelines. <https://nfhslearn.com/courses/61054/introduction-to-pitch-smart>

## HEALTH & SAFETY

### Health and Safety Information

<http://www.osaa.org/health-safety>

The OSAA website contains a variety of information regarding heat and hydration, lightning safety, and concussion management. This page contains links to informational items that all coaches should familiarize themselves with as practices begin.

### Pre-Season Practice Limitation Rule for Pitchers and Catchers

<http://www.osaa.org/docs/bbl/bblplan.pdf>

The Practice Limitation Rule (Rule of 2) for the 4A, 3A, and 2A/1A Classifications allows baseball coaches to begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day) two weeks prior to the Spring Sports First Practice Date (February 17, 2020). The 5A and 6A classifications are still following the Pilot Program for the Practice Limitation Rule.

### Lightning Safety Guidelines

<http://www.osaa.org/docs/bbl/bblplan.pdf>

The OSAA has made a concerted effort to educate member schools and officials associations regarding the suspension and restarting of practices and contests based on the presence of lightning or thunder. Once thunder is heard or a cloud-to-ground lightning bolt is seen, all personnel, athletes and spectators should evacuate to available safe structures or shelters.

## FIELD MARKINGS, OFFICIALS

### Field Markings and Game Preparation

[www.osaa.org/docs/bbl/baseballfielddiagram.pdf](http://www.osaa.org/docs/bbl/baseballfielddiagram.pdf)

A reminder to schools to have fields properly marked before a game begins. This includes all appropriate lines for batters' boxes, coaches' boxes, the catcher's box, foul lines, runner's lane to 1<sup>st</sup> base, etc. It is recommended that all outfield fence signs are properly secured to the fence and off the ground.

### Officials – Host School Responsibilities

<http://www.osaa.org/docs/bbl/bblplan.pdf>

Remember that a game manager shall be designated by the host school for all contests. It's a good idea for the game manager to introduce themselves to the officials upon arrival. A member of the coaching staff of the home team is not eligible to serve as game manager during a varsity contest at which he or she is coaching. A coach of a sub-varsity team may act as the game manager at a sub-varsity contest at which he or she is coaching. The game manager shall wear easily recognizable identification, shall be physically present and / or readily accessible by phone, and shall be responsible for:

- a. Designating reserved parking for officials as close as possible to the contest site; where available if requested by the commissioner of the Local Association providing the officials
- b. Designating dressing facilities for officials where available if requested by the commissioner of the Local Association providing the officials;
- c. Monitoring and responding to inappropriate crowd conduct during and after the contest; and
- d. Providing an escort to the designated dressing facilities or vehicle for officials following each contest unless that offer is declined. ***(This is especially important at fields where officials must walk through the spectator area when leaving the field.)***

## JEWELRY, EJECTIONS, GAME ENDING/SPEED-UP, INTERRUPTED CONTEST PROCEDURES

### Jewelry

Remember that rubber bracelets are considered jewelry and shall not be worn during games. NFHS rules are very clear in this area. *"Jewelry shall not be worn (see 3-3-1d) 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."* **(Rule 1-5-12)**

### Game Ending / "Speed-Up" Procedures

1. Varsity: 10-Run Rule is allowed, per league adoption.
2. Sub-Varsity: 10-Run Rule and Time Limits are allowed, per league adoption.

### Ejections During a Doubleheader and Out-of-State Ejections

<http://www.osaa.org/docs/bbl/bblplan.pdf>

Multiple ejection reports came through the OSAA office last season where a player or coach had been ejected in the first game of a doubleheader. A reminder that when this happens, the player or coach is done for the rest of the day (**Ejection Period**) and is also

suspended through the next contest at that level of competition (**Suspension Period**). Some schools have mistakenly thought that the 2nd game of the doubleheader counts as the suspension period.

- a. Example #1 – A varsity coach is ejected in the first game of a doubleheader. The coach is done for the rest of the day (**Ejection Period**). The coach is also suspended through the next varsity contest (**Suspension Period**).
- b. Example #2 – A JV player is ejected in a game on Friday (single game that day) and the JV team has a doubleheader the next day on Saturday. The player is done for the rest of the day on Friday (**Ejection Period**). The player sits out the 1<sup>st</sup> game of the Saturday doubleheader (**Suspension Period**) but is eligible to play in the 2<sup>nd</sup> game of the doubleheader on Saturday.

Remember that when a player or coach is ejected from an out-of-state contest, OSAA ejection policies still apply. It is the responsibility of the school to notify the OSAA of the out-of-state ejection.

### **Interrupted Contests / Tie Games**

<http://www.osaa.org/docs/bbl/bblplan.pdf>

Listed below are the procedures on interrupted contests as there are no ties in Oregon high school baseball. Games don't have to be continued, but if they are it shall start from the point of interruption. If teams choose not to continue, the game should be deleted from each team's schedule and won't count against either team's participation limitation. Pitches thrown by pitchers in the tie game are still counted toward the individual pitching limitation.

### **OSAA WEBSITE / RANKINGS INFO**

<http://www.osaa.org/docs/bbl/bblplan.pdf>

### **Postponing/Canceling Contests**

On the day of a contest, schools are able to change the status to either Postponed or Cancelled by selecting the appropriate box in your editing window. When Postponed is selected, schools have the option to list the new date/time, if known. If a postponed contest will be replayed but you aren't sure when, you can leave the new date/time field blank to complete at a later time. If you aren't sure if the contest is going to be replayed, it should be Cancelled. That way you can always reinstate the contest if you end up being able to get it scheduled. Deleting contests from your schedule and adding them back later in the season may result in contests not counting in the rankings based on the following policies. When in doubt, leave it on your schedule as Cancelled.

### **Adding Contests to Schedules vs. Teams More Than One Classification Away After April 8**

Remember that results from contests added to a team's schedule after a certain date each season (Spring – April 8) **vs. a team more than one classification away** shall not be included in the rankings.

### **Adding Any Contest to Schedules After April 15**

A new policy recently approved by the OSAA Executive Board states that results from contests added to a team's schedule after a certain date each season (Spring – April 15) shall not be included in the rankings. NOTE: Contests not affected by this policy include bracketed contests at tournaments, league tiebreakers, and district/league tournaments. Schools may apply for an exception to OSAA Staff in extenuating circumstances.

### **Tracking Out of State Opponents**

[www.osaa.org/docs/osaainfo/ManagingOutOfStateRecordsInstructions.pdf](http://www.osaa.org/docs/osaainfo/ManagingOutOfStateRecordsInstructions.pdf)

Varsity teams are required to update their schedule and results through the OSAA website throughout the season. Schools are also required to track records of out of state opponents. Each Oregon school is ultimately responsible for making sure their own schedule and results are accurate, including the records of their out of state opponents.

### **Home/Away Designation**

- a. Baseball and softball contests, even those played as part of a tournament, shall not be listed as neutral due to the fundamental difference associated with being the home team in those sports (advantage of batting last).
- b. **Doubleheaders:** If a team is playing a doubleheader at another school, both contests should be shown as away contests on the schedule to accurately portray where the contests are physically taking place. When scoring the contest, schools are able to check a box if the "home" team batted first so the home/away designation is correct for the rankings.

### **Rosters**

It shall be the responsibility of each member school to submit varsity team sport rosters to the OSAA through <http://www.osaa.org/> prior to the first contest date of that sport's season. Varsity rosters are required for the following OSAA-sanctioned sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball, softball. Subsequent changes to each varsity teams' roster shall be updated as they occur throughout the season.