

Baseball

January 15 - 27	<i>Pre-Season Throwing/Pitchers conditioning with no number restriction</i>	April 25	<i>Last Region Playing Date; Season Reports & All-Region Teams Due</i>
January 29	<i>First Practice Date/ Schedules Due</i>	April 29 - May 16	<i>State Play-offs</i>
February 19	<i>First Playing Date Note: a team may play one pre-season game or tourney</i>	May 13 - 16	<i>State Championship Series</i>
March 4 & 5	<i>Student Government Spring Convention - No Games scheduled on the 6th or before 4:00 on the 7th</i>	May 18	<i>North-South All-Star Game</i>

Rules

1. National Federation Rules shall be the official rules unless SCISA has an otherwise stated policy.
2. An **online rules and policy update/clinic can be found** on the SCISA website (www.scisa.org). Each member of the coaching staff should be updated on rules, rule changes, points of emphasis and SCISA policies.

Mandatory Policies and Procedures

Mandatory Policies and Coaching Requirements

1. All schools shall have a written: Concussion Policy / Heat and Athletic Participation Policy
Emergency Action Plans to include athletic venues (*Event Management Tool*)
- *Coaching Staffs must have copies of all school policies and must be in compliance.*
2. **Annually**, every coach must complete the NFHS online courses:
Concussion in Sports (<https://nfhslearn.com/courses/concussion-in-sports-2>)
Heat Illness Prevention (all **fall sports** coaches) (<https://nfhslearn.com/courses/heat-illness-prevention-2>)
3. All coaches shall be **CPR and AED** certified.
4. All coaches will complete the following NFHS courses **every three years** (after initially completing a course):
NFHS Sportsmanship Course (<https://nfhslearn.com/courses/sportsmanship-2>)
Bullying, Hazing and Inappropriate Behaviors (<https://nfhslearn.com/courses/bullying-hazing-and-inappropriate-behaviors>)
Engaging Effectively with Parents (<https://nfhslearn.com/courses/engaging-effectively-with-parents>)
Protecting Students From Abuse (<https://nfhslearn.com/courses/protecting-students-from-abuse>)
Sudden Cardiac Arrest (<https://nfhslearn.com/courses/sudden-cardiac-arrest>)
5. *New course (2023-24), The Collapsed Athlete. This course after completion will move to the 3-year rotation.*
6. *Lightning detection device or service on-site. The host / home school will designate someone with a lightning detection service to assist in making decisions with severe weather. He or she will identified to the crew before the game.*

Umpires

SCISA certified umpires must be used in all games and at all levels of play. The region director will assign an umpiring crew (two umpires) to work all contests.

Approved Speed-Up Rules

SCISA approved Speed-Up Rules:

- (1) *The pitcher and/or catcher may have a courtesy runner. The runner must be an eligible substitute. The same runner may not be used for both positions in the same inning.*
- (2) *Intentional walks will be issued upon request.*
- (3) *After each out, the ball should go directly to the pitcher.*
- (4) *The Ten (10) Run Rule (5 innings) and the 15 Run Rule (3 innings) is in effect in all SCISA Games.*

Game Rules and Policies

1. If a team is 30 minutes late without notification of reason, the umpire will declare the game a forfeit. Fifteen (15) minutes is the maximum warm-up period for a late team.
2. Regular Season: It shall be considered a complete game after either 4 1/2 innings (if the home team is ahead) or after 5 complete innings, if the contest is stopped for rain, darkness... . If a game is stopped due to weather conditions before the 4 1/2 or 5 inning rule, then a suspended game shall be called. The contest will be resumed from the point it was suspended.
3. A student cannot participate in a JV game and Varsity contest on the same day. Participation is defined as dressed in the team uniform and in the team area or named in the score book.
4. Game Limitation: Player and Teams are limited to 26 games. Contact SCISA with scheduling concerns.
5. Coaches should carefully review the *Protest* procedures as stated in the Blue Book. If a protest is declared, it must be done so at the time of the play and before the next pitch. The head coach/AD must notify SCISA within 24 hours.

Team: Level of Competition

Levels of Competition: (Note- Students must also meet all other SCISA eligibility standards)

Varsity Teams: Eligible students in grades **8-12** may participate in varsity baseball.

Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 9th grade before permitting participation on any varsity teams.

Junior Varsity Teams: Eligible students in grades **6-10** may participate in junior varsity baseball.

Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 9th grade before permitting participation on any junior varsity team.

B-Teams: Eligible students in grades **5-8** may participate in B-Teams baseball.

Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 7th grade before permitting participation on any B-Team.

