

NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS



**NEWS RELEASE**

**Pitching Restriction Policies in High School Baseball to be  
Based on Number of Pitches**

**FOR IMMEDIATE RELEASE**

Contact: Elliot Hopkins

INDIANAPOLIS, IN (July 13, 2016) — High school baseball rules now will require a pitching restriction policy based on the number of pitches thrown in a game.

The revised pitching policy in Rule 6-2-6 was one of six rules changes approved by the National Federation of State High School Associations (NFHS) Baseball Rules Committee at its June 5-7 meeting in Indianapolis. The rules changes were subsequently approved by the NFHS Board of Directors.

Each NFHS member state association will be required to develop its own pitching restriction policy based on the number of pitches thrown during a game to afford pitchers a required rest period between pitching appearances.

“We’re pleased that the rules committee worked in conjunction with the NFHS Sports Medicine Advisory Committee to find an acceptable and reasonable modification to this rule in order to emphasize the risk that occurs when pitchers overuse their throwing arm,” said Elliot Hopkins, NFHS director of sports and student services and staff liaison for baseball.

The Baseball Rules Committee also revised Rule 2-32-2 regarding sliding into home plate. The revised language states: “At home plate, it is permissible for the slider’s momentum to carry him through the plate in the baseline extended.” The committee altered this rule since

the physical design of home plate makes it difficult for a runner to break momentum on a slide – as opposed to the other three elevated bases which are elevated.

The committee also revised Rule 3-3-1, which states the umpire has the ability to give three warnings to a coach or player before he or she is removed from the game.

“Officials now have the opportunity to provide a tiered warning system for coaches or players,” Hopkins said. “It provides the coaches or players with a teachable moment to change their unsportsmanlike behavior in order to stay in the game.”

A new article 6 was added to Rule 8-3 to provide a rules reference for an existing ruling in the Baseball Case Book. The new article reads: “When a plate umpire hinders, impedes or prevents a catcher’s throw attempting to prevent a stolen base or retire a runner on a pickoff play, if an out is not made at the end of the catcher’s initial throw, the ball shall be dead and all runners shall return to the bases occupied at the time of the interference.”

The rules committee also approved an addition to Rule 8-4-2, which states that any runner is out when he is physically assisted by a coach. This rule change supports a revision in Rule 3-2-2 Penalty, which states that the runner shall be called out immediately when he is physically assisted by a coach.

A complete listing of the baseball rules changes will be available on the NFHS website at [www.nfhs.org](http://www.nfhs.org). Click on “Activities & Sports” at the top of the home page, and select “Baseball.”

According to the 2015-16 NFHS High School Athletics Participation Survey, there are 486,567 boys participating in baseball at 15,899 schools across the country, and 1,203 girls playing the sport in 260 schools.

*This press release was written by Maddie Koss, a 2016 summer intern in the NFHS Publications/Communications Department. She is a senior sports media major at Butler University.*

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#### **About the National Federation of State High School Associations (NFHS)**

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and

rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 16 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.7 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS website at [www.nfhs.org](http://www.nfhs.org).

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