



2020-2021

**BASEBALL
PREVIEW**



OFFICIAL BASEBALL OF THE



Southern Section

Academics • Integrity • Athletics



*THERE'S FAST,
THEN THERE'S **VELO** FAST.*

LIGHTER, FASTER, STRONGER.



#VELOFAST





TO: CIF-SS VARSITY BASEBALL COACHES
FROM: RICH SHEARER, ASSISTANT COMMISSIONER
DATE: MARCH 15, 2021
RE: **2021 BASEBALL SEASON**

2021 BASEBALL SEASON PREVIEW

In an effort to assist you with your organizational plans for the upcoming season, we have compiled the attached 2021 Baseball Preview. We hope its overall content will prove informative and serve as a reference point during the course of your daily routine. Hopefully, this preview will answer your questions, if not, do not hesitate to call. Enclosed you will find the following items. Please make sure they are shared with the other members of your coaching staff:

Table of Contents

Baseball Advisory Committee Members	<u>4</u>
Top Ten Information	<u>5</u>
Calendar Dates	<u>6</u>
Approved Sanctioned Events	<u>7</u>
CIFSSHOME.org Requirements	<u>7</u>
Ball Program	<u>9</u>

Rules Section

New NFHS Rules	<u>10</u>
New NOCSAE Requirement Reminder	<u>17</u>
Baseball Guidelines	<u>18</u>
10 Run Rule	<u>23</u>
Accountability Rule	<u>23</u>

Playoff Information	<u>22</u>
CIF State Covid-19 Modifications/CDPH Requirements for all sports	<u>29</u>

CIF-SS BASEBALL ADVISORY COMMITTEE

Over the years, the CIF-SS Office has worked with the concept of establishing committees in all of the 25 sports for boys and girls, and the success of this program is being continued into the 2020/21 school year. The role of the advisory committee, which is comprised of coaches in the respective sport and an administrator from the CIF-SS Office, may or may not include the following:

1. Meetings
2. Recommendations for playoff sites
3. Recommendations for rules and procedural changes
4. Evaluation of sport season
5. Assistance to coaches and/or officials organizations
6. Liaison between coaches and/or officials organizations

We urge that if you have suggestions or questions, make use of this excellent channel of communication and pass the information along to one of the committee members. We will be meeting on a regular basis during the current baseball season and your items will become part of our agenda. Best of luck in your upcoming baseball campaign and if any of the below can be of assistance to you please do not hesitate to contact them personally.

For your reference, members of this year's Baseball Advisory Committee are:

Mark Alves	Fairmont Prep High School
Casey Burrell	West Ranch High School
Burt Call	Villa Park High School
Ricardo Cepeda	Garden Grove High School
Ray Clifton	Baseball Management
Wayne Ellis	Pasadena Poly High School
Scott Fullerton	Moorpark High School
Steve Gewecke	Alhambra High School
Mike Gonzales	El Toro High School
Jess Gonzalez	Downey High School
Jack Haney	Crean Lutheran High School
Joe Hoggatt	Bishop Amat High School
Brad Hungerford	Baseball Management
Aaron Kavanaugh	Quartz Hill High School
Brett Kay	JSerra High School
Samuel Lopez	Summit High School
Jesse Mendez	Pomona High School
Casey Morales	St. Paul High School
Darren Murphy	South Hills High School
Iran Novick	Foothill High School/CBCA
Matt Nuez	Los Alamitos High School
Spud O'Neil	Lakewood High School
Gerardo Perez	Gahr High School
Glenn Prater	Woodcrest Christian High School
Darol Salazar	Palm Desert High School
Mike Sarafian	Pilgrim High School
Ron Savage	Tahquitz High School
Matt Shupper	Maranatha High School
Jeff Stogel	The Webb School
Alfred Tarazon	
Phil Torres	Crescenta Valley High School
John Weber	Cypress High School
Rick Weber	Viewpoint High School
Jason Whittle	Beaumont High School
Jimmy Zurn	La Mirada High School



TO: CIF-SS BASEBALL COACHES
FROM: RICH SHEARER, ASSISTANT COMMISSIONER
RE: **2021 BASEBALL TOP TEN POLL**
DATE: March 15, 2021

Listed below are the members of the CIF-SS Baseball Coaches Advisory Committee responsible for notifying the CIF-SS office of the weekly Top Ten Poll. Although these polls help create interest, they will also be used for playoff seeding. Therefore, it is very important for coaches to contact their respective advisory committee member on a weekly basis. It is understood that this is a coach's poll and that no students or parents are involved with it. The CIF-SS office will send the coach's poll as part of our media mailing.

DIVISION COORDINATORS:

Division 1	Casey Burrill West Ranch HS	(661) 755-2303	cburrill@hartdistrict.org
Division 2	Matt Shupper Maranatha HS	(626) 817-4060 (S) (C)	m_shupper@mhs-hs.org
Division 3	Ron Savage Tahquitz HS	(909) 455-6139 (C)	rsavage@hemetUSD.org
Division 4	Jess Gonzalez Downey HS	(562) 754-0160	jgonzalez@dusd.net
Division 5	Jesse Mendez Pomona HS	(626) 430-8443	Californiadiamonds@yahoo.com
Division 6	Ricardo Cepeda Garden Grove HS	(714) 318-7017-0342	rcepeda@ggusd.us
Division 7	Mike Sarafian Pilgrim HS	(213) 385-7351, X 7287 (S) (909) 851-6306 (C) (909) 949-9821 (H)	msarafian@pilgrim-school.org
CBCA	Iran Novick	(714) 225-4495 (C) (714) 779-7520 (H)	inovick@aol.com

It is important that coaches call or email their results to the committee members named above on the (Sundays).

Note: Call scores in to your local newspapers and enter them into www.cifsshome.org www.scorebooklive.com and www.maxpreps.com immediately following the game. If you do not know how to find your local newspaper you can connect here: <https://cifss.org/media/media-manual-directory/>

2021 BASEBALL PLAYOFF DATES AND SITES

Listed below are the approved post-season playoff dates and sites for the 2021 baseball season in the CIF Southern Section.

