

This Week In Baseball

April 6, 2010, Issue 1



The Ohio High School Athletic Association

This is the first of several Weekly Bulletins to keep coaches in Ohio up-to-date with current topics and issues for OHSAA baseball coaches.

- All schools are required to conduct Pre-Season meetings for their parents and players. If you have not done this, get it in! The list of items to cover is endless and may be one of the best methods of communication a coach could ever have. Your Athletic Director has a DVD that should be shown at this meeting.

*A current trend is the appearance of a necklace under the product name, "Phiten". Their appearance is from many professional athletes that wear them for their reported "energy" enhancement. Coaches and umpires should take note that NFHS Rule 1-5-12 addresses that these (along with all jewelry) are **NOT LEGAL TO WEAR**. "Phiten" necklaces are NOT considered Medical.

- On the topic of jewelry, items such as the "Livestrong" bracelet, WWJD bracelets, etc., are also NOT PERMITTED.

- Now that the season is in full swing, it is a good time to make certain coaches are rating their umpires. You must have a password to enter the *myOHSAA* system. Rating instructions are provided from the OHSAA's website or directly from this link: <http://www.ohsaa.org/myOHSAA/OfficialVotingInstructions.pdf>.

- A few questions have arisen regarding 'sliding'. Head-first slides are legal.

- A reminder that Ohio's "Pitching Rule" permits a pitcher to pitch 10 innings in a 3-day period. Any pitch thrown in an inning counts as an inning pitched.

- Bats are a continual topic. All BESR bats continue to be legal until 2012. All bats that were legal *last year* are legal *this year* (and next). Bats that make their way in with BBCOR certification are also legal. In 2012, ONLY BBCOR bats will be legal.

- First week weather has been incredible in Ohio. However, as the weeks ahead probably provide a bit of inclement weather possibilities, coaches should remember that all games that are *started* are either completed or suspended.

- Games are suspended if:

- the visiting team scores ONE or MORE runs to tie or take the lead in the top half of an inning after the fifth. If this does NOT occur...the game is complete if conditions prevent a game from continuing.

- A reminder that 7th and 8th grade athletes are not permitted to practice OR compete with high school players.

- Several questions have arisen regarding schools that have "club" teams at the junior high level. The OHSAA does not recognize "club" teams, therefore they do not fall under any of the OHSAA's regulations.

- Additionally regarding "Club" teams: Ohio does not limit who its teams play. School teams MAY play against "Club" (non-OHSAA recognized) teams. Ohio is one of the few states that permits this.

- If you did not use your allotted scrimmages, you may 'save them' and use them any time during the season OR tournament season. Just a reminder though; it must be counted as a scrimmage for BOTH teams (the opponent must have a scrimmage remaining also).

- Please continue to emphasize Coaching Behavior to Assistant Coaches. It is an NFHS Point of Emphasis and I hope Ohio can make an impact in cutting down the high number of ejections in previous years. Yes...we have had 4 already.

- If you have questions or future topics YOU would like addressed and would benefit ALL coaches in Ohio, simply send them to Baseball@ohsaa.org and I will include them in Weekly Bulletins. We're all in this together and it would benefit all coaches in Ohio!