




2017 NFHS BASEBALL RULES POWERPOINT

National Federation of State High School Associations

Take Part. Get Set For Life.™

B. Elliot Hopkins, MLD, CAA
Director of Sports, Sanctioning and Student Services

NFHS RULES BOOK AS E-BOOKS



GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an alternate rule quickly, make a note or highlight a rule?

E-books Features:

- Searchable
- Highlight areas of interest
- Make notes
- Desktop laptop availability
- Easy navigation
- Adjustable viewing size
- Immediate availability

www.nfhs.org/ebooks
NFHS Rules 2017 Case e-books for \$5.99 each
Download from iTunes or Amazon

www.nfhs.org



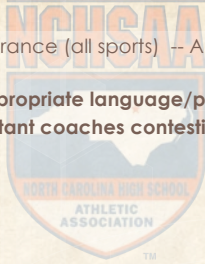
NFHS BASEBALL RULES CHANGES



www.nfhs.org

Sportsmanship... "Together We make the right call"

- + Zero Tolerance (all sports) -- Automatic Ejection
 - **Inappropriate language/profanity**
 - **Assistant coaches contesting calls**



www.nfhs.org

Sportsmanship... "Together We make the right call"

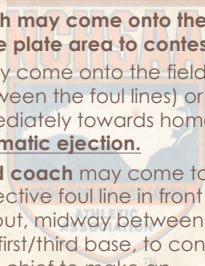
- + If **assistant coach** is on the field (coaching bases) and contests a call – automatic ejection.
 - If **assistant coach** is in dugout contesting call – restrict to dugout by NFHS rule code.
 - 2nd offense – automatic ejection



www.nfhs.org

Sportsmanship... "Together We make the right call"

- + **No coach may come onto the field or to the home plate area to contest a call.**
 - If they come onto the field of play (between the foul lines) or immediately towards home plate – **automatic ejection.**
 - **Head coach** may come to the respective foul line in front of their dugout, midway between home plate and first/third base, to confer with crew chief to make an appeal/protest.



www.nfhs.org

Sportsmanship... "Together We make the right call"

+ Head Coach Appeal:

- This appeal/request must be done in a professional manner.
- When a ruling is given, the appealing coach must return to the dugout.
- If the call is overturned, opposing coach may come out to the foul line in front of their respective dugout for an explanation without penalty

Sportsmanship... "Together We make the right call"

+ Head Coach Appeal:

- If the appealing coach questions the call or is unsporting in his conference, a team defensive conference will be charged.
- If the conversation/action of the appealing coach warrants, restriction to the dugout or/ejection will be given.
- If no defensive conferences are available and coach comes out to confer – automatic ejection if action is unsporting.

Sportsmanship... "Together We make the right call"

+ Any player displaying verbal or physical dissent to an umpire:

- Restricted to the dugout.
- 2nd offense – ejection from contest.

Sportsmanship... "Together We make the right call"

- + Any physical or verbal display in a negative/demonstrative manner by **school administrator**
 - Stop game and warn.
 - 2nd offense – Game suspended until administrator leaves the area.

www.nfhs.org

Rule Change

ILLEGAL SLIDE RULE 2-32-2c

- A runner may legally slide past home plate, even if he makes contact with a fielder or alters the play of the fielder, provided the slide meets all other provisions of the sliding rules and he does not initiate malicious contact.



www.nfhs.org

Rule Change

RULE 2-32-2c

- **ART. 2.** . . . A slide is illegal if:
 - Sub-articles a-b remain the same.
 - c. except at home plate, the runner goes beyond the base and then makes contact with or alters the play of the fielder. At home plate, it is permissible for the slider's momentum to carry him through the plate in the baseline extended.
 - Sub-articles d-f remain the same.




www.nfhs.org

Rule Change

RULE 2-32-2c (CONTINUED)


- **Rationale:** The act of sliding is optional. However, if a base runner decides to slide, then he is held to certain criteria to ensure that neither the offensive nor defensive player are intentionally injured. There are six criteria that constitutes an illegal slide. Due to the physical design of home plate, it is not possible for a runner who chooses to slide to stop at or on top of home plate while running as fast as he can to score.


