



# Baseball

## Sport Information

### Sport Director-

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### Regular Season Information-

#### In-Season Activities-

- In-season practice with a school coach present - in any sport - is prohibited outside the sport seasons designated in the following table. (Summers are exempt.)

	BEGINS	ENDS
Spring Season	Monday, February 12, 2024	Saturday May 18, 2024

#### Game Limits-

Baseball	25 contests plus Spring Break
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#### Out-of-Season Activities-

- Out-of-season activities are allowed, but are subject to the following:
  - Dead Periods:
    - Only apply to sports not in season.
    - Out-of-Season activities are not allowed during the following periods:

Season	Period
Fall	Starts the first week of fall season through August 31st.
Winter	Starts 1 week prior to the first day of the winter sport season and extends 3 weeks after Nov. 1.
Spring	Starts 1 week prior to the second Monday of February and extends 3 weeks after the second Monday of February.
May	Starts on the spring seeding meeting date and extends through the final spring state championship.

#### Sport Rules:

- National Federation of High Schools Rules (NFHS)-
  - The NCISAA is an affiliate member of the NFHS.
  - National High School Federation rules apply when NCISAA rules do not cover a particular application.
  - Visit [www.nfhs.org](http://www.nfhs.org) to find sport specific rules and annual updates.
- It is important for athletic directors and coaches to annually review rules changes each season. Rule Books are available for online purchase on the NFHS website.
- Rules-
  - Heads of schools and athletic directors are responsible for seeing that these rules and concepts are understood and followed by their coaching staff without exception.

- b. Enforcement of all NCISAA rules is the responsibility of each school, each conference, the NCISAA Board of Advisors, the NCISAA Board of Trustees and the NCISAA State Office.
- Mandatory Helmet (Coaches)
    - a. All coaches must be wearing a helmet or “skull cap” while coaching from the 1st or 3rd base line.
  - P/DH Rule-
    - a. 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 starting lineup. A designated hitter for said player shall be selected prior to the start of the game. His name shall be included on the lineup cards presented to the umpire-in-chief and to the official scorer. Failure to declare a designated hitter prior to the game precludes the use of a designated hitter in 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-enter 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. The role of the designated hitter is terminated for the remainder of the game when:
      - 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
      - The designated hitter or any previous designated hitter assumes a defensive position.
  - Approved Pitch Count:
    - a. All schools and coaches must abide by these limitations and report their pitch counts as described.
      - Maximum pitches allowed per day: 105
      - The required rest periods are based on the number of pitches thrown in a game to actual batters.
      - Once the limit is reached a pitcher may finish pitching to that batter.
      - One day of rest is required if a pitcher pitches two straight days.
      - Days of rest are measured in calendar days, not 24-hour periods. If a player throws 55 pitches on Monday they are not able to pitch on either Tuesday or Wednesday, but could pitch again anytime on Thursday.
      - Only pitches thrown to a batter count toward the pitch count.
      - All pitches thrown to a batter count toward the pitch count, including foul balls.
      - Pitch count applies to all games (in-state, out-of-state, regular season, etc).
      - Coaches need to confer once per inning on pitch count.
      - Pitchers can throw in both games of a double header, total pitches of both games not to exceed 105 pitches.
      - Pitch counts will be reset after the semifinal round in the playoffs. Any pitcher that throws over 60 pitches in the Semifinal game will be allowed to pitch on the State Championship Saturday.

b.