WILD CARD ROUND - Designated home sites

TBD

FIRST ROUND - Designated home sites

TBD

SECOND ROUND - Designated home sites

TBD

QUARTERFINALS - Designated home sites

TBD

SEMIFINALS – Designated home sites

TBD

FINALS

TBD

SCRIMMAGE DATE - SATURDAY, MARCH 19, 2021

FIRST CONTEST - SATURDAY, MARCH 19, 2021

LAST CONTEST - FRIDAY, MAY 28, 2021

By action of the Southern Section Council, all league entries must be in the Southern Section Office by 11:00 p.m., Friday, May 28, 2021.

APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website (www.cifss.org) for the latest Sanctioned Events, as events are updated daily.

Sanctioned Events download directions:

click on GOVERNANCE TAB,
click on SANCTIONED EVENTS,
select BASEBALL,
click Search

This page will display the most up to date information on
Baseball Approved
Sanctioned Events

CIFSSHOME REQUIREMENTS

SCHEDULES & SCORES Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest

Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHome (www.cifsshome.org) as well as update the scores immediately following your contests.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:

-On the left panel, click on "Teams", select "Baseball"

-To **Add a game**, click "Add Game" at the top right and fill out all of the required fields which are marked by a red (*) to complete your schedule.

-To **Submit your score**, click on the "Teams", select "Baseball" Scroll through your schedule and click on the green "Post Result" button.

-Make sure that your overall and team records are correct on your team page.

Check out the Help video under the Help button on the bottom left, "Be CIF Prepared!"

VARSITY TEAM INFORMATION (ROSTER) DUE no later than Monday, May 24, 2021

Attention Athletic Directors/Coaches: It is very important that you enter your entire Baseball Varsity roster into CIFSSHome (www.cifsshome.org) no later than **Monday May 24, 2021.**

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-On the left panel, Click on the "**Teams**" tab, select "Baseball"

-Here are the instructions for using the sample file.

- Download the sample file **and** delete the "contents only". Copy and paste or type your roster information into the file as the contents and save the file to your computer. You can only upload an excel file (xls) that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.

Required Columns for Baseball are: First Name, Last Name, Birth date, Year, Number, Position, Height, Bats, Throws & Eligibility.

- Next - click Choose File, find your file, then click "Import Student".

- To confirm your roster has been uploaded, your roster will be uploaded in the roster section and all of the required columns are filled out.

Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Baseball coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org) no later than **Monday, May 24 2021**

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

- Click on the “Teams” tab on the left navigation bar. Click on the corresponding varsity team (Baseball).

- Click on “Add/Edit Coaches”, select the information to add both your HEAD & ASSISTANT coaches

Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”

VARSITY TEAM PHOTO DUE no later than FRIDAY, June 4, 2021

Attention Athletic Directors/Coaches: It is very important that your Baseball Varsity Team Photo is uploaded to CIFSSHome (www.cifsshome.org) no later than FRIDAY, June 4, 2021.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).
on Home Campus

- On the left panel, click “Teams” tab on the left navigation bar. Click on the corresponding varsity team (Baseball).

- Under Team Picture, click Add/Edit picture, click Browse, find your file and click “Upload Picture” – Team Photo can be no larger than 672 pixels x 480 pixels (7”x5”)

Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”

AT LARGE APPLICATION – MUST HAVE .500 RECORD OR BETTER

Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for Baseball. The At Large Application is to be submitted by your school no later than Friday, May 28, 2021 @ 11:00 p.m.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

- On the left panel, click on At Large Petition

- Select “Baseball” then click “Add”

Please be sure that your Schedule is updated in CIFSSHome as this is where the information for the At Large Petition will be created.

Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”



OFFICIAL BALL PROGRAM – MANDATORY USE IN PLAYOFFS 2019-2020

Official Ball per sport:

- Baseball: **Rawlings CIF-SS** Must be CIFSS stamped ball; not an alternative Rawlings ball
 Rawlings RCIF-SS Must be CIFSS stamped ball; not an alternative Rawlings ball
- Boys Basketball: **Spalding TF1000 NFHS Classic NFHS**
 Spalding TF1000 Legacy NFHS
 Spalding TF-1000 Platinum ZK NFHS 29.5 *(Used in the CIF-SS Championship game)*
- Girls Basketball: **Spalding TF1000 NFHS Classic 28.5 NFHS**
 Spalding TF1000 Legacy 28.5 NFHS
 Spalding TF-1000 Platinum ZK NFHS 28.5 *(Used in the CIF-SS Championship game)*
- Football: **Spalding ball with NFHS** any Spalding model with NFHS stamp
 Spalding Alpha ball with NFHS *(Used in the CIF-SS Championship game)*
- Soccer: **Spalding TF-SC5 NFHS** for both boys and girls use.
 Spalding TF-SC3 NFHS for both boys and girls use.
 Spalding TF5000 NFHS for both boys and girls use.
- Softball: **Dudley CFP12Y NFHS** *(Used in the CIF-SS Championship game)*
- Tennis: **Penn ATP World Tour** *(Used in the CIF-SS Championship game)*
 Pro Penn Marathon
- Volleyball: **Spalding with NFHS stamp: TF-VB5, TF-VB3**
- Boys Water Polo: **KAP7 model 105 with NFHS stamp** *(Used in the CIF-SS Championship game)*
- Girls Water Polo: **KAP7 model 104 with NFHS stamp** *(Used in the CIF-SS Championship game)*

All playoff ball adoptions agreements with the CIF Southern Section now run through June 30, 2021

Mandatory Playoff Use Requirement:

The mandatory “official” ball rule for all playoff rounds, excluding golf. The rule applies throughout the conduct of **all** CIF-SS **playoff** contests.

Playoff Ball Use Rule Enforcement:

Should a school fail to provide the correct game ball, the game will always be played. Teams/schools failing to utilize the correct official ball in CIF-SS playoffs will be reported by officials to CIF-SS and will not be allowed to host their next available home playoff game. Penalty will carry over to the next season if not enforceable this season due to elimination.

Note: NFHS stamp is required in all sports except in golf and tennis.

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



Baseball Rules Changes – 2020/2021

3-1-4: Designated Hitter (DH) can be used in two ways. The DH can be listed as the tenth starter replacing one of the other nine players when it is their turn to bat. The other method is that any one of the starting defensive players can be their own DH (in effect having two positions) within the confines of the rule requirements.

Rationale: This rule change assists coaches with an alternative to keep their better players in the game to contribute to the offensive output of the team and give another player a chance to participate on defense. In addition, considering the pitch count rules, this change would help pitchers to keep their bat in the game, but can come out of the game defensively to protect their arms from overuse.