www.nfhs.org

Rules Reminder

RULE 2-32-2c (CONTINUED)


- In order to stop at or on home plate, the runner would have to run slower or begin his slide earlier which would give the defense an advantage. This change allows the runner's momentum to carry him through home plate in a straight line (baseline extended). He is still held to the other elements of Rule 2-32-2 and malicious contact as it relates to interference with the catcher. The catcher is protected because he has choices of locations where he can position himself to avoid contact.



www.nfhs.org

Rule Change

ASSISTING RUNNER RULES 3-2-2 PENALTY AND 8-4-2s

- If a runner is physically assisted by a coach, the runner is called out immediately and the ball remains live.





www.nfhs.org

Rule Change

3-2-2 PENALTY

- **PENALTY . . .** The runner shall be called out immediately. (8-4-2s)

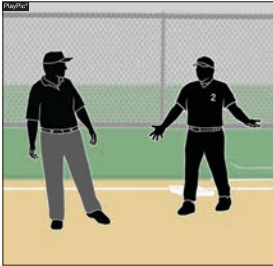
Rationale: The coach-assisted base runner is called out immediately without deference to other batter-runner(s) and play continues.



www.nfhs.org

Rule Change

BENCH AND FIELD CONDUCT RULE 3-3-1 PENALTY

- Umpires have access to a three-tier system for dealing with coaches' misconduct: verbal warning, written warning with restriction to the dugout and, finally, ejection.





www.nfhs.org

Rule Change

BENCH AND FIELD CONDUCT 3-3-1 PENALTY


- **PENALTY:** The umpire shall warn the offender unless the offense is judged to be major, in which case an ejection shall occur. A warning may be verbal or written. If written, the offender shall be restricted to the bench/dugout for the remainder of the game. If a coach has previously received a verbal warning, he shall receive a written warning (10-2-3j) and be restricted to the bench/dugout for the remainder of the game. If a coach has previously received a written warning, he shall be ejected for any subsequent offense.



www.nfhs.org

Rule Change

**BENCH AND FIELD CONDUCT
RULE 3-3-1 PENALTY**

- If the umpire judges an offense to be minor, the umpire shall issue a verbal or written warning.






www.nfhs.org

Rule Change

**BENCH AND FIELD CONDUCT
RULE 3-3-1 PENALTY**

- If the warning is written, the coach shall be restricted to the bench/dugout for the remainder of the game. The plate umpire will note the details of the warning on the lineup card.




www.nfhs.org

Rule Change

**BENCH AND FIELD CONDUCT
RULE 3-3-1 PENALTY**

- After receiving a written warning, if the coach commits an additional offense, the coach will be ejected from the game.






www.nfhs.org

Rule Change

BENCH AND FIELD CONDUCT RULE 3-3-1 PENALTY

- If the umpire deems an offense to be major, such as, "physical contact, spitting, kicking of dirt or any other physical action directed toward an umpire," the umpire shall immediately eject the coach from the game.





www.nfhs.org

Rule Change

BENCH AND FIELD CONDUCT 3-3-1 PENALTY (CONTINUED)


- Any offense judged to be major in nature shall result in an immediate ejection. For coaches who violate f (1-5), g, h, i, j or k, the umpire may: (1) issue a verbal warning to the offender, (2) issue a written warning to the offender (any offender receiving a written warning shall be restricted to the bench/dugout for the remainder of the game), or (3) eject the offender for a major offense.


www.nfhs.org

Rule Change

BENCH AND FIELD CONDUCT 3-3-1 PENALTY (CONTINUED)


- For violation of f(6) both the head coach and offending coach shall receive a written warning and be restricted to the dugout for the remainder of the game unless the offense is so severe the umpire may eject the offender and restrict or eject the head coach.
- A coach may leave the bench/dugout to attend to a player who becomes ill or injured. In f (7), the state association shall determine appropriate action.