Home Team Responsibilities

1. **Event Security/Game Management:**

- A. A **Designated Representative** is required of both teams (see Article XIII, Section V). He/she shall be introduced/identified to the referee prior to the game and introduced by the PA during pre-game announcements.
- B. **Uniformed Police Officer:** SCISA does not require the use of a uniformed police officer at baseball games. Each school should carefully examine plans for event management and security. The Home Team is in charge of spectators and game events.

2. **Playing Field:**

- A. The Home Team shall provide a safe playing field which meet regulations. Fields may be inspected upon request prior to the start of a series. Conditions such as lighting, pitcher's mound, field playability, may cause a change in location or starting time.
- B. The Home Administration is responsible for deciding if weather conditions are unfavorable (under normal weather conditions) or if the field is unplayable. If this determination is made, the visiting team, the SCISA Office, and the officials must be notified. If the officials are not notified before they leave, they must be paid mileage. The game should be rescheduled for the next playable day.
- C. A double first base is permitted.

3. **Public Address Announcer:** The public address announcer is a vital member of the game management team. He or she should be provided with at least the following guidelines:

- A. All Public Address Announcers should begin all athletic contests with a welcome and a sportsmanship statement.
- B. Introduce each school's Designated Representative and inform the audience that if called upon, he/she will be assisting game management with safety and sportsmanship rules.
- C. The Public Address Announcer must be aware that in the event of an emergency (such as dangerous weather) that he/she will be the primary source of information and will be called upon to provide instructions/directions.
- D. The Public Address Announcer must maintain a professional posture, **showing the same amount of enthusiasm and excitement for Both Teams**. Please remain "unbiased and neutral". A public address announcer is not a "color" commentator. We acknowledge that there will exist some "home flavor" but the accomplishments of all of the children playing should be recognized.

6. **Reporting Game Results:** The Home Team shall report the game results to the news media.

Coaching Notes

Coaching Notes:

1. Sportsmanship: What you permit, you promote! Coaches must emphasize and promote good sportsmanship and fair play.
2. **SCISA Player-of-the-Week.** Coaches are reminded to nominate outstanding individual performances each Monday. Email stats and additional player information along with a picture to athletics@scisa.org.
3. SCISA Community Service Award: **"True Champions Give Back"**. The South Carolina Independent School Association shall teams who takes part in a community service program. SCISA has adopted the motto, **"True Champions Give Back"** signifying the association's belief that an important part in the education of our young people is an awareness of the needs and service opportunities that exist around them. Each team shall submit a report detailing the service project, the number of participants, the number of man hours, photos,...etc.

North-South All-Stars / All-State

- ♦ North-South All-Stars and selection to the SCISA All-State Team is based primarily on a player's ranking on the All-Region Team. Each region shall submit to SCISA an All-Region Team naming a Player-of-the-Year and ranking the remaining players from #2 to the last selection in the region. The list shall include each player's grade and position.
- ♦ The selection committee reserves the right to weigh a team and/or region's performance in the state play-offs in both selection processes.

Pitch Count Policy

The South Carolina Independent School Association has adopted policies in response to concerns regarding student safety expressed both locally and nationally concerning arm injuries and overuse. The National Federation has required each state association to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so.

Level of Play	Daily Max Pitches in a Game	0 Days	1 Day Rest	2 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
Varsity	110	1-30	31-45	46-60	61-75	76-90	91-110
Sub-varsity JV / B-Team Middle School	75	1-20	21-35	36-50	51-65	66-75	N/A

The SCISA Pitching Limitation Rule (for all play including scrimmages, regular season, and all rounds of the postseason) is based on the number of pitches thrown in a day with the following provisions:

1. The pitch count is based on pitches thrown for strikes (including all foul balls) balls, balls in play and outs.
2. A pitcher at any level who reaches the pitch count in the middle of an "at-bat" will be allowed to finish that hitter.
3. Warm-up pitches allowed before each inning and warm-up pitches allowed by the umpire in case of injury or game delay do not count against the limit.
4. If a pitcher throws on consecutive days, his cumulative total of pitches for those two days will determine the number of days rest required. *Example: A varsity pitcher throws 22 pitches on Monday and throws 25 pitches on Tuesday has thrown a total of 47 pitches. He will need two (2) days of rest.*
- 4A: *If a pitcher throws on consecutive days, he has a maximum of 75 pitches on the 2nd day regardless of whether he threw one pitch or 30 pitches on the first day.*
5. A day's rest is defined as a Calendar Day.
Example: a varsity pitcher throws 65 pitches on Monday. By Rule, he will not be eligible to pitch again until he has three (3) days' rest (Tuesday, Wednesday, and Thursday). He would be eligible to pitch again on Friday.
6. If this rule is violated, the pitcher is considered an ineligible player and the game will be forfeited. The Head Coach shall be suspended for the next game. In addition, the school will be fined according to the SCISA Blue Book.
7. For pitchers pitching multiple levels, the most restrictive rule shall apply when there is conflict.
8. DH: if a pitcher throws 31 pitches or more in game one of a double header then he is prohibited to pitch in game two.
9. *A pitcher cannot pitch three (3) consecutive days, regardless of the number of pitches thrown.*