2020 BASEBALL EDITORIAL CHANGES

1-3-2b1, 3-1-1, 4-1-3b, 4-2-4, 5-1-1f5, 7-4-1, 8-3-3c, Dead Ball and Delayed Dead Ball Table, Baserunning Awards Table and Rules by State Association Adoption

2020 BASEBALL POINTS OF EMPHASIS

1. Game Ending Procedures
2. Player/Designated Hitter
3. Proper Pitching Positions
4. Force Play Slide Rule
5. Enforcement of NFHS Jewelry Rule
6. Compliance of Player's Equipment



NEWS RELEASE

Expanded Designated Hitter Role Coming to High School Baseball

FOR IMMEDIATE RELEASE

Contact: Elliot Hopkins

INDIANAPOLIS, IN (May 4, 2021) — The role of the designated hitter in high school baseball has been expanded to give coaches an additional option for the 2020 season.

The revision to Rule 3-1-4 was the only change recommended by the National Federation of State High School Associations (NFHS) Baseball Rules Committee at its June 2-4 meeting in Indianapolis. The change was subsequently approved by the NFHS Board of Directors.

“The game is in the best shape it has ever been in the history of high school baseball,” said Elliot Hopkins, NFHS director of sports and student services and liaison to the NFHS Baseball Rules Committee. “This has allowed coaches to coach, players to play and umpires to umpire. This change, which was organic and intuitive, expands the role of the designated hitter and meets the desires of the high school baseball community.”

There are now two scenarios in which a designated hitter may be used.

The first scenario is the traditional use where the designated hitter may be a 10th starter who hits for any one of the nine starting defensive players. The team begins the game with 10 starters: nine defensive players and nine hitters in the batting order, one of whom is the designated hitter hitting for a defensive player.

“The traditional designated hitter role remains intact,” Hopkins said. “However, the committee felt it was necessary to make an additional option available to coaches that could be strategic but also maximize participation.”

The change to Rule 3-1-4 now allows the starting designated hitter to also be a starting defensive player. Utilizing this option, the player has two positions: defensive player and designated hitter. The team would begin the game with nine starters -- nine defensive

players -- one of whom also assumes the role of the designated hitter.

“With the change adding pitch-count restrictions to high school baseball, this will allow pitchers to remain in the game as a hitter while removing them from pitching,” Hopkins said. “Typically, pitchers are stronger hitters as well. However, the intent of the rule is not for it to become strictly a pitcher-designated hitter role. The rule provides additional avenues for other position players as well. The change allows coaches to strategize how to keep players in the game to contribute offensively while allowing another player a chance to participate on defense.”

Additionally, a prior rules change involving baseballs and chest and body protectors will take effect on January 1, 2020. As of that date, all baseballs and chest and body protectors used in high school baseball competition shall meet the NOCSAE (National Operating Committee on Standards for Athletic Equipment) standard at the time of manufacture.

According to the 2017-18 NFHS High School Athletics Participation Survey, there are 487,097 boys participating in baseball at 16,196 schools across the country, and 1,762 girls playing the sport in 317 schools.

All baseball rules information will be available on the NFHS website at www.nfhs.org. Click on “Activities & Sports” at the top of the home page and select “Baseball.”

Memorandum

DATE: January, 2021
TO: CIF Coaches
CIF Umpires
COPY: Chris Fahey
Section Commissioners
FROM: Ken Allan,
California State Baseball Rules Interpreter
Former Member, NFHS Rules Committee
RE: 2021 Rule Interpretations, Points of Emphasis

The following information is provided to commissioners, coaches and umpires in an effort to provide consistency in rule enforcement and game management. Any questions should be directed to Ken Allan at: kensport101@earthlink.net. (909 861-7767)

NO NEW RULES FOR 2021

There are no rules or points of emphasis changes for 2021. The National Federation is not publishing rule books or case books for 2021. Please use the rule books you have for 2020. Prior to some highlights from past memos, here is an important announcement from the CIF:

There are some states that do not allow student-athletes to compete while wearing religious headwear. Please be advised that the CIF DOES ALLOW the use of religious headwear. Instructional chairmen are asked to please remind their local unit that the CIF does not require a letter from the State or Section and that the CIF does not request the athlete to remove the headwear.

COVID-19 MODIFICATION FOR UMPIRES

- No line-up card exchanges.
- Observe social distance requirements when communicating with coaches, players and other umpires.
- Face coverings are required at all times.
- Carry hand sanitizer and use frequently.

SEE COMPLETE LIST OF COVID-19 MODIFICATIONS FOR BASEBALL AT THE CIF STATE WEBSITE: cifstate.org

ITEMS FOR REVIEW

6-1-3

Previously, 6-1-3 provided that a pitcher's entire pivot foot be parallel and in contact with the pitcher's plate. The 2020 change eliminated the requirement for the entire pivot foot to be in contact with the pitcher's plate. Please note, however, that a pitcher still cannot pitch off the end of the pitcher's plate.

1-3-1

The revised NFHS effective date for baseballs to meet the NOCSAE performance standard has arrived. January 1, 2021)

3-1-4

Despite predictions of doom and gloom over the new DH/Pitcher rule, there were very few state-wide reports of confusion or misapplication of the rule. From the information I received, the overwhelming majority of DH/Pitcher situations were straight-forward and without complication

OFFICIALS SIGNALS

Created a signal for a 3-or 4 person crew to indicate to their partners where they are rotating to a specific base for coverage of an anticipated play. Umpires are also expected to communicate rotations in a two man crew.

Comment: This is especially important in that most high school umpires rarely work with 3 or 4 man crews. Signaling rotations to each other will help ensure all crew members are on the same page with rotations.

OFFICIALS SIGNALS

The NFHS created a signal for an umpire to alert his partner of relevant information. The number one job of an umpire is to get the call right. The days of “dying” with a call are long past. **Comment:** Rule 10-4 states that no umpire shall criticize or interfere with another umpire’s decision unless asked by the one making it. The purpose of this addition is to alert a calling umpire of information he may not have to arrive at the correct call. An example would be a catcher momentarily losing possession of the ball on a tag play at the plate. The plate umpire, blocked on the play, erroneously calls the runner out. This signal alerts the calling umpire that his partner has additional information. The calling umpire should then consult with his partner. Umpires are strongly urged to use this mechanic as a means to achieve the correct call. Umpires are reminded to go to the calling umpire immediately if there may be a misapplication of a rule. (Item 1-13 Umpire Manual.)