www.nfhs.org

Rule Change

BENCH AND FIELD CONDUCT 3-3-1 PENALTY (CONTINUED)

- **Rationale:** Coaches and officials are equally responsible to provide an ideal learning environment for the students who play baseball. That learning environment is severely disrupted if the adults show a lack of respect for each other's position and role in the contest. The coach has the responsibility to coach and teach his players about basic and complicated skills of baseball and important life lessons.




www.nfhs.org

Rule Change

BENCH AND FIELD CONDUCT 3-3-1 PENALTY (CONTINUED)

- The game official has the obligation to administer the rules of the game and to judiciously address any coach's or player's behavior that is not consistent with those rules. As he (umpire) administers any penalty resulting in a warning, restriction to the bench/dugout or ejection, his decision should be in response to the actions by the offending coach and player. The coach needs to understand that his behavior will dictate which level of discipline is applied.




www.nfhs.org

Rule Change

BENCH AND FIELD CONDUCT 3-3-1 PENALTY (CONTINUED)

- Utilizing a three-step process, the umpire is given the opportunity to de-escalate any situation that might arise during the course of the game.
- This enhancement of last year's rule provides an additional "teachable moment" element to the current rule. Umpires are given clear procedures for dealing with minor unsportsmanlike behavior while at the same time promoting the practice of keeping coaches and players "in the game" and minimizing ejections.




www.nfhs.org

Rule Change

BENCH AND FIELD CONDUCT 3-3-1 PENALTY (CONTINUED)


- We encourage the officials to clearly communicate their warnings and restrictions when possible to the coaches prior to ejection. The coaches also need to recognize when those warnings and restrictions are being issued so they can modify their behavior and continue to teach their players. When the adults are acting in a professional and respectful manner, the young people will be the ultimate winners regardless of the score of the game.



www.nchs.org

Rule Change

PITCHING RESTRICTION 6-2-6

- Each state association shall have a pitching restriction policy based on the number of pitches thrown to afford pitchers a required rest period between pitching appearances.




www.nchs.org

Approved NCHSAA Pitch Count

- ★ **MAXIMUM PITCHES ALLOWED PER DAY: 105**
- ★ If a pitcher throws 76 or more pitches in a day, four (4) calendar days of rest are required before pitching again.
- ★ If a pitcher throws 61-75 pitches in a day, three (3) calendar days of rest are required before pitching again.
- ★ If a pitcher throws 46-60 pitches in a day, two (2) calendar days of rest are required before pitching again.
- ★ If a pitcher throws 31-45 pitches in a day, one (1) calendar day of rest is required before pitching again.
- ★ If a pitcher throws 1-30 pitches in a day, zero (0) calendar days of rest are required before pitching again.

Approved NCHSAA Pitch Count

- + -1 day of rest for any pitcher appearing 2 consecutive days (regardless of number of pitches thrown) **Exception – State Championship Series**
- + -Pitch count applies only to pitches during an at bat
- + -Allow a pitcher to finish an at bat if he reaches 105
- + -Accountability forms for tracking (signed by competing coaches, entered into MaxPreps)
- + -1st Round-Regionals: Pitch Count window and days of rest required (Best of 3 Series scheduled for Tue., Thur., Sat.)
- + -State Championship Only: Max of 120 pitches for the series (Best of 3 Series scheduled for Fri.-1, Sat.-2)
- + -Same scale for JV and Varsity

Approved NCHSAA Pitch Count

- + **Game Day Tracking Form:** The game-day tracking form must be recorded by each school during the contest and signed by each head coach prior to leaving the facility. The forms must be kept on file throughout the season. These forms are NOT to be sent to the NCHSAA unless there is a suspended game (see below).
 - Game Day Tracking Form may be found online.
- + **MaxPreps:** Pitch counts must be entered into MaxPreps no later than 11:00 a.m. the day after each game. Instructions are attached.
 - MaxPreps Instructions may be found online.

