



2019 Baseball Manual



MSHSAA

Missouri State High School Activities Association

MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

1 N. KEENE STREET

P. O. BOX 1328

COLUMBIA, MO 65205-1328

Telephone: (573) 875-4880 – Fax Number: (573) 875-1450

Email: email@mshsaa.org – Website: www.mshsaa.org

EXECUTIVE STAFF

Dr. Kerwin Urhahn, Executive Director

Stacy Schroeder, Associate Executive Director

Davine Davis, Assistant Executive Director

Kevin Garner, Assistant Executive Director

Don Maurer, Assistant Executive Director

Kenny Seifert, Assistant Executive Director

Greg Stahl, Assistant Executive Director

***Lou Mazzocco, Assistant Executive Director**

Craig Long, Chief Financial Officer

Jason West, Media Coordinator

***MSHSAA Contact person for Baseball**

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*****Revised January 2019*****

DISTRICT ASSIGNMENTS & STATE TOURNAMENT BRACKETS
MAY BE FOUND ON MSHSAA WEBSITE (www.mshsaa.org)

BASEBALL ADVISORY COMMITTEE

<u>Southwest (2019)</u>	<u>Southeast (2019)</u>	<u>Northwest (2020)</u>
Christian Overstreet Fair Grove overstreetc@fgsmail.org	Bryan Austin Jackson HS baustin@jr2mail.org	David Elms East Buchanan elms@ebs.k12.mo.us
<u>Northeast (2020)</u>	<u>St. Louis (2021)</u>	<u>Central (2021)</u>
Mark Loman Palmyra lomanm@palmyra.k12.mo.us	Craig Sucher Clayton craigsucher@claytonschools.net	Will Lynde Lincoln
<u>Kansas City (2018)</u>	<u>South Central (2018)</u>	
Jay Meyer Lee's Summit West jay.meyer@lsr7.net	Bryce Durnin Camdenton bdurnin@camdentonschools.org	

PURPOSE AND PHILOSOPHY [\(TOC\)](#)

- A. **MISSION STATEMENT:** The MSHSAA promotes the value of participation, sportsmanship, team play and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.
- B. **PURPOSE OF MANUAL:** This manual has been prepared to provide a better understanding of the administration of MSHSAA sponsored events. It will serve as a guide to the participating schools and will provide for greater consistency. All information will be included in this manual except such supplementary or incidental information as may be included in the MSHSAA Journal. The regulations in this manual shall be considered official unless the schools are notified in a Special Bulletin of any changes.
- C. **PHILOSOPHY OF INTERSCHOLASTIC ACTIVITIES:** Interscholastic activities are intended to supplement the secondary curricular program. These activities can provide the student with educational experiences and learning outcomes that contribute toward the development of good citizenship. This can be accomplished only when the emphasis is placed upon teaching "through school activities." Interscholastic activities can be justified only when this is their primary philosophy and purpose.
- D. **PURPOSE OF DISTRICT AND STATE CONTESTS:** There are two primary purposes that justify and cause district and state events to be desirable. Those purposes are to provide opportunities to demonstrate before the public the best knowledge, skills, and emotional patterns taught through a particular sport; and to evaluate and compare the best of this teaching of knowledge, skills and emotional patterns among schools. Unless these purposes are primary, district and state athletic contests cannot be completely justified.

It is the desire of the MSHSAA Board of Directors that these events be both fun and educational. It is extremely important that players, coaches, and the school community make every effort to enhance, and keep in proper perspective, the educational values of these events. Competition merely for "competition's sake" cannot be justified. Only when competition contributes toward worthwhile educational goals can it be considered sufficiently important to be included in the school program.

- E. **SUPERVISION OF PLAYERS AND FANS:** MSHSAA By-Laws hold a school responsible, both at home and away, for the conduct of its players, students, coaches, and fans. Coaches are required to supervise their players. A coaches' respect for others and school property is necessary in order to instill this respect in players. Students staying overnight in hotels or motels in conjunction with any interscholastic athletic contest should be well chaperoned. The good conduct of students will leave a good impression of the entire school.

A school also should inform its players, students, coaches and fans of the value contest officials play in education through athletics. When informing these people of this, the difference in the purpose of high school and professional sports should be emphasized. Lack of respect for officials should not be tolerated. Booing of officials leads to booing of coaches and players. This has no place in high school athletics. Athletic administrators are urged to develop a program through any and all communication techniques available to insure that spectators understand that high school athletics are an educational endeavor as opposed to the games being an end in themselves.

2019 DATES TO REMEMBER [\(TOC\)](#)

	<u>Spring 2019</u>	<u>Fall 2019</u>
_____ Class/District Assignments Released	March 8	N/A
_____ Pre-Season Scrimmage may be conducted after your team has completed nine (9) days of conditioning practices		
_____ First allowable contest (By-Law 3.9.1 Conditioning requirements must be met prior)	March 15	August 30
_____ Post Season Entries OPENED	March 25	
_____ Officials' Post Season Application Deadline	April 10	
_____ Post Season Officials' List posted	April 12	
_____ Coaches' Online Officials' Recommendations due	April 17	
_____ Baseball Umpires' Draft	April 24	
_____ District Eligibility Rosters due	April 28	
_____ Season Records must be up-to-date (records should continue to be updated through the start of the district tournament)	April 28	
_____ District Seeding Meetings Conducted	April 29-May 4	
_____ Final Date for Pass List to be submitted	May 6	
_____ Finalized District Brackets posting due	May 6	
_____ District Tournament ***1 st Round must be scheduled to start by May 11***	May 10 - 18	
_____ Sectional Contests	May 20 & 21	
_____ Quarterfinal Contests	May 22 & 23	
_____ State Championships – CarShield Field, O'Fallon	May 27-June 1	
_____ Officials Ratings due	May 15	November 15