FACE GUARDS--Face guards may now be legal due to some manufacturers producing NOCSAE approved helmets that are being tested with the face guard (like the c-flap). Please see rule book 1-5-2 (p 14) and case book play 1.5.2 (p 11). When an umpire asks coaches at the pregame meeting if their players are properly equipped, this includes NOCSE approved helmets and attachments, if applicable.

NATIONAL ANTHEM STANDOFF---This item is specifically addressed in the NFHS rule book. Not only is this considered an act of unsportsmanlike behavior, (3-3-1-f) but it is also disrespectful. Teams are expected to return to their dugouts without delay following the National Anthem. Coaches are the closest role models to these students and are held accountable for the behavior of their players as they represent their players and community. Umpires are instructed to request that the offending team immediately return to its dugout. Failure to do so will result in the head coach receiving a written warning and being restricted to the dugout for the remainder of the game. This item has the support of the CIF.

TAKING A KNEE DURING THE NATIONAL ANTHEM—Questions have been asked about what umpires should do in the event a player or players take a knee during the National Anthem. The answer is nothing. While some may claim this is unsportsmanlike, there are other issues involved such as freedom of

speech, etc. To repeat, umpires are to take no action in the event of a player or players kneeling during the National Anthem.

BENCH JOCKEYING, CELEBRATIONS AND NEGATIVE COMMENTS BETWEEN OPPONENTS—The purpose of interscholastic sports is educational. Chants/intentional distractions/loud noises (natural or artificial) directed at the opponent's pitcher prior to his pitching, or the batter getting ready to hit, or a fielder getting ready to make a play, is not good sportsmanship. Unsportsmanlike behavior will not be tolerated in interscholastic baseball. Umpires and coaches need to work together for the benefit of the students they officiate and teach. Coaches and umpires must not lose sight of the fact positive values that are learned on the baseball diamond will serve the young people long after their high school careers have ended.

ENFORCEMENT OF THE NFHS JEWELRY RULE---Items that are attached except medical appliances/devices are considered to be jewelry. The cause for the restriction of jewelry is primarily for risk minimization for the wearer and opponent. Obviously, if a physician has provided documentation support of a particular piercing, the local state association has the latitude (with proper justification) to make a special accommodation for the player. Umpires are asked to be more vigilant in the enforcement of this rule.

COMPLIANCE OF PLAYER'S EQUIPMENT—A NOCSAE stamped baseball is required for the 2021 season. A reminder, that under CIF rules, a game cannot be played with baseballs that lack the NFHS Authenticating Mark. When a coach is asked to verify that his players are properly equipped in accordance with NFHS rules, the coach shall also verify that the participants are using only legal equipment, including bats that are unaltered from the manufacture's original design.

REMINDERS WHICH ARE HELPFUL TO COACHES AND UMPIRES IN GAME ADMINISTRATION

These items have appeared in the past and are repeated as an aid to proper game management and pace of play.

FOUL BALLS—We are getting better at this. In order to keep games moving more smoothly, it is strongly recommended that any ball retrieved by the on-deck hitter, or a long foul ball on the visitor's side of the field, be rolled to the home dugout as soon as possible. If you are the visiting team and your on-deck batter retrieves a ball at the backstop, please have him roll it to the home dugout rather than taking it with him back to the on-deck circle. Doing this will allow the umpires to replenish baseballs from one source. This is even more critical in high school games in that the home team is only required to provide three baseballs. Let's continue to give this a good effort as it is a big help in keeping the game moving. Umpires are asked to remind coaches of this at the pregame meeting.

LINE UP CARDS—Please do not separate lineup cards. Just hand everything to the plate umpire. It is acceptable to provide a copy of the lineup card to the opposing team scorekeeper before the pregame meeting at home plate. Umpires are instructed to take the home lineup card first, then the visiting lineup card before inspecting either of the lineup cards.

LINEUP CARDS II—If you are using a designated hitter, please list the DH either directly below or directly across from the player for whom he is hitting. Please do not list the DH at the bottom of the lineup card, unless of course, he is batting for the player ninth in the order.

PREGAME MEETING—It has been noted that during the pregame meeting at home plate, members of the visiting team have often been observed outside their dugout warming up with bats. Rule 2-10-2

provides that BOTH teams must remain in the dugout during the pregame meeting. Please remind your teams.

LEAVING THE DUGOUT DURING A LIVE BALL—Coaches are doing a much better job in helping umpires enforce this rule. Players who leave the dugout to congratulate a scoring runner during a live ball will receive a team warning. Any following violators are subject to ejection. Coaches are also asked to remain in the dugout as provided by rule. Coaches may leave a dugout to position defensive players, but must return immediately to the confines of the dugout. (See POE above.)

UMPIRE AUTHORITY AND ENFORCEMENT—The NFHS, again, wants to emphasize the importance of cooperation between coaches and umpires. Contrary to the opinion of some, umpires are not the enemy. The sole purpose of umpires is to administer the game and keep the game under control. To help achieve that end, coaches need to cooperate with umpires and comply with umpire requests. It is understandable that coaches will sometimes have issues with various developments during the game. However, coaches and umpires are expected to act in a professional manner. Once a coach has received an explanation of his question, the coach needs to return to the coaching box or dugout in a timely manner. Coaches who fail to comply with an umpire's request, such as remaining outside the dugout during a live ball, exaggerating the time for offensive and/or defensive conferences, gamesmanship and challenging the umpire's authority, cannot be tolerated in education-based athletics. Coaches must understand they are setting the sportsmanship example for their team. Everyone benefits when it is a positive example. By the same token, umpires are also expected to act in a professional manner and are expected to be a calming influence in heated situations. If a coach believes an umpire has acted unprofessionally, he should forward that information to the area liaison.

COACHING ATTIRE—Umpires are expected to enforce this rule. This is usually an issue in lower level games. As per rule 3-2-1, coaches must be in the uniform of their team. As a guideline, the following is acceptable: Baseball shoes, baseball pants, a jersey top similar to what the team is wearing, either a tee shirt with a team logo, wind shirt with a team logo, a jacket and a baseball cap. The following is NOT acceptable at ANY level: Coaches who are wearing shorts, or other non-baseball attire such as, but not limited to, sweatpants, jeans, tennis shoes or sandals. These items are not permissible. The penalty for non-compliance is that the coach is restricted to the dugout. If the team's only coach is in non-compliance, he will be allowed on the field to participate in the pre-game meeting at home plate. He will also be allowed on the field to attend to an injured player. Otherwise, he must remain in the dugout.