Approved NCHSAA Pitch Count

- + In the event of a suspended game, the Game Day Tracking Forms must be sent to the NCHSAA office via email (brad@nchsaa.org) or fax (919-240-7399). 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: Pitcher throws 80 pitches in a suspended game rule. Four (4) day of rest are required; however, the game is not picked up from point of interruption until 10 days later. Pitcher may be eligible for 105 pitches. If pitcher throws another 80 pitches it will appear in MaxPreps that the pitcher threw 160 pitches in a single contest.)

Approved NCHSAA Pitch Count

- Violation of the pitch count rule will result in the use of an ineligible player, which according to the Penalty Code is a \$500 fine and forfeiture of the contest. Failure to record and keep on file Game Day Tracking Forms, submit suspended contest Game Day Tracking Forms, and entering post-game pitch count information into MaxPreps will result in a \$100 fine for school information or other required documents.

Rule Change

RULE 6-2-6

- ART. 6.** . . . Each state association shall have a pitching restriction policy based on the number of pitches thrown to afford pitchers a required rest period between pitching appearances.
- Rationale:** After years of research and thoughtful discussion on minimizing risk for the position of pitcher, it has been determined that modifying the pitching restriction rule to reflect that the policy should be based on the number of pitches thrown is a better indication of overuse and repetition than the current method of innings pitched during a contest.



www.nfhs.org

Rule Change

BASERUNNING AWARDS 8-3-6

- When the plate umpire hinders, impedes or prevents a catcher's throw attempting to prevent a stolen base or to 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.



www.nfhs.org

Rule Change

RULE 8-3-6

- **ART.6.** . . . 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.
- **Rationale:** This rule changes provides rules support that was missing from the rules book.

www.nfhs.org

Rule Change

RULE 8-4-2s

- s. is physically assisted by a coach. (3-2-2)
- **Rationale:** This rule supports the action taken in Rule 3-2-2 Penalty regarding coaches' conduct with assisting a base runner.


www.nfhs.org


**NFHS UMPIRE MANUAL
CHANGES**

www.nfhs.org

Manual Change

NEW UMPIRE'S SIGNAL DOUBLE TAG-UP SIGNAL




 www.nfhs.org

Manual Change

NEW UMPIRE'S SIGNAL – THE DOUBLE TAG-UP SIGNAL


- The “Double Tag-Up Signal” is one that the umpires give to one another when there are runners on first and second base with less than two outs to indicate that the plate umpire will take any play at third base involving the runner on second base should he tag-up and try to advance.
- **Rationale:** Better communication between umpires.

 www.nfhs.org

Manual Change

CHANGING DESIGNATION OF PLATE UMPIRE AND OTHER BASE UMPIRES


- In a 2-man system, the nomenclature of identifying the plate umpire has been changed to Plate Umpire (PU), and U1 now represents the first base umpire.
- In a 3-man system, the plate umpire has been changed to Plate Umpire (PU), and U1 now represents the first base umpire and U2 represents the third base umpire.

 www.nfhs.org

Manual Change

CHANGING DESIGNATION OF PLATE UMPIRE AND OTHER BASE UMPIRES

- In a 4-man system, the plate umpire would be recognized as PU, U1 now represents the first base umpire, U2 represents the second base umpire and U3 would represent the third base umpire.
- Rationale:** Clarification and consistency with other codes and teaching/camp curriculum.


www.nfhs.org



NFHS BASEBALL POINTS OF EMPHASIS


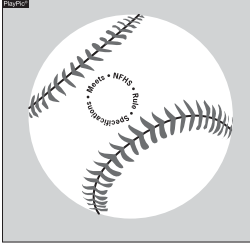




Points of Emphasis

BALL MARKINGS

- All baseballs used in interscholastic contests shall meet the specifications outlined in Rule 1-3-1 and shall bear the NFHS Authenticating Mark.





www.nfhs.org

Points of Emphasis

AUTHENTICATED MARK PROGRAM (AMP)