SECTION 1: REGULAR SEASON [\(TOC\)](#)

A. GAME LENGTH

1. 7 Innings: All MSHSAA tournament games shall be seven innings and shall have precedence over any regularly scheduled games or other local school activities. (At least 4-1/2 innings constitutes a regulation game.) A time limit shall not be used. Exception: Missouri has adopted an optional 2½-hour time limit game-ending procedure that may be instituted for regular season tournament games.
2. Mercy Rules: Missouri has adopted the use of TWO (2) run rules beginning with the Spring 2019 season. The run rules will be 15 after 3 (2½ if Home leading) and 10 after 5 (4½ if Home leading)

B. UMPIRES

Registered: Only "fully registered" umpires shall be engaged. Umpires from another state registered with the MSHSAA Office under the reciprocal agreement may work regular season contests for Missouri schools, but are NOT eligible to umpire in the Missouri District and State Tournament Series

C. UNIFORMS

1. Player Uniforms: No limit is placed on the number of players that may be in uniform for any one tournament game. However, all players participating in the state baseball tournament series are required to wear complete baseball uniforms. This includes cap, jersey, pants, socks, and shoes. The jersey must have a numeral of solid color, contrasting with the color of the jersey. No players shall wear identical numbers. This also applies to all regular season games.
2. Coaching Uniform: A coach/school faculty member may occupy a coaching box under NFHS Rule 3-2-1 with the following modification: Any member of the team at bat who has not been ejected may occupy each coach's box while that team is at bat. The person in the coach's box may address base-runners or the batter. Anytime a coach is in live ball area to confer with players or an umpire, or to occupy a coach's box, the coach shall be attired in school uniform, or jersey with coaching slacks, that are the same color as the team's pants. A shirt that is the same color as the team's jersey is permitted as in a non-fleece warm up suit in school colors. Cut-offs, shorts or any type of jeans are prohibited. The coaches' actions shall be such as to have a beneficial influence upon the game and the sportsmanship of fans. They shall not address any remarks to opposing players or officials. All umpires are to report promptly by Special Report any unsportsmanlike conduct or failure of coaches to wear proper uniform.

D. BLOOD RULE

A player or coach who is bleeding, who has an open wound or who has blood on his or her uniform shall be prohibited from participating further in the game until appropriate treatment has been administered. If medical care or treatment can be administered in a reasonable amount of time, the individual would not have to leave the game. The length of time that is considered reasonable is umpire judgment. The reentry rule would apply to players.

E. PRE-SEASON JAMBOREE

1. General Requirements (MSHSAA By-Law 3.16.6)
 - a. Only senior high schools may participate in the jamboree.
 - b. The preseason jamboree shall consist of play against no less than two other schools and no more than three other schools.
 - c. The preseason jamboree must be under contract with participating schools.
 - d. The preseason jamboree shall be officiated by MSHSAA registered officials.
 - e. A jamboree may be conducted after your team has completed nine days of conditioning practices and before your first contest. Each participant shall have at least nine individual days of school physical conditioning practice prior to participating in
 - f. All game rules shall apply with the exception that coaches may be on the field to provide instruction.
 - g. The admission charge shall be determined by the host school.
2. Baseball Specific Requirements (Board Policy 25)
 - a. Additional game rule exceptions
 - i. Free substituting.
 - ii. Each half inning will end after three outs or five runs, whichever comes first.
 - b. Three or Four-Team Format Only:
 - i. 3-School Format
 - 1) Maximum of 4 innings against each opponent
 - 2) Maximum of 8 innings for each school participating
 - ii. 4-School Format
 - 1) Maximum of 3 innings against each opponent
 - 2) Maximum of 9 innings for each school participating
 - iii. Time Limit: Prior to the date of the scrimmage, the schools may to agree to implement a time limit per scrimmage. However, the scrimmage may not exceed the number of innings allowed, as described above.

F. PRE-GAME WARM-UP PROCEDURES

This specific procedure will hopefully encourage schools to be ready to "play ball" when game time arrives and to stipulate a procedure of pre-game warm-up when it is obvious the game will not begin on schedule because of a late arriving visiting team or potential gamesmanship by coaches. It is suggested that host schools provide information to the visiting schools regarding the pre-game warm-up activities (e.g. batting cages, auxiliary fields, practice fields, etc.) available and their availability schedule for participants, if applicable

1. When the visiting team arrives at the game field, the home team will immediately begin its infield practice (not to exceed 10 minutes).
2. When the home team has completed its pre-game infield practice, the visiting team will begin its infield practice (not to exceed 10 minutes).
3. Pitchers shall not use the game mound during pregame infield practice.
4. Following the completion of pre-game infield practice by both teams the game umpires will meet at home plate with representatives from both teams (coaches and/or captains) to discuss ground rules and present each team's starting line-up and batting order no later than 5 minutes before game time.

G. PITCHING LIMITATIONS

1. NFHS Rule 6-1-6: Requires each state association to establish a pitching restriction policy based upon the number of pitches thrown to afford pitchers required rest between pitching appearances
2. Pitching Restrictions Chart

Year in School	Daily Max (Pitches)	Required Rest (Pitches)				
		0 Days	1 Day	2 Days	3 Days	4 Days
Junior/Senior	105	1 – 30	31 – 45	46 – 60	61 – 75	76+
Freshman/Sophomore	95	1 – 30	31 – 45	46 – 60	61 – 75	76+
Seventh/Eighth	85	1 – 20	21 – 35	36 – 50	51 – 65	66+

For all levels in school, no pitcher may pitch more than two (2) consecutive days without at least one day of rest prior to the third pitching appearance. All rest requirements are still in effect.