NOCSAE Standards Reminders for Baseball

High School Baseball Rules Changes Focus on Player Safety

April 24, 2018

(Effective January 1, 2019) Revised effective January 1, 2020 as reflected in Section Below, all balls used in high school baseball competition shall meet the NOCSAE (National Operating Committee on Standards for Athletic Equipment) standard at the time of manufacture.

This revision in Rule 1-3-1 was one of the four changes recommended by the National Federation of State High School Associations (NFHS) Baseball Rules Committee at its June 4-6 meeting in Indianapolis. All changes were subsequently approved by the NFHS Board of Directors.

“We are excited that our membership will now have equipment that meets a standard that is consistent across the country,” said Elliot Hopkins, NFHS director of sports and student services and staff liaison for baseball. “We are comfortable knowing that all baseballs for high school play will be the same size, same weight and have similar playability.”

The committee also revised Rule 1-5-3, which will require the catcher to wear a chest protector that meets the NOCSAE standard at the time of manufacture, effective **January 1, 2020**. The NOCSAE standard has been developed to protect the heart and the cardiac silhouette from commotio cordis, which continues the committee’s focus on minimizing risk of injury for players.

“Being aware that a standard exists to protect players, this decision was easy to make,” Hopkins said. “When our catchers wear this chest protector, we are confident that the best protection for their heart is constructed into this equipment.”

Modified That Baseballs Meet a NOCSAE Standard

January 1, 2020 (1-3-1)

To maintain a consistent and uniformed standard for high school competition, every baseball manufactured should meet the same level of quality and playability. However, due to the number of baseballs that some high schools have in their inventory, the implementation date was moved back to accommodate that surplus. The effective date is **January 1, 2020**.

CIF SOUTHERN SECTION BASEBALL GUIDELINES

Following are key points of emphasis baseball coaches should review with their staffs and players in reference to CIF Southern Section rules and regulations as set down in the Blue Book. This list is NOT all-inclusive but only highlights some key areas.

1500. PITCHING LIMITATION RULE – 30 OUTS

Sections shall adopt the following baseball pitching limitation rule: 30 outs and/or three (3) appearances in a calendar week through the season.

- A. The calendar week begins on Monday.
- B. Innings pitched in a no game (i.e., rainout, power failure, etc.) shall count toward the total.
- C. If the 30th out involves a double or triple play, the team will not be penalized.
- D. An appearance is defined as a pitcher pitching at least one (1) pitch. If a pitcher is removed from the mound to another position or to the dugout and later returns to pitch in the same game, the pitcher will be charged with a second appearance.
- E. Any violation constitutes a forfeit of the contest.

1501. PITCHING LIMITATION RULE – PITCH COUNT

In addition to 1500 above, Sections shall adopt the following baseball pitching limitation rule with respect to pitch count and required days of rest:

Pitch count limits and required rest:

Level	Maximum Contest Pitch Limit	0 Days Rest Required	1 Day Rest Required	2 Days Rest Required	3 Days Rest Required
Varsity	110 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches
Freshman; F/S; JV	90 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches

- A. A pitcher may finish the current batter if the Maximum Contest Pitch Limit is reached during that at-bat.
- B. Pitches thrown and appearances made in a no game (i.e., rainout, power failure, etc.) shall count toward the totals.
- C. At the end of each half inning, the head coaches will confirm and both team books will record the pitch count for all pitchers who threw a pitch in that half inning. In the case of a discrepancy, the home book is considered the official book.
- D. Each school must keep a record of all pitches thrown by each of their players in each game and make this available to their respective Section Office upon request.
- E. Any violation constitutes a forfeit of the contest.

Questions & Answers:

Q: If a pitch count mechanism is used that is visible to both teams, do the coaches still need to confirm the pitch count every half inning?

A: No. If the mechanism (i.e. scoreboard add-on, flip chart behind home plate, etc.) can be seen by both teams, the coaches may use that as verification of the pitch count.

Q: How is a day of rest defined?

A: A day of rest is defined as a calendar day. For example, if a pitcher throws 76 or more pitches in a Monday game thus requiring three-days rest before being allowed to pitch again, those days of rest would be Tuesday, Wednesday and Thursday allowing that pitcher to pitch again on Friday.

Q: If a pitcher exceeds the maximum number of allowable pitches with respect to the required days of rest while finishing a batter, how are the required number of rest days calculated?

A: The required days of rest is determined by the actual number of pitches thrown. For example, if a pitcher starts a batter with 48 pitches, finishes the batter with 53 pitches and is then removed from the game, that pitcher would be required to rest for two days before making another appearance.

Q: What, if any role, do the umpires play in the confirmation and recording of the pitch count after each half inning?

A: The umpires are asked to ensure that the teams are exchanging the required information, but the actual recording of the pitch count is up to the head coach from each school.

Q: If an intentional walk is issued to the batter and no pitches are delivered to home plate, are those pitches counted towards the pitcher's total number?

A: No. Those pitches would not count towards the pitcher's total number

Q: In the case of balk, when does a pitch count towards the pitcher's total number?

A: A pitch would only count if the ball is delivered to the batter.

Q: If a batter is awarded timeout by the umpire but the pitcher still delivers the ball to the batter, does that pitch count towards the pitcher's total number?

A: No. That pitch would not count towards the pitcher's total number.

Q: Does the Pitch Count reset each Monday like the 30 Out Rule?

A: No. While the 30 Out Rule will reset each Monday, the Pitch Count Rule will not. For example, if a pitcher throws 76+ pitches in a game on Saturday, they would have to rest on Sunday, Monday and Tuesday before being eligible to pitch again on Wednesday.

Q: May the same pitcher appear in two different games on the same day?

A: Yes. However, they may only do so if they threw 30 pitches or less in the first game and are not required to rest. Also, they may not throw more than 110 pitches total for the day.

Q: What is the protest protocol for a possible violation of the pitch count Bylaw?

A: A school wishing to protest should follow the normal protocol of immediately informing the umpire that it is playing the game under protest. The contest will continue and the protest will be forwarded to the local league and/or CIF Section Office for review depending on the protocols in place for handling protocols in that Section.