- The NFHS AMP program was designed in 2000 to ensure that the equipment used in interscholastic contests is manufactured consistently and meets certain physical requirements. By using conforming equipment, players, coaches and officials can rest assured that the baseballs used are designed for the age group that we write playing rules for interscholastic competition.




www.nfhs.org

Points of Emphasis

AUTHENTICATED MARK PROGRAM (CONTINUED)

- All such balls are required to display the NFHS Authenticating Mark. Manufacturers make balls to our standards and expect that their products are purchased for game competition. Using non-AMP balls puts players, coaches, fans and umpires at risk of injury and inconsistent playability which hurts high school baseball. Using baseballs that meet the AMP requirements are good for our young people and even better for our game.





www.nfhs.org

Points of Emphasis

UMPIRE ASKING ASSISTANCE

- When requested by a coach, an umpire is not required to seek assistance from a partner.

www.nfhs.org

Points of Emphasis

UMPIRE ASSISTANCE

- Often during contests, a coach will request that an umpire seek assistance from his partner for a particular call or play situation. Asking assistance from a partner is not mandatory. It is the discretion of the plate umpire if he feels that his view was obstructed or that his partner had a better angle on the play. If he does feel that his partner's perspective will provide additional input to his final decision, then he has the flexibility to request his partner's help.



www.nfhs.org

Points of Emphasis

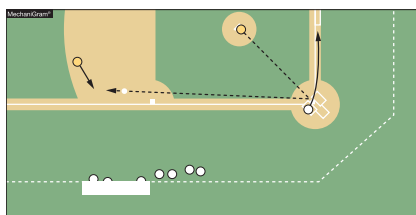
UMPIRE ASSISTANCE (CONTINUED)

- Once the opinion is shared, it is the plate umpire who will make the final determination on the call or play. This entire exchange will be quick and intentional using umpire signals that are relayed to players, coaches and spectators.



www.nfhs.org

Points of Emphasis

LOCATION OF TEAM PERSONNEL

- Coaches, player, substitutes, attendants or other bench personnel shall not leave the dugout during live ball for any unauthorized purpose.



www.nfhs.org

Points of Emphasis

LOCATION OF TEAM PERSONNEL

- Additionally, coaches or team personnel may not sit outside the dugout/bench area on buckets or stools.





www.nfhs.org

Points of Emphasis

TEAM PERSONNEL LOCATION


- Coaches, players, substitutes, attendants or other bench personnel shall not leave the dugout during live ball for any unauthorized purpose. Coaches or team personnel may not sit outside the dugout/bench on buckets or stools. Players are not allowed to stand or kneel outside their dugout/bench and make “cat-calls” or any other disparaging remarks while the other team is taking infield practice. This is unsportsmanlike behavior and will not be tolerated in interscholastic baseball.


www.nfhs.org

Points of Emphasis

TEAM PERSONNEL LOCATION (CONTINUED)


- Umpires and coaches need to work together for the benefit of the students they officiate and teach. It is these game situations that provide coaches and umpires excellent “teachable moments” to reinforce proper behavior and perspective. The positive values that are learned at the baseball diamond will serve the young people long after their high school careers have ended.


www.nfhs.org

Points of Emphasis

LEGAL SLIDES

- Players are never required to slide, but if they choose to do so, the slide must be legal.



NFHS

www.nfhs.org

Points of Emphasis

LEGAL SLIDES

- There has been a misnomer that given a particular play that the base runner has to slide into the base he is trying to acquire. Even the universally accepted "force play slide" is misconstrued as the player having to slide into the base. NFHS rules are specific and very clear that runners are never required to slide. However, if they choose to slide, then the slide must be legal. You can legally slide either feet first or head first. If you choose feet first, then at least one leg and buttock shall stay in contact with the ground.

