



# ***SECTION VIII***

## **MODIFIED BASEBALL HANDBOOK**

**NASSAU BOCES – SECTION VIII**



**MODIFIED BASEBALL**

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## **IMPORTANT INFORMATION**

### **Sport Season- Spring**

**START DATE: Monday, March 27, 2023**

**END DATE: Saturday, June 3, 2023**

### **REQUIRED NUMBER OF PRACTICES:**

**Scrimmage or Contest: 10 Practices**

**MAXIMUM NUMBER OF GAMES: 11 Contests**

**MAXIMUM NUMBER OF SCRIMMAGES: 3 or 50% of schedule**

**NIGHTS REST REQUIRED: Players - One (1) Night - Pitchers - Two (2) Nights**

### **GAME CONDITIONS:**

Interscholar competition in baseball shall be limited to a maximum of 11 games a season. Pitcher candidates shall have at least 10 practice sessions prior to their first scrimmage/first game. A team must hold at least 10 practice sessions prior to their first scrimmage/first contest. A pitcher may participate in only one game per day. A team may play in two games in a day twice during the season, either a double header against the same team or two successive games against different opponents.

### **Baseball Rules**

All baseball games will be played under the National Federation Edition of Baseball Rules.

### **Baseballs**

- Any professional league ball may be used.
- At least 2 ready balls at all times.
- Home team supplies balls.
- Each team will provide their own warm-up balls.

### **Length of Game**

Game is two hours in duration from the time the home team takes the field. Example: the home team takes the field at 4:25 no inning will start after 6:25, as per the two-hour time limit.

### **Extra Innings**

May be played under the conditions of the hour rule above.

### ***Batting Practice***

No batting practice before a game. However, if waiting for a visiting team to arrive and infield/outfield practices are completed, you may take batting practice. Batting will cease the moment the visiting team arrives at the field.

### ***Equipment***

- Catchers must wear full protective equipment of helmet, mask with throat protector, chest protector, shin guards, and cup.
- Each batter and base runner must wear protective headgear.
- If either team or umpire discovers an infraction, player may obtain head protector with no penalty.
- Double flap helmet worn at bat.
- Any player warming up a pitcher, on or off diamond, shall wear a mask. • Rubber molded or multi-purpose shoe must be worn. No metal spikes. • All bats must have BBCOR Certified stamp and must have a -3 differential between length and weight. All legal bats must have "BBCOR .50" located on the barrel of the bat.
- Illegal bats used in a game will result in the batter being called out and coach reprimanded to the bench. 2<sup>nd</sup> offense, coach is ejected. If no assistant coach, game is over and forfeited. Wood bats are legal. Coaches, be aware of new players from Little League showing up with their LL bat. LL bats do not meet Federation requirements for a "legal bat".

### ***Pitching Rules***

A pitcher may pitch no more than 12 innings in any one calendar week and no more than 7 innings in any one game. After pitching 4 or more full innings in any one game, there must be at least 2 nights of rest before pitching again. When removed, the contestant may play any other position. \*\* See NEW PITCH COUNT RECOMMENDATIONS as adopted by the Modified Athletic Council

### ***Free Substitution***

- A. Starter may go out – come back in once
- B. Comes back in same batting position
- C. Comes back in any fielding position
- D. Pitcher can change to fielding position – go out – then return as pitcher, unless taken out on a charged conference.
- E. Pitcher cannot go out as pitcher and return as pitcher

### ***Designated Hitter (DH)***

There will be NO designated hitters.

### ***12 Run Rule (Mercy Rule)***

When the home team is ahead by 12 or more runs after 4 and ½ innings, the game is over.  
When the visiting team is ahead by 12 or more runs after 5 innings, the game is over.

### ***Courtesy Runner***

It is optional with 2 outs to have a courtesy runner for the catcher.

### ***Extra Player***

Extra player referred to as the (EP) is optional (on a game-by game basis), but if one is used, it must be known prior to the start of the game (official line-up card) and be listed on the scoring sheet in the regular batting order. If the "EP" is used, he must be used for the entire game. Failure to complete the game with the "EP" results in the forfeiture of the contest (except in the case of injury or ejection from the game with no eligible players left to enter, the rules permit us to play with 8 men). If an "EP" is used, all 10 players bat, but only 9 can play defense each inning. The person designated as the "EP" (not a defensive player at the start of the game) may at a later time play a defensive position; the defensive player now is only a batter in the lineup not on the field defensively. The "EP" may be substituted for at any time, either by a pinch-runner or pinch-hitter who then becomes the "EP". The substitute must be a player who has not yet been in the game. Substitutes and re-entry will be treated as in the past. A starter may re-enter the game into his same batting order position.

### ***Coaching Box***

May be a teacher (coach) or player. Either must be in uniform.

Players who are in the coaching box must wear "Double Earflap" helmet.

An adult Coach does not have to wear a Double Earflap helmet, but must wear a helmet

### ***Umpires***

- Two umpires
- If one umpire, he should work behind the plate
- Officials will ask coaches prior to the game if all the equipment meets mandates.

## **Nassau County MS Baseball**

### **Rule Modification**

#### **Pitch Count Rules:**

For All Modified Level Baseball games in Section 8, Students age 14 and under

- Pitch count totals must be kept by the coach for every pitcher on his team that pitches in a game or scrimmage
- A pitcher must be removed from the game or scrimmage if they reach 35 pitches in one inning.
- Up to 35 pitches in a game or scrimmage: 1 night rest needed
- Over 35 pitches: 2 nights rest is required before being able to pitch again in a game or scrimmage
- Over 55 pitches: 3 nights rest is required before being able to pitch again in a game or scrimmage
- Over 65 pitches: 4 nights rest is required before being able to pitch again in a game or scrimmage
- 85 pitches is the maximum amount a student may pitch in one game. 5 nights rest is required before being able to pitch again in a game or scrimmage.
  - The pitcher may finish pitching to a batter when he reaches the maximum of 85.
  - If a student throws 85 pitches in one game, their next appearance in the same

calendar week should not be more than 2 innings /40 pitches. i.e.: Monday/Saturday scenario is the same calendar week; therefore, limit the pitches.

- A student that pitches more than 50 pitches in a game may not be moved to the catcher position during the same game.
- Coaches must keep their own pitch counts and submit a record of such to their Chairperson or Director of Athletics.