

Northeast Baseball League, Inc.
Amendment to Constitution
2/22/2022

The Following New Rules Adopted by MIAA, for High School Baseball will be effective in our League, Starting the 2022 Season.

- Catch and Carry out of bounds is NOT allowed. Penalty award base, must have both feet out.
- Hidden ball is allowed as long as a pitcher is 5 feet from the rubber, if not it is a balk.
- Verify all equipment is legal. Catchers must have NOCSAE patch, ALL catchers must wear hockey style helmet, no skull cap and mask. If equipment is illegal coach gets 1st warning.
- All Balks are immediate dead ball. NO free swings or extra bases on wild pitch.
- Slide at base, (feet on ground then butt) for legal slide. Must be at base.
- Force play slide rule. No pop ups or sliding through the base. Pop allowed as long as there is no interference with the fielder.
- Appeals are allowed during dead ball. No need to throw to the base only tell the umpire what you are

appealing.

- Conferences, only 3 defensive trips during regulation. If Coach is removing the pitcher, that is not considered a trip.
- Mercy Rule is 10 runs after 5 innings, or 4 ½ with The home team ahead.

10. Not enforcing Adult Base Coaches to wear uniform.

11. All personnel **MUST** be in the dugout during live ball and no standing, sitting on buckets, or outside the fence.

12. No leaping over players, exception, if catcher is on stomach or back.

13. Coaches must supply line-up card before game. Courtesy runners are allowed for catchers and pitchers but must be designated on score line up card.

14. Any check swing, Umpire does not have to check if asked.

15. Backswing interference, If no runner is on base when backswing hits the catcher, the batter is out. If there is a runner on and attempting to steal, the umpire may call a double play.

16. Abandoning effort by batter, he is now allowed to go all the way to the dugout and can still attempt to go to first.

17. Batter steps out of box after pitcher is ready with 1

foot, umpire to call strike, steps out of box with both feet, umpire calls 2 strikes.

18. If ball gets stuck in glove, fielder no longer throw glove to base, penalty 2 bases for runner.

~~19. Fake tag while runner going to base is now obstruction.~~

20. If a pitcher stands facing the plate with 1 foot in front of the rubber, this is now a balk.

21. Fake throws to third base are now allowed.

22. Pitch count is now in, Coaches will keep count total.

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Pitch Count Limitation and Procedures effective 2022
Maximum Pitches per day is 115

Breakpoints and Required Rest

1 – 25 pitches	0 days rest
26 – 40 pitches	1 days rest
41 – 55 pitches	2 days rest
56 – 70 pitches	3 days rest
71 – 115 pitches	4 days rest

These pitch count rules apply to both regular season and playoffs.

If a pitcher has thrown 71 – 90 pitches on the day he last pitched, on his fourth day of rest, he would be eligible to throw a maximum of 25 pitches.

Tracking:

Coaches will designate on their line up card which players are not eligible to pitch that day.

Coaches or their designee confirm pitch counts every 2 innings and at the conclusion the game. If there is a dispute the home team has the official count.

Umpires do not regulate pitch counts, their job is to make sure Coaches are conferring every two innings and at the conclusion of the game.

At the conclusion of the game both coaches will sign the official pitch count sheet.

A Pitcher can exceed the maximum pitch limit if he is in the middle of an at bat, but once the at bat is completed, the Pitcher must be removed from the mound.

The calendar day in which a game is started shall be used to determine how many days of rest is required.

Example – If a game goes past midnight a pitcher shall not now be counted as eligible nor should a pitcher lose a day of rest because they pitched past midnight.

A pitcher throws 72 pitches in a game on Saturday morning, the rest requires is 4 days, so the pitcher must rest on Sunday, Monday, Tuesday, and Wednesday before returning on Thursday.

Doubleheaders, a pitcher can pitch in both games but if the pitcher exceeds 50 pitches in the first game he cannot pitch in the second game. A pitcher cannot exceed 115 pitches in a day.

Ambidextrous pitchers, pitch count guidelines apply to the individual pitcher not the individual arm.

Violations of pitch count maximum limit or required rest periods will follow participation of an ineligible player. Action will be determined by League Directors.

new



Official Pitch Count Worksheet

Date: _____

Home Team: _____

Visiting Team: _____

Conference Game: _____ Non-Conference Game: _____

Notes

- Coaches will designate on their line up cards which players are not eligible to pitch that day.
- Coaches or their designee confirm pitch counts after every 2 innings and at the conclusion of the game.
- At the conclusion of each contest, both coaches will sign the official MIAA pitch count sheet

Varsity	
1-25	0 days rest
26-40	1 days rest
41-55	2 days rest
56-70	3 days rest
71-115*	4 days rest

Sub-Varsity	
1-25	0 days rest
26-40	1 days rest
41-55	2 days rest
56-70	3 days rest
71-95	4 days rest

*If a pitcher has thrown 71-90 pitches on the day he last pitched, on his fourth day of rest, he would be eligible to throw a maximum of 25 pitches.

HOME TEAM: _____

Player #	Player's Name	# of Pitches

VISITING TEAM: _____

Player #	Player's Name	# of Pitches

** I hereby certify that the above pitch counts are correct:*

Home Team Head Coach: _____

Date: _____

Visiting Team Head Coach: _____

Date: _____