NFHS

www.nfhs.org

Points of Emphasis

LEGAL SLIDES (CONTINUED)

- A slide is illegal:
 - if the runner uses a rolling, cross-body or pop-up slide into the fielder;
 - if the runner's raised leg is higher than the fielder's knee (while he is in a standing position);
 - if the runner goes beyond the base and then makes contact with the fielder or alters his play;
 - if the runner slashes or kicks the fielder;


NFHS

www.nfhs.org

Points of Emphasis

LEGAL SLIDES (CONTINUED)


- if the runner intentionally tries to injure the fielder;
- and during a force play situation, the runner does not slide on the ground and in a direct line between the two bases;
- when a runner slides, he must slide within reach of the base with either hand or a foot.



www.nfhs.org


Points of Emphasis

LEGAL SLIDES (CONTINUED)

- The consequence is that the runner is called out and based upon his actions there could possibly be malicious contact and the runner would be ejected from the game. Attention to when it is appropriate to slide and to do it legally will improve the overall process of base-running, reduce unnecessary injuries to the runner and the covering fielder, and make for a more exciting game to watch and enjoy.


www.nfhs.org




**NFHS OFFICIALS ASSOCIATION
CENTRAL HUB**


www.nfhs.org

NFHS OFFICIALS ASSOCIATION CENTRAL HUB

[HTTPS://NFHS-BASEBALL.ARBITERSPORTS.COM/FRONT/105406/SITE](https://nfhs-baseball.arbitersports.com/front/105406/site)

- Contains:
 - Sport information
 - Rules information
 - Rules library
 - Searchable rules book
 - Video content on officiating sport, competition situations and interpretations



www.nfhs.org

NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: Basics of Becoming and Staying an Official, Science of Officiating, Art of Officiating
- Course is FREE to NFHS Officials Association members, non-members fee is \$20
- NFHSLearn.com
- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials



www.nfhs.org

Baseball Approved Board Items

- + Required: 3 umpires for all regional series games
- + State Championship Admission: No longer clearing the stadium between session 2 and 3 on Saturday. Any ticket purchased after session 1, but prior to session 2 will be \$12.00.
 - + Session 1 and 3 will remain \$8.00

NCHSAA
NORTH CAROLINA HIGH SCHOOL
ATHLETIC

Board Approved Items

- ✦ Skill Development/Dead Periods
 - Dead Periods lengthened
 - Fall: August 1 - September 15
 - Winter: October 31 - December 15
 - Spring: February 13 - April 1
 - Also during football skill development
- ✦ Unlimited numbers during skill development
 - Max of 1.5 hours a day
- ✦ Playoff Berths/Qualifications/Seeding
 - 1 year pilot for all sports

Board Approved Items

- ✦ Pre-participation physicals required once every 395 days
- ✦ Require game officials to obtain and record the name of the game day administrator in charge of the event.
 - ✦ If no administrator is available, the Head Coach will be designated as the game day administrator.
 - ✦ Game day administrator will assign staff to monitor thunder/lightening
- ✦ 2017-18: WBGT readings must be taken by the AT/FR or designee not more than 30 minutes before the beginning of practice. Subsequent readings must be taken whenever water/rest breaks are taken or every 30 minutes, whichever comes first.

Important Dates

Start	Monday, February 13
1 st Contest	Monday, February 27
Reporting	Monday, May 8 – 6:00 a.m.
Seeding	Monday, May 8
1 st Round	Wednesday, May 10
2 nd Round	Saturday, May 13
3 rd Round	Tuesday, May 16
4 th Round	Friday, May 19
Regionals	Tuesday-Saturday, May 23-27
States	Friday, June 2
	Saturday, June 3

MaxPreps

Official Statistics Provider

- + Records and standings for post-season qualifications
 - 2016-17: MaxPreps Record = Official Record
 - Incorrect record subject to DQ from playoffs
- + All game results MUST be entered by:
 - + Sat, May 6th at 11:59 p.m.
 - + Triple check your record!
- + Instructions can be found on the NCHSAA website

Qualifying for the Playoffs

- + 64-team brackets
- + Automatic Qualifiers
 - + 1st in a straight conference
 - + 1st in your class of split conference
 - + Cannot have 2 conference tournaments
 - + 1st in the conference tournament
 - + Regular season champion must compete
- + At-Large Qualifiers
 - + Best 22-game winning percentage