3. Recording Procedures
 - a. Team schedules are accurately entered and maintained on the MSHSAA website for all levels
 - b. Teams will exchange pitch count verification sheets prior to the game.
 - c. Both teams shall track pitches and confirm at the conclusion of each ½ inning.
 - d. The home team's pitch count will be the correct count if a dispute is unresolved.
 - e. If a pitcher reaches his maximum pitch count, the pitcher is allowed to finish the at-bat for the batter in the box.
 - f. Both coaches shall sign the verification sheet at the end of each contest.
 - g. Following the game(s), each coach will be required to enter the pitch count for all pitchers at all levels into the member side of the MSHSAA website within 24 hours.
4. Violations
 - a. A \$25 fine shall be assessed when a pitch count has not been properly entered or schedule updated in the 24-hour time period following the contest. This fine is a per contest.
*****It will be vital that coaches and administrators keep schedules for all levels on the MSHSAA website up-to-date as to not cause unnecessary violations to be recorded*****
 - b. Using an unavailable pitcher is defined as using a pitcher who has gone over the maximum number of pitches, not taking the required number of days of rest and/or falsifying records to allow a pitcher to not take the required number of days of rest. If an unavailable pitcher is used the team shall forfeit the contest on the date of the violation and the head coach will be suspended from the next contest. All violations must be reported to the MSHSAA office.
 - c. The only acceptable documentation to mitigate a violation for use of an unavailable pitcher is the official MSHSAA Pitch Count Verification form.

H. PITCHER DELAY

Under Rule 6-2-2-c, the twenty second count shall start each time the pitcher receives the ball from any other player

I. BALL RETRIEVAL

The team at bat shall be responsible for retrieving foul and passed balls.

J. RE-ENTRY RULES

The re-entry rule applies as provided under NFHS Rule 3-1-3

K. SPEED-UP RULES

Missouri has adopted "Suggested Speed-Up Rules" covered under COURTESY RUNNERS items 1, 2, 3, 4, 5, 6 and 7 of the NFHS Rules Book.

L. HEAD PROTECTION

1. NFHS Rule 1-5-1: Head protectors shall be worn as provided in rule for all players in positions listed. All head protectors will carry the NOCSAE Seal of Approval and warning label.
2. NFHS Rule 1-5-3&4 Catcher Protection: Catchers shall wear a head protector, a mask, body protector, protective cup (male only) and protective shin guards. A throat protector, which is either a part of, or attached to the catcher's mask is mandatory.

M. CONFERENCES

To clarify Baseball Rules 3-4, the interpretation of the National Federation will be followed:

1. Defensive: "Each team when on defense may be granted not more than three charged conferences during a seven inning game, without penalty, to permit a coach or his representative to confer with a defensive player or players.
2. Offensive: "Each team when on offense may be granted not more than one charged conference per inning to permit the coach or any of that team's personnel to confer with the base runners and/or the batters." "These interpretations shall apply to all regularly scheduled games as well as tournament games."

N. EJECTION OF COACH OR PLAYER

1. A player who is ejected from a contest for unsportsmanlike conduct shall at a minimum be prohibited from playing in the next interscholastic contest at the same level. A coach who is ejected during a contest for unsportsmanlike conduct shall at a minimum be prohibited from coaching and attending the next interscholastic contest for that team. (MSHSSAA By-Law 5.5.1)
2. Ejection Procedures (NFHS Rule 3-3-1)
 - a. Coach
 - i. Coach removed from playing area and bleachers, but should remain available should an emergency situation arise. Coach must be out of sight or sound of the contest (i.e. visiting coach could go to bus).
 - ii. Game may continue only if a bona fide school faculty member and/or administrator is available to substitute for the coach on the bench.
 - iii. Should there not be a faculty member and/or administrator available, the game will be forfeited.
 - b. Player
 - i. Player is removed from game and must remain in the team's dugout.
 - ii. Should ejected player continue to create a disturbance, the game shall be forfeited.

O. FORFEITED AND SUSPENDED GAMES

1. Forfeited Game: A game shall be forfeited if a team fails to report within fifteen minutes, after the set starting time and no contact has been made. Host schools or tournament managers will make the final decision on the forfeit. Every effort should be made to contact a late team.
2. Suspended Game: The Board of Directors has adopted the following provisions for a Suspended Game. This adoption applies to all regular season interscholastic games including regular season tournament games. It provides that if a game is called because of darkness, rain, or other causes before the completion of the number of innings required to determine a winner, or if it is called when the score is tied at the end of an inning, the game shall be considered a Suspended Game, and shall be continued from the point of suspension at a later time. When play is continued, the line-up and batting order shall be exactly the same as at the moment of suspension, subject to the rules governing the game. For example, if a team, while on defense, has been charged with two conferences, it is allowed only one more charged conference when the Suspended Game is continued. If a player has entered as a substitute and has been removed from the game, he cannot reenter when the game is continued. Even though a game is played during two different days, all playing regulations apply as if the game were continuous and being played during one day.
3. SUSPENDED GAME PLAY SITUATIONS:
 - PLAY (1) Sixth inning begins with H-6, V-5. Visitors score one run in their half of the sixth and: (a) H has not scored; or (b) H has scored one run. RULING: In (a), the score reverts to H-6, V-5. In (b), the final score is H-7, V-6.
 - PLAY (2) Sixth inning begins with score H-5, V-6. Visitors do not score in their half of the sixth inning. Game is called when only one or two are out in the last half of the sixth and: (a) H has not scored; or (b) H has scored one run. RULING: In (a) final score is H-5, V-6. In (b), score is H-6, V-6. A winner cannot be determined, resume game from point of interruption.
 - PLAY (3) Sixth inning begins with score H-5, V-5. Visitors score 4 runs in their half of the sixth inning and have runners on base with two outs when game is called. RULING: A winner cannot be determined, resume game from point of interruption.
 - PLAY (4) Game called before the completion of 4 1/2 innings for any reason. RULING: Resume game from the point of interruption (suspended game).
 - PLAY (5) Game called at any time for mechanical failure (i.e. artificial lights, water systems, etc.) RULING: Resume game from the point of interruption (suspended game).
 - PLAY (6) Game called because of weather or darkness any time after 4 1/2 innings (regulation game) where a winner can be determined (see play 1 and 2). RULING: Completed game.