Designated Pitch Count Recorder

1. Each school shall name a "Designated Pitch Count Recorder" (DPCR).
2. During the game, pitch counts will be recorded by the DPCR and are to be reviewed by both DPCRs between innings.
3. In case of a discrepancy, the pitch count of that pitcher's DPCR shall be official.
4. A protest over a discrepancy in pitch counts alleged in a later inning from an earlier inning will not be permitted due to the end of an inning verification.
5. At the game's conclusion, the SCISA Pitch Count Form will be signed by both DPCRs.
6. Schools have the responsibility to maintain every pitch chart form until the season is complete.
7. SCISA may request a Pitch Count Form at any point during the season and the school shall comply with the request within 24 hours.

SCISA reserves the authority to amend or change these policies as additional data and game situations reveal more information.

Practice

First Practice Date: Monday, January 29, 2024

Approved Pre-season Arm Conditioning: January 15-27

SCISA now expands the list of allowable activities during the time preceding the first designated day for baseball practice. This change is implemented to enhance player safety and to decrease the number of arm injuries during the course of the season. Recognizing the need for supervised throwing during the preseason, SCISA baseball teams shall be allowed to throw as a team under the supervision of their coach(es) from January 15-27, 2024 regardless of the number of players involved in the throwing activity.

School-year Baseball Practice Restrictions: July 27, 2023 - January 28, 2024

A coach may practice with no more than four players at a time.

All Levels of SCISA Baseball

1. Non-Appeal Play: On failing to proper tag-up or a runner missing a base, SCISA umpires will declare the runners out once the ball is declared dead.
2. Assistant Coaches: Rule prohibits any member of the coaching staff who is not the head coach from leaving the vicinity of the dugout or coaching box to dispute a judgment call by an umpire. Penalty: both the head coach & the offending coach is restricted to the dugout for the remainder of the game.
3. SCISA has established a “halo” around all baseball umpires. This “halo” is an area of approximately two feet around an umpire. If a coach in arguing a call, breeches the “halo”, the coach will at least be automatically restricted to the dugout.
4. Coaches in Dugouts While on Defense. The rules & SCISA Policies prohibit the practice of coaches sitting in front of his/her dugout or creating a dead ball area in front of his/her dugout for purpose of calling pitches.
5. All batters/baserunners shall wear a helmet with full protective face guard or “C” flap.
- *6. School shall evaluate their dugouts for safety from foul balls and overthrows.

B-Team or Middle School Baseball

1. SCISA permits B-Team's to play on “pony league” or regulation high school fields. Home team must notify the visiting team of field size and pitching mound distance.
2. **Bats:** SCISA has adopted the USA Baseball bat standard (USABat). Effective January 1, 2018, with the exception of the -3 bat (BBCOR certified), all other 2-5/8 inch minus factor bats (-5, -7, -9, etc.) and 2-1/4” bats must be certified with the USABat licensing stamp on the bat in order to be used.
Note: 2-3/4” barrel bats are prohibited.
3. **Sub-Varsity Level Only:** An Extra-Hitter (EH) may be placed on the lineup card (a 10th hitter which can be placed anywhere in the batting order) to get more athletes at-bats throughout the game. This rule is optional for both teams prior to each game and does not have to be used by both teams during a game. The EH can hit anywhere in the lineup but **cannot play the field**.

Baseball Play-offs

- Home Team shall contact the visiting team to provide directions and game information.
- Game Time - Both schools can mutually agree to a game time. Schools are asked to consider drive time and exam schedules. Otherwise, the home team can declare an afternoon game at 5:00 or a night game at 6:00.
- All Speed-up Rules are in effect, including 15 and 10-Run Rule.
- Pitch Count Rule is in effect.
- **In case of rain**, the game will be played the next playable day. Note that the next round of the play-offs will not be pushed back due to one rain-out. If a game is stopped due to weather conditions a suspended game shall be declared. The contest will be resumed from the point it was suspended.
- 2024 Baseball Play-offs. The 15-Run Rule or 10-Run Rule will be in effect. Otherwise, a game must be played the full 7 innings (6 1/2 if the home team is leading).
- Home Teams shall file a Financial Statement for each Home Game, all rounds.

SPORTSMANSHIP: Coaches are reminded to make sure that “chatter” from their team bench is positive and supporting their team not taunting the other team. Designated Reps should introduce themselves to each other and be proactive during the game.

Playoff Format: The Athletic Committee reserves the right to change or adapt the playoffs as conditions warrant.