

**2025-SIJHSAA**  
**BASEBALL**  
**EXCEPTIONS TO NFHS RULES**  
**([www.sijhsaa.com](http://www.sijhsaa.com))**



**\*The SIJHSAA follows National Federation of High Schools (NFHS) Rules. These are the same that are used by the Illinois High School Athletic Association. The following are exceptions to the NFHS Rules.**

- 1. The distance between bases shall be 80 ft. and the pitching distance 54 ft.**
- 2. Pitching Rules: Pitch Count Limitation Rules are posted on the SIJHSAA Website ([www.sijhsaa.com](http://www.sijhsaa.com)) / go to Forms and Documents / Baseball)**
- 3. Pitching Records: Coaches are responsible to keep pitch count records on their pitchers during regular season and state series games. Details on how to do this are listed on the Pitch Count Limitation Rules. Coaches of both teams will complete the SIJHSAA Pitch Count Worksheet and sign it at the conclusion of each game. This document should be used to verify the number of pitches of your pitching staff per game. Violation of the Pitch Count Limitation Rules will result in forfeiture of games and possible sanctions against offending coach.**
- 4. Bat Rules: (On website per sport / Documents & Links / Rules & Regulations)**
- 5. Bat Penalties: If a player has been found to have used an illegal or altered bat during play - the batter will be declared out and restricted to the bench the remainder of the game. This infraction must be administered before the next pitch is thrown. The bat will also be taken out of play.**
- 6. As of July 1, 2009, metal spikes and rubber cleats are permissible in SIJHSAA play.**
- 7. Portable Pitching Mounds: May be used during regular season games. Host schools of regular season games will inform the visiting team of the use of the portable pitching mound. During regional play, a majority of the teams in the regional must approve of its use at its regional seeding meeting or fax/e-mail process.**
- 8. Pitching Substitution Rule Change: Any pitcher (either starting pitcher or any relief pitcher) withdrawn from the mound or game may return to the pitching position once per game. (Because of the pitch count limitations, this change gives coaches more options as far as pitcher selection)**
- 9. Baseballs & Softballs: Official Rawlings baseballs and softballs for state series play is the model number - RSIJHSAABB(Baseball) & RSIJHSAASB(Softball). They don't have to have the NFHS stamp on the balls.**

**10. Baseball Chest Protector Standards:** NFHS rules will require chest protectors worn by baseball catchers must be NOCSAE approved. You need to be aware that “old” chest protectors without the NOCSAE stamp cannot be worn. All baseball chest protectors must be NOCSAE approved.

**\*Note –** At the present time this doesn’t apply to softball chest protectors.

**11. On-deck Batter:** May use the opposing team’s on-deck batter circle for safety reason, if umpires deem that their own on-deck circle is too close to home plate.

**12. Jewelry is no longer prohibited:** However, umpires still have the authority to rule on anything that is considered a distraction or increases risk to any player. (NFHS Baseball Rulebook 1-5-12)

**13. SIJHSAA Recommendation but not required:**

**A. Time Limits:** No inning should start after 2 hours.

**B. International Tie-Breaker:** may be instituted starting the top of the 8<sup>th</sup> inning.

**\*Time Limits and International Tie-Breaker will not be used in SIJHSAA Baseball State Series play.**

**14. SIJHSAA Mercy Rule: (Baseball and Softball)**

15 Runs after 3 innings

12 Runs after 4 innings

10 Runs after 5 innings

## **COACHES**

**1. You are responsible to make sure that all your bats and equipment (catchers gear & helmets) are in compliance with NFHS standards.**

**2. Per NFHS rules in 2013 umpires will ask you at the pre-game conference if your bats and equipment are in compliance. You as coach are responsible to make sure they are in compliance!**

**3. If your player used an altered or illegal bat, they will be declared out and restricted to the bench the remainder of the game. The bat will also be taken out of play.**

**4. It is highly advised that coaches get an NFHS Baseball or Softball Rule Book, whichever applies. They can be purchased from the IHSA website**

**([www.ihsa.org](http://www.ihsa.org))**

**5. Make sure that if time limits and or international tie-breakers are going to be used, they are clarified before the contest starts.**