P. ALCOHOL/TOBACCO POLICY FOR COACHES AND OFFICIALS

Coaches, directors, sponsors and contest officials are prohibited from using tobacco products or alcoholic beverages while directly involved in interscholastic activities. Involvement is defined in this policy as being in public view and when students are actually participating under the jurisdiction of the coach, director, and official. Proper enforcement is expected. Violations shall be reported to the school's administration and the MSHSAA Office.

Q. ALCOHOL/TOBACCO POLICY FOR ATHLETES

The use of tobacco, alcohol, or controlled substance is prohibited (other than prescription) by any participant while at a MSHSAA event, at any event building/grounds. Violation shall result in disqualification from the event. Sanctioning

R. CONTEST LIMITATIONS (By-Law 3.29.6)

Option 1: 20 Games (+5 bonus*) and 1 tournament

Option 2: 18 Games (+5 bonus*) and 2 tournament

Option 3: 14 Games (+5 bonus*) and 3 tournament

*A maximum of five bonus games could be coupled with regular season games on days that school is not in session

S. PLAYER LIMITATIONS (By-Law 3.22.2)

No player may participate in a total number of innings for the season that exceeds nine times the number of games (exclusive of tournaments) played by the higher team on which he plays. For a game in which the score is tied at the end of seven innings, the extra innings shall be considered as an extension of the seventh inning.

T. SANCTIONING (By-Law 3.18.8)

Any time a MSHSAA member school competes in a tournament, by definition, with an out-of-state school(s) or in any event co-sponsored by any party other than a MSHSAA member school (e.g. a university, theme park, shoe company, etc.), a sanctioning request must be made through the MSHSAA website at least 30 calendar days prior to the event. If the event involves National Federation Sanctioning, an application must be completed at least 90 days prior to the event through the NFHS website (www.nfhs.org). It is the event host's responsibility to obtain sanctioning, however, each participating MSHSAA member school shall take responsibility to verify that the sponsor has sanctioned the event prior to participation.

U. TOURNAMENT TRAVEL LIMITATIONS (By-Law 3.18.8)

A school may travel to one multi-game event beyond 250 air-miles of the borders of Missouri. All other multi-game events must fall within 250 air-miles of the state border.

V. PROTEST PROCEDURE (MSHSAA Board Policy 25)

The Board of Directors adopted the following Policy, in March, 1997, to address protests. The Board acknowledges that mistakes are made by umpires in judgment and even sometimes in misapplication of game rules. However, the decisions rendered by umpires at the contest site are to be final and any further process other than the one outlined below would not truly serve a useful purpose in the overall scope of high school athletics.

1. Within the procedures established within each individual sport rule code, the head coach must request a review of an umpire's application of a rule through appropriate channels.
2. If, after the review is complete, the coach still believes there has been a misapplication of a rule by an umpire(s), the coach shall then file a formal verbal protest with the game umpires who will then notify the opposing coach immediately of the protest. A coach shall not protest a decision of judgment.
3. Following this notification of protest, the head coach shall be allowed approximately ten minutes to use his/her National Federation Rules Book, National Federation Case Book, MSHSAA Rules Meeting Announcements and/or MSHSAA Sport Manual to locate and show the game umpire(s) the appropriate rule reference which clarifies a misapplication of the game rule. If the head coach does not have personal copies of the above mentioned materials at the game site or the specific rule reference(s) or case book play(s) cannot be located within the maximum allowable ten minutes, the protest shall automatically be disallowed and the game shall continue from the point of interruption. If a rule reference(s) or case book play(s) is found that indicates a misapplication of a rule has occurred, the umpire's decision shall be corrected at that time before any further action occurs, and the game shall be resumed from the point of interruption after the correction as provided in the contest rules. When appropriate, the game umpires may assist the head coach in locating appropriate rule and case book references.
4. All protests shall be resolved at the site before any further game action occurs.
5. Protests that are not filed in a timely manner by that sport rules code shall be automatically disallowed.
6. The MSHSAA Board of Directors and/or Staff shall not review game protests.

NOTE: Protests concerning matters of an official's judgment shall NOT be considered.

SECTION 2: BULLETIN AND MODIFICATIONS [\(TOC\)](#)

The following rule modifications, adoptions and points of emphasis are presented as reminders to assist coaches and umpires with this baseball season.

