

- 4.1.20 **Health and Safety Guidelines** - Follow all applicable Health and Safety Guidelines (See 2.3), which includes:
- (a) Heat Illness Prevention and Management (See 2.3.2)
 - (b) Heat Acclimatization (See 2.3.3)
 - (c) Prevention of Heat Illness (See 2.3.4)
NOTE: WBGT and Heat Index Charts on page 39
 - (d) Recognition of Heat Illness (See 2.3.5)
 - (e) Management of Heat Illness (See 2.3.6)
 - (f) Gfeller-Waller Concussion Awareness Act (See 2.3.7)
NOTE: Education, Plan, and Emergency Action Plan [See 2.3.7(c)]
 - (g) Cardiac Safety Program (See 2.3.9)
 - (h) NFHS Guidelines for Handling Practices and Contests During Lightning or Thunder Disturbances (See 2.3.10)
 - (i) Tobacco Products, Alcoholic Beverages and Controlled Substances (See 2.3.11)
 - (j) Performance Enhancing Substances (See 2.3.12)
 - (k) Infectious Disease Policy (See 2.3.13)
 - (l) Catastrophic Insurance (See 2.3.14)
 - (m) Student Accident Insurance and Athletic Coverage (See 2.3.15)
 - (n) Hazing (See 2.3.16)
- 4.1.21 **Body Paint** - Face/body paint is prohibited during regular season or playoffs. This includes spectators and participants.
- 4.1.22 **Noisemakers** - Any noise-making objects are prohibited at indoor contests (cheerleaders may use non-electronic hand megaphones). Electronic noise-making objects are prohibited at outdoor contests.
- 4.1.23 **Clinic Dates** - For NCHSAA Rules Clinic information, see NCHSAA website.

4.2 **BASEBALL**

4.2.1 **General**

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (See 4.1).
- (b) Date of First Practice - February 14
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Game - February 26
- (e) Health and Safety Guidelines - Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (See 4.1.20) and Health and Safety Guidelines (See 2.3) for all information.
- (f) Number of Regular Season Contests - Total 24 games
 - (1) No more than four per week, provided fourth single game is on a non-school day for both.
 - (2) Four games in three days is still permissible without using a non-school day (e.g. doubleheader on a school day).
 - (3) It is permissible for a student-athlete to participate in a junior varsity and varsity game in the same day; however, any student-athlete is still subject to the weekly and seasonal limitations (four games a week, not to exceed three days, total of 24).
 - (4) Team and individuals are limited to two games a day.
 - (5) Junior varsity conference tournament games must count toward the 24-game limit.
 - (6) Varsity conference tournament games are considered part of the state playoffs.
- (g) Starting Time - During the regular season, a time no earlier than 5:00 p.m. is recommended unless facilities dictate otherwise, e.g. no lights.
- (h) Tournaments - Tournaments are governed by daily, weekly and seasonal limitations.
- (i) Equipment
 - (1) Balls must have the authenticating NFHS ball mark and the NOCSAE standard mark at the time of manufacture. **NOTE:** Use of NCHSAA adopted balls is strongly recommended for regular season play. In first round of playoff events through state finals, the adopted balls will be required to ensure consistency and fair play.
 - (2) The minus-three bat is the only allowable bat.
 - (i) The barrel of the minus-three bat is to be 2 5/8 inches.
 - (ii) All bats not made of a single piece of wood shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be labeled with a silk screen or other permanent certification mark.
 - (iii) No BBCOR label, sticker, or decal will be accepted on any non-wood bat. The certification mark shall be rectangular, a minimum of one inch on each side and located on the barrel of the bat in any contrasting color. To read: "BBCOR .50".