Q: Does the above protocol preclude the Section from assessing a forfeiture for a violation of the pitch count Bylaw that is brought to them after the competition of the contest?

A; No. The above protocol simply outlines how a dispute is to be handled during a contest.

Q: Do pitches thrown and appearances made in an incomplete inning during a suspended game count towards the totals?

A; Yes.

1502. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball and water polo.

(Revised to include lacrosse November 2000 Federated Council)

All Baseballs must meet the current NOCSAE standard for baseballs at the time of manufacture and is required on balls that will be used in high school competition. (Effective January 1, 2020) The SEI/NOCSAE mark is required on all baseballs that meet the NOCSAE standard. The NFHS Authenticating Mark is required on all balls that will be used in high school competition. The CIFSS mark is required on all balls used for CIF playoff competition.

Mandatory Playoff Baseball

During the 2021 CIF Southern Section Baseball Playoffs, the Rawlings CIF-SS baseball will be the mandatory baseball for all playoff games. The home team will be responsible for supplying the required baseball for all playoff contests, beginning with the wild-card games and in each round to follow. The CIF Southern Section will supply all baseballs for the Championship Finals.

Any school found to be out of compliance with the mandatory use policy will be sanctioned in the following manner:

- **Following the CIF-SS office receipt of a non-compliance report, the offending school will lose its next opportunity to host a playoff game.**
- **For purposes of calculating future home game opportunities during the playoff season, any game for which a team is sanctioned will count toward its total of home games played.**
- **Should a sanctioned school not have the opportunity to host a playoff contest (eliminated from playoffs), the penalty shall be carried over to next year's playoff season.**

Rule 1503 PROTECTIVE EQUIPMENT

It is required that adult base coaches wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards. NOTE: NFHS rules govern use of protective equipment by a player/student. (Approved January 2015 Federated Council)

As per NFHS rules, players occupying coaches boxes must wear a NOCSAE approved helmet. (Double ear flaps) Adult coaches are not required to wear a NOCSAE approved helmet, but they must wear a protective helmet. This rule applies to any team playing in the state of California.

The plate umpire shall not put the ball in play to begin a new half inning until he is sure all base coaches are properly equipped. An adult coach who does not wish to be in compliance must remain in the dugout.

Rule 1505 TOURNAMENTS

A team may not be entered in more than three tournaments.

- 1504.1 For each tournament, a team will be charged two games toward the allowable maximum number of contests.

QUESTION:	Can a school enter two teams in the same tournament at the same level (i.e. varsity "A" and varsity "B")?
ANSWER:	If a school chooses to split a single team into two teams in the same tournament at the same level they will be charged one allotted tournament for each team entered. If a school enters a varsity "A" and a varsity "B" team, they will be charged for two (2) of the allowable three (3) tournaments for the season.

1505.2 All tournaments, regardless of the number of teams participating, are allowed a maximum of 5 games while still counting as 2 of your allowable contests.

- 1505.3 Tournament managers are responsible for notifying participating schools of the number of games and/or teams participating in the tournament.

NOTE: Two contests could be played in the SAME TOURNAMENT only, but not two games in two different tournaments (see Bylaw 1511).

OUTSIDE COMPETITION (IN-SEASON) (BYLAW 600 IS SUSPENDED FOR 2021)

Under Bylaw 600. A member of a high school baseball team may NOT, during his or her season of sport, compete for an outside team in the sport of baseball. A season of sport is defined as that period which begins with a student's first interscholastic competition (non-league, tournament or league game) and ends with that student's last interscholastic contest (non-league, tournament, league or CIF-SS playoff game).

LEVEL OF COMPETITION

No student shall participate in more than one level of competition in the same sport in the same day.

DUGOUT

UNDER NO CIRCUMSTANCES WILL COACHES BE ALLOWED TO SIT ON CHAIRS OR BUCKETS OUTSIDE THE DUGOUTS IN LIVE BALL TERRITORY.

SOFTBALL RULING

The sport of baseball is considered to be separate and distinct from the sport of softball, and competition by a school baseball player on an outside softball team during the individual's baseball season IS PERMISSIBLE. Slow-pitch is considered to be softball.

TIE GAMES

A regulation called game with a tie score shall be counted as 1/2 game won and 1/2 game lost for each team. This rule will apply to all contests and leagues MAY NOT WAIVE THIS RULE.

SPORTSMANSHIP

There has been a great deal of concern about security for officials. It is strongly suggested that the home team have a representative to escort the officials to the playing field and back to your locker room and/or their car at the end of the contest. A responsible adult who can guarantee the security of the official should do this task.

PLAYER CONDUCT

Any player ejected for any reason, or any player who leaves the confines of the bench or team area during a fight that may break out or has broken out, shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two-contest suspension and a third ejection will cause suspension for the remainder of the season. A player who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

NOTE: Rule 1521

Any player whose conduct merits ejection from a game by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. After the suspension from play, the student may only return after certification by school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team.

Any player who leaves the confines of the bench or team area during a fight that has broken out or may break out will be ineligible for the team's next contest. After the suspension from play, the student may return only after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team.

QUESTION: What is meant by attendance at a contest?

ANSWER: Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. Students ejected from a game in progress should remain under supervision of school staff. The intent of this rule is that the ejected person is not in attendance at the contest.

COACH EJECTION

Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two-contest suspension and a third ejection will cause suspension for the remainder of the season. A coach who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

As a final comment, it is important to remember that players, coaches, officials, and spectators are involved in the same contest. It is in our best interest to work together to provide a positive experience for all those involved. Positive relationships between coaches and officials can only enhance this experience, and it is hoped that all those involved make every effort possible to work in a positive manner with each other.

PLAYOFFS

The 2021 Baseball Playoffs will be conducted in seven divisions, with each division made up of various schools.

All 4-team leagues will be guaranteed two entries into the playoffs, all 5-6 team leagues will be guaranteed three entries into the playoffs and all 7-8 team leagues will be guaranteed four entries into the playoffs. 9 or more team leagues are guaranteed 5 entries into the playoffs. Under the playoff format in all sports, leagues have the responsibility of developing and identifying the priority for their representatives into the playoffs as so noted under Article 330 (Playoffs) of the CIF Southern Section Blue Book. Please note that leagues may not conduct additional contests beyond the prescribed limits unless said contests are to determine ENTRY and not representative priority (leagues must have this as part of their constitution and must secure permission from the CIF-SS office before conducting such playoffs for entry).