Missouri Modifications, Adoptions, and Reminders

- A. **NFHS Rule 3-2-1 Coaching:** Coach's uniform when occupying a coach's box, see Section 1.C.2.
- B. **NFHS Rule 4-2-2 & 4 Ending a Regulation Game:** "Mercy Rules" see Section 1.A.2.
- C. **NFHS Rule 4-2-4 Ending a Regulation Game:** Regular Season Tournament Time Limit, see Section 1.A.1.
- D. **NFHS Rule 4-2-4 Ending a Regulation Game:** Suspended Game Procedures, see Section 1.O.2&3
- E. **NFHS Rule 4-3 Called Game:** Schools may choose to apply this rule to determine a champion for the league or conference. Schools should make every effort to complete suspended contests.
- F. **NFHS Rule 4-5 Protested Games and Rule 10-2-3i Umpiring Duties in Protested Games:** The MSHSAA Board of Directors has established on-site protest procedures. See Section 1.V
- G. **NFHS Rule 6-1-6 Pitching:** Pitching Limitations, see Section 1.G *(fines for late submissions will be assessed starting Spring 2018)*
- H. **NFHS Suggested Speed-Up Rules** see Section 1.K
- I. **Championship Baseball:** *The official baseball for the championships is the Spalding 41101HS, provided by Spalding.*
- J. **Competition Sites** for all district and state series events shall be conducted within the state boundaries. However, an event may be hosted beyond the state border only in cases where the school's facility is contiguous to the school campus but physically located beyond the border.
- K. **Assigned Dugouts** during MSHSAA State Tournament Play: If mutual agreement cannot otherwise be reached by participating coaches, the top team on the bracket for each game will occupy the first base dugout. Before each game the two opposing coaches will meet with the tournament manager as soon as possible after arriving, to determine the home team.

SECTION 3: CRITERIA FOR POSTSEASON [\(TOC\)](#)

A. GENERAL INFORMATION

1. School Eligibility
 - a. Post season is for member senior high schools only
 - b. Schools must register for the post season by the annual deadline
 - c. A school must have competed in at least half of the permitted number of contests for baseball as established by By-Law 3.29.6
 - d. An individual must have represented their school in interscholastic competition in that sport during the current season.
2. Classifications
 - a. For the high school district and state tournament series, the schools will be divided into five classes with the number of schools in each class to be equal.
3. Tournament Format
 - a. Each classification will be divided into 16 districts. The winners of these 16 districts will advance to the State Series
 - b. The State Series will consist of 4 rounds for each classification. There will be 8 sectional contests, 4 quarterfinal contests, 2 semifinal contests, a championship game and third place game (weather permitting).

B. SITE/FIELD QUALIFICATIONS

1. The Board of Directors has taken the position on the locations for District and State Tournaments that competition sites for all district and state series events shall be conducted in Missouri unless a school owned facility, contiguous to the school campus is beyond the state border.
2. Site Selection Criteria
 - a. The diamond used need not be that of the manager's school, and different diamonds may be used for district games if it will help to expedite the tournament and be more convenient for the schools.
 - b. If games are to be played at night under the lights, the manager shall notify the participating schools in advance.
 - c. When the adequacy of a playing field is questioned, the tournament manager and tournament committee shall resolve it.
 - d. By mutual agreement, the two participating schools and the tournament manager and tournament committee may agree to switch the site for a game. This would normally result from one school having inadequate facilities or because of inclement weather.
 - e. The site facilities must be in compliance with Title III of the Americans with Disabilities Act as a place of public accommodation.
 - f. For district tournament games the facility configuration shall provide that a paid gate can be administered except for unusual or unavoidable circumstances approved by the MSHSAA in advance. If the host school does not charge admission, all normal and reasonable expenses (including but not limited to workers, officials, manager's fee, field preparations expenses, etc.) shall be prorated to the participating schools based upon the number of contests played.

C. UMPIRES

1. Only MSHSAA registered umpires (not on probation) shall be contracted for post season contests.
2. Only those MSHSAA registered umpires who have completed and verified a post season application shall be eligible to work post season contests.
3. Umpires for district tournaments will be selected via a regional draft.
4. Umpires for sectional and quarterfinal rounds shall be agreed upon by the two competing schools.
5. Umpires for the final site will be selected by the MSHSAA staff.

SECTION 4: DISTRICT TOURNAMENT INFORMATION [\(TOC\)](#)

A. DISTRICT ENTRY PROCEDURE:

1. For the MSHSAA District and State Tournament Series, all school/team district entries shall be submitted on-line. District entry forms will no longer be accepted via fax or e-mail.
2. **Entries Open → Monday of Week #39**
3. Accessing Entry pages
 - a. Log in to your school page as the Athletic Director/Coach
 - b. Under “Sports and Activities” select the link “District Entries”
 - c. Click on Baseball
 - d. Complete the screens as listed
 - i. **Official Recommendations → Deadline Wednesday of Week #42**
MSHSAA takes the officials recommendation/non-recommendation process very seriously. This process for post season officials is designed to enhance the quality of officiating through input from each school on those officials that should be considered for post season contests. MSHSAA has the right to dismiss any recommendations/non-recommendations, submitted by the head coach, if it is determined that the coach has abused and/or manipulated the process for intentions not aligned with MSHSAA’s purpose and philosophy in selecting post season officials.
 - ii. **District Eligibility Roster → Deadline Sunday of Week #44**
 - 1) Failure to submit a roster will result in the school forfeiting its opening contest.
 - 2) No limit is placed on the number of players that may be in uniform for any one-tournament game.
 - 3) All eligible players shall be listed on the roster at the time of the beginning of each tournament.
 - 4) No new players may be added to the roster once the team has participated in the respective tournament.
 - 5) Rosters may be updated between the close of the district tournament and sectional game.
 - iii. **Season Record → Initial Deadline Sunday of Week #44 (Continue to update as season continues)**
 - iv. **Pass Lists (must be completed by administrator) → Deadline Monday of Week #45**
 - e. Make sure to note the deadline for each task to be completed. ([Dates to Remember](#))
4. **LATE ENTRIES:** Managers are allowed to accept late entries until the time the meeting to draw the District tournament bracket commences. **A late entry penalty fee of \$50.00** shall be assessed for late entries. No entries will be accepted after the meeting to draw the District tournament brackets. The District Manager shall notify the MSHSAA regarding any late entries for the tournament