Playoff Seeding

- + Once the 64 qualifiers have been determined
 - Split East, Mideast, Midwest and West based on geography
 - Groups of 16
- + Seed the East then the West based on the following:
 - Seed all regular season champions first by 22-game record
 - Seed all tournament champions second by 22-game record
 - Seed all "at large" team thirds by 22-game record

Playoff Seeding

- + East vs Mideast
 - #1 East vs #16 Mideast
 - #2 East vs #15 Mideast
- + West vs Midwest
 - #1 West vs #16 Midwest
 - #2 West vs #15 Midwest

Sportsmanship

The quality of responsible behavior characterized by a spirit of generosity and a genuine concern for opponents, officials and teammates.

- Wholesome athletic environment
- Good Sportsmanship > Victory
- Modest in victory, gracious in defeat
- Respecting judgment and integrity of game officials
- Role modeling good behavior

Ejection Policy

- + Fighting
- + Leaving the bench area
- + Flagrant contact
- + Biting
- + Taunting, baiting or spitting toward an opponent or official
- + Profanity
- + Obscene gestures
- + Disrespectfully addressing an official

Ejection Follow-Up

- + Teaching & Modeling Behavior Course
 - Required for any coach ejected during a contest
 - Required for any coach who has player (s) ejected for fighting
- + NFHS Sportsmanship Course
 - For any ejected/disqualified player
 - Free, on-line course (nfhslearn.com)
- + All certificates must be sent to NCHSAA

Inclement/ Hot Weather Guidelines

The following should be considered when scheduling practice:

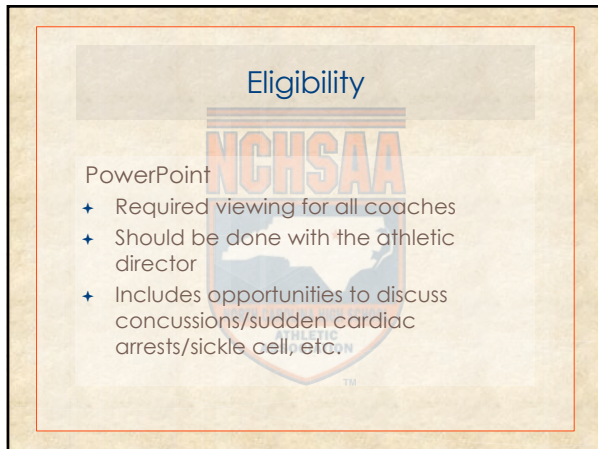
- + Time of day
- + Intensity level of practice
- + Equipment worn
- + Environmental conditions

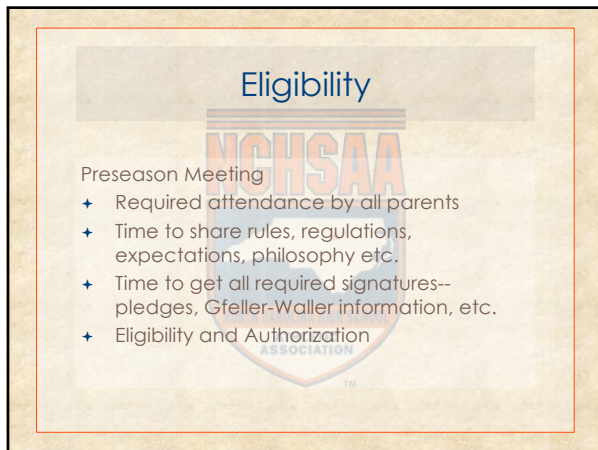
- + High Temperature and high humidity create a dangerous situation for athletes. High humidity and low temperature can also cause serious heat-related problems.
- + Water/fluid replacement breaks recommended each 20 or 30 minutes, (depending on practice conditions)
- + Check with your AD on your LEA's and school's policy pertaining to practice on days of extreme heat.