Rule 3314.1

In all team sports other than basketball and wrestling, additional entries beyond a league's guaranteed number of entries will only be permitted to enter the playoffs to fill any byes which exist in the opening round. Wildcard contests will be situations where the number of teams that are guaranteed entries from their leagues necessitate that additional contests be played to reduce the number of teams entered to the required number of the original draw. (For example, when there are 37 teams entered as guaranteed entries from their leagues into a particular playoff draw, there must be 5 wildcard contests played to reduce the number of teams from 37 to 32, the required number of the original draw.) At-large teams, teams meeting the at-large criteria (.500 or better overall record), can only be accepted into the playoffs if there are openings in the original draw after all of the league's guaranteed entries are submitted. (For example, where there are 30 teams entered as guaranteed entries from their leagues into a 32-team draw, there would be 2 byes in the bracket and those byes could be filled by teams who were not guaranteed entries from their leagues who submitted at-large application forms for that particular sport and have an overall record of .500 or better in all games played during the regular season.)

In any playoff grouping other than basketball, at-large selections will be considered from the next place beyond the guarantee that are .500 or better. After all those schools have been taken and there are still positions available, the next place teams that are .500 or better will then be considered. An example would be in football, some divisions allow two (2) entries per league. All 3rd place teams would be taken before any 4th place teams would be considered. (A tie will count as half a win and half a loss for a .500 record or better.) For specific information on the at-large selection process, see the respective Playoff Bulletin for each particular sport.

Rule 3317 WILD CARD TEAMS

Where the number of teams exceeds the number of openings in the draw, the Commissioner may order a special playoff contest ("Wild Card System") to determine the draw for the playoffs. Insofar as host team designation in the regular playoff draw, this "Wild Card Contest" will have no bearing when such a procedure is used. The Commissioner, or his representative, will draw the contending 4th, 3rd team representatives (and 2nd team representatives if required by the number of teams in a division in the draw) or free lance teams by lot and conduct a coin flip between same for the purpose of designating the host team in such a "Wild Card" contest. For all enrollment based playoffs, please refer to specific sport bulletins.

FREE LANCE

All freelance schools are reminded that in order to be considered for post-season competition, the CIF-SS office prior to the start of the season must evaluate their schedule. This can be done by mailing a copy of the schedule along with a request to the CIF-SS office. (See Rule 3210.)

RULE 514 - TOBACCO PRODUCTS PROHIBITED

The use of tobacco products in conjunction with any CIF Southern Section athletic contest is prohibited. That is to include all those involved in the contest including players, coaches, and officials.

RULE 1510.1 - SUMMERTIME RULES

With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students, or entering them in summer baseball competition, provided approval is received from the school principal.

MEDIA COVERAGE

National Federation Rule 1-2-8 states, "Media shall be prohibited from being in live-ball area. If a designated media area is to be used, it shall be established before the game begins. The home team or game management shall designate a lined area for the media, which shall be considered dead-ball area."

TEN-RUN RULE

National Federation Rule 4-2-2 states that the 10-run rule is optional, not mandatory. If a league wishes to adopt the 10-run rule for their league games they can do so, but every league contest must be played under that rule. Tournaments may adopt it as well, but only if it is part of the tournament rules. Finally, the ten-run rule can be utilized in non-league contests, only if it is agreed upon by both schools, prior to the start of the contest. **All C.I.F. playoff games will be played without the 10-run rule.** If the 10-run rule is adopted by a league, tournament or utilized in a non-league contest, it shall be implemented as follows, "At the end of 5 innings, or 4 ½ innings with the home team ahead, if a team is ahead by 10 runs or more the game will be over."

ACCOUNTABILITY RULE

The following is an excerpt from the article which appeared in the "Commissioner's Corner" in the CIF-SS January/February, 1982 Bulletin. We hope it will prove helpful to coaches in understanding the ACCOUNTABILITY RULE:

Without question, the most serious breach within the realm of our programs presents itself when an individual coach removes a team from the playing facility prior to the conclusion of a contest.

Ironically, the justification invariably lacks substance at a subsequent hearing -- personal dissatisfaction with an official or the citing of dangerous conditions is the usual tenor of that

thrust.

It is also paradoxical that such action if spawned by the individual coach on the short end of the score at the time.

How serious is such an action?

It has been the position of the CIF-SS Executive Committee to expect the Principal of the school concerned to relieve the coach from his/her assignment for the balance of that season.

When one considers the focal point is to involve as many student-athletes in our programs as possible, we lack accountability to those considered the heart of our organization -- not to mention the officials, the entire student body, the district and the community.

Each individual contest, regardless of the sport, lasts but a few minutes. The damaging results from such an occurrence are timeless.

Administrators are urged to review this aspect and the potential consequences with their staffs at the start of each sport season -- it takes but a few minutes

DUTIES OF THE PRINCIPAL (From the Blue Book)

RULE 125.1 - COACH EJECTION

Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section Office, which includes the circumstances surrounding the matter, and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. Additionally, upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest.

QUESTION: *What happens if unknowingly a coach or player who was ejected the previous game participates in the next contest?*

ANSWER: *Anyone playing or coaching in a contest after they have been ejected from a previous contest will be an ineligible participant and the contest must be forfeited.*

RULE 125.2 - FAILURE TO COMPLETE A CONTEST

When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court, or field, it is MANDATORY that the CIF-SS office be notified by the principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section office concerning his/her investigation of the incident.

QUESTION: *How serious is such action?*

ANSWER: *It has been the position of the CIF-SS Executive Committee to expect the principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties.*



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HEALTH AND SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

The following are key points of emphasis coaches should review with their staff and players in reference to CIF Southern Section rules and regulations in the 2019-2020 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to www.cifss.org and click on the "Sports Medicine" tab on the blue toolbar.

Additional resources can be found at www.cifstate.org under the "Sports Medicine" tab on the white toolbar.

PHYSICAL EXAMINATION

An annual physical examination, or a statement by a medical practitioner, is required for a student to take part in any authorized school practice session and/or pre-season conditioning period. This physical examination will be valid for a period of one year from the date of the examination. A student will be excused from this physical examination only if there is compliance with the Education Code (parent's refusal to consent). CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Examination form that is endorsed by five major medical societies; American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American orthopedic Sports Medicine and the American osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.