# of Pitches Thrown In A Day	# Required Calendar Days of Rest
76-105	4
61-75	3
46-60	2
31-45	1

1-30	0
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- c. Tracking Pitches:
- During the regular season, each team must designate a student or adult who is responsible to track the pitches for their team. During the postseason this must be an adult. During the postseason, each team should track the pitches for both their team and their opponent.
  - During the postseason, after each game those responsible for tracking pitches will confirm the number of pitches for that game. Any discrepancies need to be worked out at that time. If a dispute cannot be resolved the number calculated by the home team will stand as the official number. Umpires will not be involved in tracking or confirming the number of pitches.
  - Each team is responsible to record the pitch counts for each participating pitcher by 11:00am the following morning on MaxPreps. If the next game is played prior to 11:00am, the pitch count paper form from the previous game must be shared with the opponent no less than 45 minutes prior to the game.
- d. Penalties:
- *Violation of Pitch Count Rule:*
    1. When a pitcher pitches more than the allotted number of pitches or does not meet the rest requirement they become an ineligible athlete.
      - a. 1st Offense: Game is forfeited and the Head Coach is reprimanded and fined.
      - b. 2nd Offense: Game is forfeited and the Head Coach is suspended for two games and fined.
      - c. 3rd Offense: Game is forfeited and the Head Coach is suspended for four games and fined.
      - d. 4th Offense: Game is forfeited, and the Head Coach is suspended for one year, school is on immediate probation (which means ineligible for playoffs) and fined.
  - *Violation of tracking pitches policy:*
    1. Failure to record and track pitches as per the following stipulations will result in the following penalties:
      - a. 1st Offense: Head Coach is reprimanded and fined
      - b. 2nd Offense: Head Coach is suspended for two games and fined
      - c. 3rd Offense: Head Coach is suspended for four games and fined
      - d. 4th Offense: Head Coach is suspended for one year, school is on immediate probation (which means ineligible for playoffs) and fined
- e. Other Notes:
- Except for the State Championship Series, a pitcher must have 1 day of rest after 2 consecutive days of pitching, regardless of the number of pitches thrown.
  - Pitch count applies only to pitches thrown during an at-bat.
  - A pitcher is allowed to finish an at-bat if they reach 105 pitches.
  - Accountability forms for tracking (signed by competing coaches, entered into MaxPreps).
  - State Championship Only: Max of 120 pitches for the series (Best of 3 Series scheduled for 1 game on Friday and possibly 2 games on Saturday).
- f. MaxPreps:
- Pitch counts must be entered into MaxPreps prior to your next contest.
- g. Game Day Tracking Form:
- This form may also be found on the AD RESOURCES tab/NCISAA RESOURCES/FORMS page of the NCISAA website.
  - The forms must be kept on file throughout the season.

- Please do not send these forms to the NCISAA unless there is a suspended game.
- h. Suspended Game:
- In the event of a suspended game, copies of the Game Day Tracking Forms must be emailed to the NCISAA office – info@ncisaa.org.
  - It must be indicated on the form that the contest was suspended or picked up from the point of interruption.
  - This is important because the game will not appear as suspended on MaxPreps and thus may or may not look within the approved regulations.
  - Example:
    1. Pitcher throws 80 pitches in a suspended game.
    2. Four (4) days of rest are still required; however, suppose the game is not picked up from point of interruption until 10 days later.
    3. Then, the pitcher may be eligible to throw 105 pitches.
    4. If the pitcher throws another 80 pitches it will appear in MaxPreps that the pitcher threw 160 pitches in a single contest.

## Postseason Information -

### Seeding Information:

1. Opt-Out Date- April 21, 2024
2. Meeting Dates:
  - a. Sunday - May 5, 2024
3. Committee:


4. For state playoff seeding purposes, all conference games/matches must be completed prior to the seeding meetings.
5. Each member school must play a minimum of 4 contests on 4 separate dates to be eligible to participate in state play-off competition.
6. All schools are considered for state playoffs unless they have opted out.
7. A team must have at least two wins against a varsity opponent to qualify for the postseason.
8. Schools must play 4 contests against 4 separate schools within their classification.
9. In all playoff games, the higher seed will be the home team.
10. Brackets will be posted on the NCISAA website after seeding for each classification has been established. The athletic administrators of participating teams should then be in communication with their opponent to arrange contest details. (See NCISAA Handbook/Postseason Rules & Regulations for Host Site rules and details.)

### All-State Voting -

1. Meeting Date: Tuesday, May 21, 2024
2. Meeting Site: The format of the 2024 All-State selection meeting will be an in-person or virtual meeting.

3. Each conference must provide a representative. A conference representative that fails to show for an All-State meeting will incur a \$250 fine for their conference
4. Each conference must submit their All-Conference list or At-Large candidates to the state office by the Sunday prior to the state championship.
5. Independent nominations will be represented by the Sport Chair or an At-Large representative.
6. The NCISAA State Office will mail the All-State medals to the athletic director of the All-State recipient's school.