Dead Periods

Summer 2016	July 4-July 10 and July 18-24
Fall 2016	August 1 through September 15
Winter 2016	Oct 31 through December 15
Spring 2017	N/A (In Season)
Summer 2017	July 3-July 9 and July 17-July 23

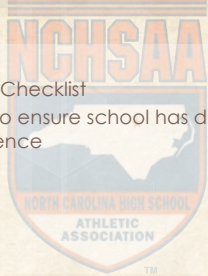






Eligibility

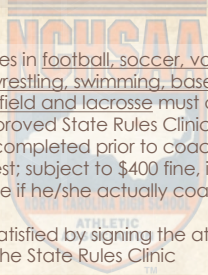
- ✦ Eligibility Checklist
 - Use to ensure school has done its due diligence



Clinic Attendance

Head coaches in football, soccer, volleyball, basketball, wrestling, swimming, baseball, softball, golf, track & field and lacrosse must attend an NCHSAA approved State Rules Clinic.

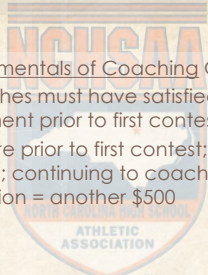
- ✦ Must be completed prior to coaching in the first contest; subject to \$400 fine, in addition to a \$500 fine if he/she actually coaches in the contest
- ✦ Can be satisfied by signing the attendance sheet at the State Rules Clinic



Coaches' Education

NFHS Fundamentals of Coaching Course

- ✦ **All** coaches must have satisfied the requirement prior to first contest.
- ✦ Complete prior to first contest; subject to a \$500 fine; continuing to coach without completion = another \$500



Coaches' Education

Concussion Management Certification

- + The **NFHS Concussion Course** (free on-line course) or an equivalent course must be completed annually by all coaches
- + **Prior to the first date of practice for that sport**; subsequently, the certificate of completion must be on file at the individual school; subject to \$500 fine

Gfeller-Waller Concussion Law

Requirements of the Law:

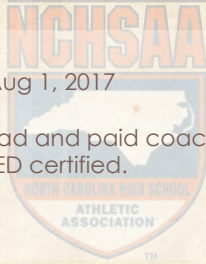
- + Concussion signs and symptoms
 - Given prior to participation
 - Parents/athletes sign indicating "receipt of" **Return to Play (RTP)** form signed by a physician licensed to practice medicine
 - An up-to-date Emergency Action Plan (EAP)
 - Must be on-file
 - Must be posted
 - Must be updated annually
- + **"When in doubt, sit them out!"**¹⁰

Cardiac Safety Program

All NCHSAA member schools must have a Cardiac Safety Program to include three (3) components:

- + Appropriate number of AEDs on Campus
- + AED maintenance program (battery checks, maintain, replacement at appropriate intervals)
- + Required viewing of short AED/CPR video for all supervising adults (teachers, coaches, administrators)

Safety Policy



Effective Aug 1, 2017

That all head and paid coaches must be CPR/AED certified.

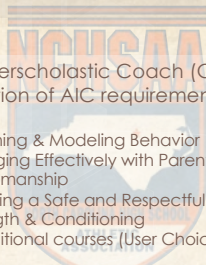
Coaches' Education



Accredited Interscholastic Coach (AIC)

- ★ Requires completion of 4 courses:
 - Fundamentals of Coaching
 - 1st Aid, Health & Safety for Coaches
 - Sport Specific Course or Teaching Sports Skills
 - Concussion in Sports (Free)

Coaches' Education



Certified Interscholastic Coach (CIC)

- ★ Completion of AIC requirements
- ★ Plus:
 - Teaching & Modeling Behavior
 - Engaging Effectively with Parents
 - Sportsmanship
 - Creating a Safe and Respectful Environment
 - Strength & Conditioning
 - 2 additional courses (User Choice)

Transfer Policy

- If a bona fide change of residence—no transfer waiver necessary
- Transfer packet with forms are on-line; password protected
- Work with athletic director to ensure students meet residence rule requirements



THANK YOU AND HAVE A GREAT SEASON!

www.nfhs.org