

## PART V: SPORT RULES



### 65. Baseball


65.1 The rules pertaining to baseball are the same as major league baseball and can be found at [http://mlb.mlb.com/mlb/official\\_info/official\\_rules/foreword.jsp](http://mlb.mlb.com/mlb/official_info/official_rules/foreword.jsp)

65.2 Leagues may amend a rule, provided such an amendment is not a substantive change to MIAA rules. However, leagues may wish to change such things as the type of ball, free substitutions, or similar acts to speed the game.

65.3 Batting helmets of the full-protection type must be worn by all players while at bat or on the bases. These helmets of the full-protection type shall have extended ear flaps which cover both ears and the temples. In addition, the helmet must carry the NOCSAE stamp, indicating it meets the NOCSAE standards, and must have an exterior warning label regarding the risk of injury. Batting helmets of this type shall be required of each batter, base runner, on-deck batter and base coach. After an initial warning to a player and the coach by an umpire, failure to adhere to the rule by any subsequent player shall result in that player being removed from the contest (but for that game only). The penalty is to be enforced when the batter is in the box and the pitcher is in contact with the rubber ready to pitch.

Defensive players are permitted to wear face/head protection in the field. If a pitcher or any defensive player wears face/head protection, its outer covering shall have a non-glare surface.

All on-field base coaches (adults and/or players) will be required to wear a protective helmet. The adult protective helmet can be a hard liner shell that fits inside the baseball cap (skull cap), a one flap, two flap or no flap batting helmet.

65.4 Metal bats may be used, but they must meet the safety specifications adopted by the National Federation of State High School Associations (reference  NFHS Rules 1-3-2 through 1-3-5). Click icon for more information.

65.5 A full-crown helmet must be worn by the catcher while behind the plate.

65.6 All catchers during game competition and any player warming up a pitcher at any location shall wear a mask with a throat protector.

**PENALTY:** First violation by a team will result in a warning. Second violation by a team will result in the offending player being removed from the contest.

65.7 Schools may not schedule five (5) inning baseball games.

- 65.8 Mouth guards are recommended for all baseball players while on the field.
- 65.9 Jewelry may not be worn by baseball players during practice or games.
- 65.10 Safety bases are recommended. The Sports Medical Committee recommends a breakaway or impact base.
- I 65.11 The NCAA Force-Play-Slide Rule *and NCAA Collision Rule will be in effect.*
- 65.12 Any coach ejected from an Interscholastic Baseball game will be suspended for the next 2 games. Any player ejected from a game also is ineligible for the next 2 games. (see Rule 49.3)
- 65.13 A Strike Two Program is in force:  
A baseball umpire at any time will voice "strike one" when a warning for inappropriate comment or actions is warranted, and that "strike one" will be recorded in the scorebook. Upon the need for a "strike two" call, an ejection of the coach would occur. Exception: In the case of a flagrant unsportsmanlike infraction and/or physical assault an immediate ejection will occur.
- 65.14 *A regulation game shall be declared, if a team is leading by 15 or more runs after 5 complete innings (or 4 ½ if the home team is ahead). The 15 run rule applies in tournament play, prior to sectional semi-final rounds. This rule is also in effect for all games played during the regular season. Individual leagues are allowed to include a by-law or rule that reduces the number of runs, (less than 15) that places this rule into effect.*

## 66. Basketball

Boys' and girls' high school basketball shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

- I 66.1 Mouth guards are highly recommended for all basketball players while on the court.
- I 66.2 The 30-second shot clock will be utilized at all levels in both boys and girls games.
- 66.3 The ten-second back court count does not apply to girls' games.
- 66.4 All varsity contests shall be played in four, 8 minute quarters. Sub-varsity contests also shall be played in equal quarters of no more than 8 minutes.