#### 1A All-State Committee: TBA

Name	School	Conference	Email	Phone

#### 2A All-State Committee: TBA

Name	School	Conference	Email	Phone

#### 3A All-State Committee: TBA

Name	School	Conference	Email	Phone

#### 4A All-State Committee: TBA

Name	School	Conference	Email	Phone

#### Postseason Definitions:

1. Championships - Each sport season will conclude with a final event - State Championships. All games will be single elimination playoffs except for the championship which will be a 2 out of 3 series in which the higher seed will be the home team in the first and third games.
2. Playoff Period - The two week period of time preceding the Championships will be considered "playoffs".
3. Playoff Dates - Within the playoff period, each classification/division will compete on 3-6 dates, depending on how teams are competing. After opt-outs have been established, the playoff dates and brackets will be posted on the NCISAA website. See BRACKETS tab for sport related bracket layout.

**EXAMPLE:**

- Week 1 - Playoffs may be played on Tuesday, Thursday and Saturday OR Tuesday and Friday.
  - Week 2 - Playoffs may be played on Tuesday, Friday and/or Saturday.
4. Playoff Times - Weekday contests will start at 5:30pm (1pm on Saturdays) unless an alternate time is agreed upon by competing schools.
  5. Each round will be determined after the opt out date and posted on the BRACKETS page on the NCISAA website.
    - a. **Championship Date** - Friday, May 17 and Saturday, May 18

**Championship Site:**

The higher seed will host in the 3A and 4A Classifications.

1A will be at NC Wesleyan.

2A will be at Asheboro Zookeepers - McCrary Park..

**Sport Rules:**

1. Unless otherwise specified, National High School Federation rules will apply.
2. Mandatory Helmet (Coaches)
  - a. All coaches must be wearing a helmet or "skull cap" while coaching from the 1st or 3rd base line.
3. First round, second round, quarterfinal, and semifinal games will be played at the site of the higher seeded team.
4. In all games, the higher seeded team is the home team.
5. Rained out games must be played on the next available playing date and will be resumed at the point of interruption.
6. The NCISAA pitch count will be in effect for all games throughout the tournament except for the Championship series where the pitch count increases to 120 per game.
7. Approved Pitch Count:
  - a. All schools and coaches must abide by these limitations and report their pitch counts as described.
    - i. Maximum pitches allowed per day: 105
    - ii. The required rest periods are based on the number of pitches thrown in a game to actual batters.
    - iii. Once the limit is reached a pitcher may finish pitching to that batter.
    - iv. One day of rest is required if a pitcher pitches two straight days.
    - v. Days of rest are measured in calendar days, not 24-hour periods. If a player throws 55 pitches on Monday they are not able to pitch on either Tuesday or Wednesday, but could pitch again anytime on Thursday.
    - vi. Only pitches thrown to a batter count toward the pitch count.
    - vii. All pitches thrown to a batter count toward the pitch count, including foul balls.
    - viii. Pitch count applies to all games (in-state, out-of-state, regular season, etc).
    - ix. Coaches need to confer once per inning on pitch count.
    - x. Pitchers can throw in both games of a double header, total pitches of both games not to exceed 105 pitches.
    - xi. Pitch counts will be reset after the semifinal round in the playoffs. Any pitcher that throws over 60 pitches in the Semifinal game will be allowed to pitch on the State Championship Saturday.
  - b.