- (3) Coaches must wear a skull cap style helmet or NOCSAE certified helmet when coaching in the Coaches Box during games.
- (j) Ten-Run Rule - The ten run rule has been adopted by the NCHSAA for baseball; if a team is ahead by 10 runs after five complete innings, the game is terminated.
- (k) Time Limit - In junior varsity baseball only, no new inning may begin after 2 hours of elapsed time.
- (l) Pitching Regulation
 - (1) A player is allowed 105 pitches per day provided he or she has met the required days of rest.
 - Pitch count applies only to pitches thrown during an at bat.
 - (2) A pitcher can finish an at bat if he or she reaches 105 pitches during an at bat.
 - (3) The required rest periods are based on the following pitch windows:
 - (i) If a pitcher throws 76 or more pitches in a day, four (4) calendar days rest are required before pitching again.
 - (ii) If a pitcher throws 61-75 pitches in a day, three (3) calendar days of rest are required before pitching again.
 - (iii) If a pitcher throws 46-60 pitches in a day, two (2) calendar days of rest are required before pitching again.
 - (iv) If a pitcher throws 31-45 pitches in a day, one (1) calendar day of rest is required before pitching again.
 - (v) If a pitcher throws 1-30 pitches in a day, zero (0) calendar days of rest are required before pitching again.
 - (vi) Any pitcher appearing two (2) consecutive days, regardless of the number of pitches thrown, must rest one (1) calendar day.
 - (4) **State Championship Series Exception** - Pitchers may throw a maximum of 120 pitches during the State Championship Series. No rest periods apply to the State Championship Best-of-Three Series.
 - (5) Pitch count applies only to pitches during an at bat.
 - (6) Game Day Tracking Forms must be signed by opposing coaches, or designee, and kept on file. Counts must be updated on the team's MaxPreps page before 11:00 a.m. on the day following the contest.
 - (i) Head Coaches, or their designee, must communicate pitch counts between each inning. Failure to communicate between innings could result in a penalty for unsporting behavior if discrepancies arise.
 - (ii) In cases where there is a discrepancy between the home and visiting teams, the home team book will be used for official tracking. Intentional discrepancies in pitch records will be deemed unsporting, evaluated on a per instance basis, and could result in penalties.
 - (7) Pitch count rule is in effect for all players (JV and Varsity).
 - (8) First Round Playoffs through Regionals: Pitch Count window and days of rest are required, including during the best-of-three series scheduled for Tuesday, Thursday and Saturday.
- (m) Doubleheaders - Permitted when mutually agreed upon by teams involved.
 - (1) Doubleheaders are two back-to-back games, at the same level, with a reasonable (30 minutes) time between contests.
 - (2) Split doubleheaders are also permissible (two separate opponents).
 - (3) By mutual agreement, two member schools may agree to play two five (5) inning games in a doubleheader.
- (n) Suspended Games - North Carolina has adopted the suspended game rule, mandatory in all regular season and state playoff games. A game called for any reason, where a winner cannot be determined will be treated as a suspended game.
 - (1) If the game is to be completed it will be continued from the point of interruption, with the lineup and batting order of each team the same as the lineup and batting order at the point of interruption, subject to the rules of the game.
 - (2) If more than 4 1/2 innings have been played and a winner can be determined, the game is over (including playoff games).
 - (3) 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.
 - (4) 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 take the lead, and the home team has not tied the score or retaken the lead.
 - Ex. -** 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. 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.

- (5) A suspended game does not count against the weekly limitations in the week in which it is completed.
- (o) Rained-Out Games - If any rained-out baseball game which would affect the winning of a conference title is to be played, it shall be rescheduled on the same field (exception: suspended games do not have to be rescheduled on the same field, unless changed by mutual agreement of the two schools).
- (p) Postponed Games - Postponed games must be made up in order of postponement on the next possible date (excluding Sunday).
 - (1) In the regular season, Saturday will not be used as a make-up day unless mutually agreed upon by both teams.
 - (2) In the playoffs, Saturdays must be used. If one team will not play, the game is forfeited to the opponent.
- (q) Protest - Each conference is to establish a baseball protest committee. The committee's decision on any properly protested conference baseball game will be final.
- (r) Schedules - Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by January 15.
- (s) Uniformed Police Officer - See 2.5.3(a).
- (t) Filming, Videotaping or Video Streaming - See 2.2.17.

4.2.2 **Playoffs**

- (a) Representatives and Ties in Standings - See 4.1.11.
- (b) Qualifiers - See 4.1.17 (Playoff Berths/Qualification) for selection criteria.
- (c) Reporting Playoff Qualifiers - For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information on the NCHSAA website immediately upon conclusion of the regular season.
 - (1) The information includes overall won-loss record and winning percentage for all conference schools. This must be submitted prior to appropriate deadlines. The overall winning percentage and finish in conference standings will be considered when determining which schools qualify for wild-card berths in playoffs.
 - (2) Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall records of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.
 - (3) Failure to comply with the initial reporting procedure will result in a penalty to the conference.
 - (4) Check NCHSAA website for additional information.
- (d) Seeding - See 4.1.18
- (e) Playoff Brackets - Will be posted on the NCHSAA Website once seeding is complete.
- (f) Schedule

Reporting Deadline:	May 5, (11:59 p.m.)	Third Round	May 14
Seeding	May 6	Fourth Round	May 17
First Round	May 7	Regional	May 21 - 25
Second Round	May 10	State	May 31 - Jun. 1

 - (1) All games are single elimination, with the exception of the regional and state championship series, which are the best two out of three games.
 - (2) Competing teams should contact each other to work out details for their contest.
 - (3) Deadlines are set for completion of each round, but competing schools may play on an earlier date by mutual consent.
- (g) Game Ball - The Wilson A1010 BPRO-NCHS (WTA1010BHS1SST or WTA1010BPRONCHS or WTA1010BPROSST) with Association logo and NFHS-authenticating ball mark is the official baseball for the state championship series.
- (h) Officials
 - (1) For the first two rounds of state playoffs, umpires are to be assigned by the local officials association of the higher seeded team.
 - (2) After the first two rounds, umpires must come from a neutral association or from association mutually agreed upon
 - (3) Four (4) umpires will be used in all Regional Series games.
 - (4) Assignments for regional and state championship games will be made by the NCHSAA office.
- (i) Game Times - On fields with lights, game time will be 7:00 p.m., unless mutually agreed upon to play at 6:00 p.m.