B. TOURNAMENT MANAGEMENT

1. Tournament Committee: The manager shall select two or four school representatives (principal, athletic director or coach) from other participating schools to serve with him/her as a district tournament committee. The committee should include representative from a wide geographic area of the district and at least one coach shall be included on the committee.
2. District Committee Duties: In general, committee members shall assist the manager in the administration of the tournament. The committee shall also make any necessary rulings regarding grievances which may arise during district seeding or the progression of the tournament. Committee members and district coaches should be called upon to assist in the planning, preparation, and management of the tournament.
3. Seeding Meeting: The participating coaches present shall rank teams for seeding purposes. The teams shall be ranked fairly regardless of how it may affect each coach’s team. This process shall be for each coach to rank each team in the district excluding his/her own team, from top to bottom on a secret ballot that will then be published in open forum and tallied to determine the overall seeding. When ranking the teams, the committee shall take into account each team’s won-lost record (varsity games only), head to head competition, caliber of competition, and common opponents they have played over the season. If a tie should occur in this seeding process, the tournament committee shall look at the tied teams only and their individual seeds from the other schools in the districts to break the tie. Based upon each ballot, the tied teams would be assigned one or two points based upon their relative seeds. The team with the fewest points shall be awarded the higher seed. Should a tie still exist, the tournament committee shall determine the seeds of the tied teams. A tournament committee member whose team is involved in the tie shall abstain. The tournament committee shall have the authority to throw out a ballot that is obviously cast to negatively influence the seeding process. The committee shall reserve the right to accept or reject the coaches’ recommendations. This specific procedure shall be followed by district manager.
4. Placement on Bracket: All teams shall be seeded by the committee. In districts of eight or less teams, the teams shall be placed on the bracket according to seeding as illustrated by the sample 8 team bracket in the back of this manual; any byes are to be given first to the first-seeded team, then to the second-seeded team, etc. In districts of nine or more teams the teams shall be placed on the bracket according to seeding as illustrated by the sample sixteen-team bracket in the back of this manual; any byes are to be given to the first-seeded team, then the second-seeded team, etc. Districts with 4 or less teams will be placed on the bracket according to seeding.

B. TOURNAMENT MANAGEMENT (CONT)

5. Team Withdrawal: If a team withdraws from the district tournament after the seeding meeting all teams seeded below the team withdrawing shall be moved up one seed to fill the vacated spot. For example if the 6th seeded team withdraws from the tournament the 7th and 8th seeded teams would be moved up to the 6th and 7th spots on the bracket.
6. Inform Media: A copy of the bracket should be released by the committee to the major newspapers and radio stations covering the tournament area. Participating schools should also release it to their local news media.
7. Tournament Planning: Plans for the tournament should also be reviewed at the seeding meeting. Coaches should be called upon to assist in the planning, preparation, and management of the tournament.
8. Switching Sites: By mutual agreement, the two participating schools and the tournament manager may agree to switch the site for a game. This would normally result from one school having inadequate facilities, length of travel, or because of inclement weather.

C. CONTEST DETAILS

1. Game Length
 - a. 7 Innings: All MSHSAA tournament games shall be seven innings and shall have precedence over any regularly scheduled games or other local school activities. (At least 4-1/2 innings constitutes a regulation game.)
 - b. Mercy Rule: In accord with Rule 4-2-2 of the Baseball Rules Book, the ten run rule will apply after 5 innings of play for ALL interscholastic games including tournaments. The rule reads as follows: "The game shall end when the visiting team is behind 10 or more runs after 4 1/2 innings, or after the fifth inning, if either team is 10 runs behind and both teams have had an equal number of times at bat."
2. Home Team
 - a. Higher seeded team shall have the choice of selecting whether to be the home or away team
3. Pre-Game Warm-Up Procedures
 - a. Recommended procedures from the regular season shall be required in the post season.
 - b. See Section 1.F
4. Game Ball
 - a. Official Ball: Spalding 1101HS
 - b. A limited number of balls will be supplied to hosts for district, section and quarterfinal games
 - c. MSHSAA will supply all game balls at the final site.
5. Pitching Limitations
 - a. Regular Season pitching limitations are in effect throughout the post season
 - b. See chart in Section 1.G
6. Number of Umpires
 - a. Two umpires shall be used in all district games before the final.
 - b. Three umpires may be used in the district final.
 - c. Three umpires will be used for all State Series rounds.
7. Forfeited and Suspended Games
 - a. Forfeited Game: A game shall be forfeited if a team fails to report within fifteen minutes, after the set starting time and no contact has been made. Host schools or tournament managers will make the final decision on the forfeit. Every effort should be made to contact a late team.
 - b. Suspended Game: The Board of Directors has adopted the following provisions for a Suspended Game. This adoption applies to all MSHSAA post season baseball games (beginning with the district tournament) called due to darkness, rain, or other causes shall be considered suspended games and shall be continued from the point of suspension. If the required number of innings has been played to determine a winner, the team trailing at the time of suspension has the option to return and finish the game or have the current score considered final. The Head Coaches of both schools and the Home Plate Umpire must sign the official scorebook indicating the game is completed if the schools choose not to return to finish the game. When play is continued, the line-up and batting order shall be exactly the same as at the moment of suspension, subject to the rules governing the game. For example, if a team, while on defense, has been charged with two conferences, it is allowed only one more charged conference when the Suspended Game is continued. If a player has entered as a substitute and has been removed from the game, he cannot reenter when the game is continued. Even though a game is played during two different days, all playing regulations apply as if the game were continuous and being played during one day