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- c. Tracking Pitches:
- i. During the regular season, each team must designate a student or adult who is responsible to track the pitches for their team. During the postseason this must be an adult. During the postseason, each team should track the pitches for both their team and their opponent.
  - ii. During the postseason, after each game those responsible for tracking pitches will confirm the number of pitches for that game. Any discrepancies need to be worked out at that time. If a dispute cannot be resolved the number calculated by the home team will stand as the official number. Umpires will not be involved in tracking or confirming the number of pitches.
  - iii. Each team is responsible to record the pitch counts for each participating pitcher by 11:00am the following morning on MaxPreps. If the next game is played prior to 11:00am, the pitch count paper form from the previous game must be shared with the opponent no less than 45 minutes prior to the game.
- d. Penalties:
- i. *Violation of Pitch Count Rule:*
    1. When a pitcher pitches more than the allotted number of pitches or does not meet the rest requirement they become an ineligible athlete.
      - a. 1st Offense: Game is forfeited and the Head Coach is reprimanded and fined.
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  - ii. *Violation of tracking pitches policy:*
    1. Failure to record and track pitches as per the following stipulations will result in the following penalties:
      - a. 1st Offense: Head Coach is reprimanded and fined
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- v. State Championship Only: Max of 120 pitches for the series (Best of 3 Series scheduled for 1 game on Friday and possibly 2 games on Saturday).
  - f. MaxPreps:
    - i. Pitch counts must be entered into MaxPreps prior to your next contest.
  - g. Game Day Tracking Form:
    - i. The game-day tracking form is used by each school during the contest and signed by each head coach prior to leaving the facility.
    - ii. This form can be found on the AD RESOURCES tab/NCISAA RESOURCES/FORMS page of the NCISAA website.
    - iii. The forms must be kept on file throughout the season.
    - iv. Do not send these forms to the NCISAA unless there is a suspended game.
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    - iv. Example:
      - 1. Pitcher throws 80 pitches in a suspended game.
      - 2. Four (4) days of rest are still required; however, suppose the game is not picked up from point of interruption until 10 days later.
      - 3. Then, the pitcher may be eligible to throw 105 pitches.
      - 4. If the pitcher throws another 80 pitches it will appear in MaxPreps that the pitcher threw 160 pitches in a single contest.
8. The ten run rule should be employed after five innings.
  9. Any member school must play a minimum of 4 contests on 4 separate dates to be eligible to participate in state play-off competition.
  10. The NCISAA prohibits the use of breakaway bases in Varsity Baseball.

#### Suspended Games:

1. A game called for any reason, where a winner cannot be determined will be treated as a suspended game.
2. If the game is to be completed it will be continued from the point of suspension, with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension, subject to the rules of the game.
3. If more than 4 ½ innings have been played and a winner can be determined, the game is over (including playoff games).
4. After 5 innings, if the visiting team scores a tying or go ahead run in their top half of the inning and the home team does not have an opportunity to bat or complete its time at bat, the game is treated as a suspended game.
5. If a game is called prior to the completion of a full inning after the fifth inning, the game becomes a suspended game in the following situation:
  - The visiting team has scored one or more runs to tie the score or to take the lead, and the home team has not tied the score or retaken the lead.
    - PLAY – The sixth inning begins with score H-6, V-5.
  - Visitors score two runs in their half of the inning.
  - Game is called because of rain with:
    - (a) two outs in the bottom of the sixth and the score H-6, V-7 or
    - (b) following the completion of the home team's turn at bat with the score H-6, V-7.
  - Ruling:



- In (a) the game is suspended and resumed on the next possible date at the point of interruption.
- In (b) the game is official, with the final score H-6, V-7. A suspended game does not count against the weekly limitations in the week in which it is completed.

#### Officials:

1. A three man crew will be used for semi- finals and finals.
2. For playoff rounds, the host site is responsible for securing officials.
3. For state championships at the higher seed, host schools will work with the NCISAA State Office in securing officials.
4. When the championship is being played at a neutral site, host schools will work with the NCISAA State Office in securing officials.

#### Game Administration-

The NCISAA requires that an administrator from the host team be present at the site of the contest. It is highly recommended that both teams have an administrator in attendance to assist with game and spectator management.

#### Medical Coverage-

A North Carolina State Licensed Athletic Trainer or First Responder is required for all NCISAA playoff contests.

#### Reporting Playoff Scores:

The host school administrator is responsible for reporting scores to the NCISAA State Office and posting results in MaxPreps immediately after the conclusion of the contest.

#### Game Balls:

1. When not provided by a sponsor, game balls should be furnished by the home team.
2. The Wilson WTA1010BHS1SST/WTA1010BPRONCHS/WTA1010BPROSST baseballs should be used in all postseason contests.

#### Admission:

	1st & 2nd Rounds	Semifinals & Finals
Adults	\$7.00	\$10.00
Students	Free	Free
Children (under 8)	Free	Free

#### Awards:

TEAM	1A	2A	3A	4A
State Championship Trophy	1	1	1	1
State Runner-Up Trophy	1	1	1	1
Individual Gold Medals to Championship Team	20	20	20	20
Individual Silver Medals to Runner-Up Team	20	20	20	20

INDIVIDUAL	1A	2A	3A	4A
All-State Awards	14	17	14	14