CONCUSSION PROTOCOL

A student athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at the time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return to play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition. (Approved May 2010 Federated Council/Revised January 2015 Federated Council)

Question: What is meant by "licensed health care provider?"

Answer: the "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

STERIOD PROHIBITION

All schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver

agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

SUDDEN CARDIAC ARREST PROTOCOL

A student-athlete who passes out or faints while participating in, or immediately following, an athletic activity or who is known to have passed out or fainted while participating in or immediately following an athletic activity, must be removed immediately from participating in a practice or game for the remainder of the day. A student-athlete who has been removed from play after displaying signs and symptoms associated with sudden cardiac arrest may not return to play until the athlete is evaluated by a licensed health care provider and receives written clearance to return to play from that health care provider. On a yearly basis, a Sudden Cardiac Arrest information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition.

Question: What is meant by "licensed health care provider?"

Answer: the "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

COMMUNICABLE DISEASE PROCEDURES

While risk of one athlete infecting another with HIV/AIDS during competition is close to nonexistent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

- < The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
- < Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
- < Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- < Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
- < Practice proper disposal procedures to prevent injuries caused by needles, scalpels, and other sharp instruments or devices.
- < Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags or other ventilation devices should be available for use.
- < Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
- < Contaminated towels should be properly disposed of/disinfected.
- < Follow acceptable guidelines in the immediate controls of bleeding and when handling bloody dressings, mouth-guards and other articles containing body fluids.

Additional information is available from your state high school association and from the NFHS.

California Interscholastic Federation

2020-21 Baseball Guidelines & Covid-19 Modifications

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.
- Adhere to local county guidelines.
- Limit attendees to Head Coach of both teams and game umpires.
- Participants must maintain social distancing protocols during the conference.
- No line-up card exchange.
- No handshakes.
- Coaches, game personnel and players only permitted in the dugout.
- Social distance requirements must be observed by all in the dugout.
- If the dugout area is not large enough to provide for social distance requirements, players and gamepersonnel may move outside of the immediate dugout area to practice social distance requirements.
- Spectators shall not be permitted near the dugouts and/or the immediate area of the dugout.

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Limited to one (1) person from each team and must observe social distance requirements behind the backstop.

California Interscholastic Federation

2020-21 Baseball Guidelines & Covid-19 Modifications

- Each team provides sanitized balls (bucket) while on defense.
 - Have a “dirty” ball bucket available, so they can be sanitized after the game.
 - Sanitize bases after each game.
 - Permissible face coverings are required to be worn at all times by all attendees present other than when engaged in competition.
 - Players shall utilize their own equipment bin for all personal gear in the dugout.
 - Minimize the sharing of playing equipment (bats, batting helmets and catchers gear).
- Equipment must be sanitized between usage of multiple players.
- Batting gloves are encouraged to minimize contact with bats, balls and bases.
 - Sanitize all equipment and accessories after each game.
 - Team members shall not share water bottles.
 - Hydration stations may be utilized but shall be touched only by a single appointed monitor.
 - No line-up card exchanges.
 - Observe social distance requirements when communicating with coaches, players and other umpires.
 - Face coverings are required at all times.
 - Carry hand sanitizer and use frequently.
 - No sunflower seeds, spitting or gum.
 - Carry hand sanitizer and use frequently.
 - If a pitcher puts his/her hands to their mouth and touches the ball, “TIME” is called, the pitcher must sanitize their hands and a new ball is inserted before throwing the next pitch.
 - All games played at host school sites.
 - Championships shall be single elimination.
 - No pre-game player introduction assemblies on the foul lines.
 - Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.

California Department of Public Health General Requirements for All Sports:

Irrespective of setting (outdoor or indoor) case rate or sport played, the following general guidance requirements must be adhered to at all times:

- Face coverings to be worn when not participating in the activity (e.g., on the sidelines, dugout).
- Face coverings to be worn by coaches, support staff and **observers** at all times, and in compliance with the CDPH [Guidance for the Use of Face Coverings](#).
- Observers maintain at least 6 feet from non-household members.
- No sharing of drink bottles and other personal items and equipment.
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.
- Limit indoor sports activities (practice, conditioning) to comply with capacity limits (which shall include all athletes, coaches, and observers) indicated in current CDPH [Gym & Fitness Center Guidance Capacity](#).
- Associated indoor activities for the team (e.g., dinners, film study) are prohibited if engaged in competition given evidence that transmission is more likely to occur in these indoor higher risk settings.
- Teams must not participate in out-of-state games and tournaments; several multistate outbreaks have been reported around the nation, including California residents.

Limitations on Observers

- Limit observation of youth sports (age 18 years and under) to immediate household members, and for the strict purpose of age appropriate supervision. This includes observation of practice and competition. Limit number of observers to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits.
- Consider video streaming of games so that they can be watched "live" from home.

- For adult sports, spectators are not permitted at this time.

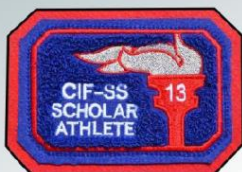
Limitations for Inter-Team Competitions and Tournaments

- Inter-team competitions, meets, races, or similar events are permitted to occur only if (a) both teams are located in the same county and the sport is authorized in the Tables below; or (b) teams are located in immediately bordering counties and the sport is authorized in both counties in the Tables below.
 - The county-based authorizations outlined in the Table below apply to the locations/counties in which the teams, schools, clubs, leagues, and similar organizations are functionally based (e.g., where the players reside, where facilities are located, etc.).
 - Local Health Departments to be notified of any cross county competitions within their jurisdiction and reserve the right under their own discretion to deny the competition at any time in their jurisdiction. Teams participating in cross county competitions will follow the more stringent rules if the participating teams are coming from counties that may be at different case rate thresholds.
- Teams adhere to current [CDPH Travel Advisory](#) recommendations when determining travel for competition in neighboring counties.
- No tournaments or events that involve more than two teams to occur. Exceptions may be made, with authorization from the local health department where the event is being held and each of the local health departments where teams originate from, for sports where individual competitors from multiple teams are routine such as: track and field; cross-country; golf; skiing/snowboarding; tennis; swimming/diving/surfing; biking and equestrian events.
- Only one competition, per team, per day maximum to be played.



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