SECTION 5: CHAMPIONSHIP SERIES SCHEDULE [\(TOC\)](#)

(District Tournament thru the State Championships)

A. DISTRICT TOURNAMENT

1. When it becomes necessary to postpone an event, the local manager should check with the MSHSAA Office. Rescheduling on Sunday should be avoided unless absolutely necessary and then only after getting approval of all participating schools remaining in the tournament.
2. Schedule: The administrators and coaches are requested to follow the schedule in this manual.
 - a. All District Games shall be played between **Friday of Week #45 and Saturday of Week #46**.
 - b. First round must be scheduled to start no later than **Saturday of Week #45**
 - c. It is recommended that tournaments start with the earliest possible day to allow for the maximum window if postponements are necessary.
 - d. Postponed games shall be played on the earliest possible date following the postponement.
 - e. By mutual agreement, the two participating schools may switch the site for a game. This would normally result from one school having inadequate facilities or because of inclement weather. District games may be played between two teams at a central location or at one of the other facilities in order to hold down travel. All games, however, shall be coordinated by the District manager. All game officials shall be approved, registered and contracted by the District manager.
3. A deviation from the pre-scheduled District baseball playing dates by the participating District teams due to an extreme conflict must be approved in advance by the tournament manager and tournament committee. If necessary the change shall be approved by the MSHSAA Office.
4. The host school shall be responsible for notifying the opposing school of the game time as far in advance as possible. The notice shall permit adequate time for pregame preparations.
5. First and second place plaques will be awarded at the District tournaments. The District plaques will be mailed directly to the manager of the District tournament.
6. **A \$5.00 admission fee shall be charged for persons age six and up.**

B. SECTIONAL AND QUARTERFINAL GAMES:

1. Sectional

a. SCHEDULE:

<u>Classes</u>	<u>Date</u>
1, 2, 3	Monday of Week #47
4 & 5	Tuesday of Week #47

- b. HOST: Team on the top of the bracket in odd-numbered years and the team on the bottom of the bracket in even-numbered years.
- c. GAME TIME: Between 4pm and 6pm unless held at a facility without lights, when it may begin as early as 2:00 pm, with prior approval of both participating schools' administrators and the MSHSAA office.
- d. ROTATION:

<u>Sectional</u>	<u>Districts</u>	<u>Sectional</u>	<u>Districts</u>
1	1 v. 2	5	5 v. 6
2	3 v. 4	6	7 v. 8
3	9 v. 10	7	13 v. 14
4	11 v. 12	8	15 v. 16

2. Quarterfinal

a. SCHEDULE

<u>Classes</u>	<u>Date</u>
1, 2, 3	Wednesday of Week #47
4 & 5	Thursday of Week #47

- b. HOST: Will be determined by the following
 - i. If one team has hosted a sectional game and the other has not; the team that did not host the sectional game will host the quarterfinal game.
 - ii. If both teams have hosted or both have not hosted the sectional game the team on the top of the bracket in odd-numbered years and the team on the bottom of the bracket in even-numbered years will host the quarterfinal game
- c. GAME TIME: Between 4pm and 6pm unless held at a facility without lights, when it may begin as early as 2:00 pm, with prior approval of both participating schools' administrators and the MSHSAA office.
- d. ROTATION:

<u>Quarterfinal</u>	<u>Sectionals</u>
1	1 v. 2
2	3 v. 4
3	5 v. 6
4	7 v. 8

3. **A \$7.00 admission fee for sectionals and \$7.00 for quarterfinals shall be charged for persons age six and up.**

C. FINAL FOUR & STATE CHAMPIONSHIPS:

1. The final site for the State Baseball Championships will be the CarShield Field, O'Fallon, MO
2. Coaches meeting will be presented online.
3. Coaches should check-in upon arrival to the complex.
4. Team Pictures will be taken just prior to warm-ups.
5. Warm-Up Schedule – TBA
6. SCHEDULE: **Monday – Saturday Week #48**

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Game</u>
Monday	4:00 PM	3	Semifinal
Monday	6:30 PM	3	Semifinal
Tuesday	11:00 AM	3	3 rd Place
Tuesday	1:30 PM	3	Championship
Tuesday	4:00 PM	1	Semifinal
Tuesday	6:30 PM	1	Semifinal
Wednesday	11:00 AM	1	3 rd Place
Wednesday	1:30 PM	1	Championship
Wednesday	4:00 PM	2	Semifinal
Wednesday	6:30 PM	2	Semifinal
Thursday	11:00 AM	2	3 rd Place
Thursday	1:30 PM	2	Championship
Thursday	4:00 PM	4	Semifinal
Thursday	6:30 PM	4	Semifinal
Friday	11:00 AM	4	3 rd Place
Friday	1:30 PM	4	Championship
Friday	4:00 PM	5	Semifinal
Friday	6:30 PM	5	Semifinal
Saturday	11:00 AM	5	3 rd Place
Saturday	1:30 PM	5	Championship

7. Schedule subject to be altered due to weather. Third Place games are played weather permitting
8. Trophies will be presented to the four semifinalist teams along with individual medals. (Spectators are not permitted on the game fields during or after awards ceremonies).
9. **An \$8.00 admission fee shall be charged per day at the State Tournament for person age six and up.**

Future State Championship classification schedule rotations

	MON/TUE	TUE/WED	WED/THU	THU/FRI	FRI/SAT
2020	Class 1	Class 2	Class 3	Class 5	Class 4
2021	Class 2	Class 3	Class 1	Class 4	Class 5
2022	Class 3	Class 1	Class 2	Class 5	Class 4
2023	Class 1	Class 2	Class 3	Class 4	Class 5
2024	Class 2	Class 3	Class 1	Class 5	Class 4

APPENDIX A [\(TOC\)](#)

BASEBALL STATISTIC AND PROGRAM INFORMATION

The MSHSAA staff strives to publish the most accurate materials for all Championship events. Since a majority of the information contained in Championship publications is submitted by qualifying schools, it is imperative that the MSHSAA office receive correctly-spelled names, accurate classifications (year in school), season results, statistics of participants and coaching information. The MSHSAA Board of Directors has approved a fine process for all late, incomplete or illegible submissions for MSHSAA Championship publications. Schools that do not submit their information to MSHSAA in a timely, legible, complete and accurate manner will be fined \$25 per offense (Board Policy #20). Electronic reports must be submitted by the appropriate deadline in the format and style included with the report instructions. It is the responsibility of the school to verify that MSHSAA has received its program information, team photo and any other required information by the appropriate deadline.

In addition to the appropriate roster and schedule information, the following statistical information will be requested for Baseball teams advancing past the district tournament:

B/T= bats and throws (left, right or switch)
G=Games played for the individual

Hitting:

Avg.= batting average
AB=At-bats (not plate appearances)
H= hits
RBI- runs batted in
2B= doubles
3B= triples
HR= homeruns
BB= walks earned as a batter
SO=times struck out (both looking and swinging) as a batter
SB=stolen bases

Pitching:

W/L= wins and losses as a pitcher
ER= earned runs allowed
IP= innings pitched
ERA= earned run average (based on 7 innings)
SO=strikeouts thrown as a pitcher
BB= walks thrown as a pitcher
S=saves

Fielding:

PO= putouts recorded as a fielder
A= assists recorded as a fielder
E= errors committed

Note:

- 1) These numbers should represent all games played through the district tournament and will be required for teams advancing past the district tournament. Any statistical information to be found incomplete will result in a fine per Board Policy #20 as listed above.
- 2) Stats only need to be entered once prior to the Sectional game. The stats will not need to be updated after each playoff contest.
- 3) If you have any statistical questions, do not hesitate in contacting Jason West in the MSHSAA office by e-mailing jason@mshsaa.org or calling (573) 875-1077.

APPENDIX B [\(TOC\)](#)

CONCUSSION EDUCATION AND MANAGEMENT PROTOCOL

Education

Concussions are common in sports. The Missouri State High School Activities Association (MSHSAA) believes that education of coaches, officials, athletes, and their parents or guardians is key to safely returning a student athlete to play. Appropriate immediate care after a suspected concussion, and follow up incorporating a multi-disciplinary team that includes the coach, parent or guardian, athlete's physician, team physician and athletic trainer (if available), and school representatives, also are important for the proper management of a sport-related concussion.

Each school district will receive educational materials for coaches, athletes, parents, and school officials, required forms for student athlete participation and parent/guardian consent, and recommended medical clearance forms for return to play.

Annually, MSHSAA member school districts will ensure that every coach, student athlete, and parents or guardians of a student athlete completes a concussion and head injury information sheet and returns it to the school district prior to the student athlete's participation in practice or competition. Officials will receive training from their parent organization. Each official's organization will require annual concussion training and maintain a signed head injury information sheet for each official.

Recognition and Evaluation of the Athlete with a Concussion

1. Recognition of the signs and symptoms of a concussion is important. Every member of the team-athlete, teammates, coaches, parents or guardians, officials, athletic trainers, and team physicians have a duty to report a suspected concussion. Not all school districts have medical personnel available to cover every practice and competition; therefore, the coach is the person in the best position to protect the player and must be aware that not all student athletes will be forthcoming about their injury.
2. An official shall not be responsible for making the diagnosis of a concussion. The official can assist coaches and medical staff by recognizing signs and symptoms of a concussion and informing the coach and medical staff of their concerns.
3. The coach, (Certified Athletic Trainer) ATC, or physician on site should evaluate the athlete in a systemic fashion:
 - a. Assess for airway, breathing, and circulation (basic CPR assessment)
 - b. Assess for concussion
 - i. Any unconscious athlete should be assumed to have a severe head and/or neck injury and should have their cervical spine immobilized until a determination can be made that the cervical spine has not been injured. If no medical professional can make the assessment, the athlete should be transported to an appropriate emergency care facility.
 - ii. A conscious athlete with no neck pain can be further evaluated on the sideline. An athlete experiencing ANY of the signs/symptoms of a concussion should be immediately removed from play. Signs/Symptoms of a concussion include:

<u>PHYSICAL</u>	<u>COGNITIVE</u>	<u>EMOTIONAL</u>
Headache	Feeling mentally "foggy"	Irritability
Nausea/Vomiting	Feeling slowed down	Sadness
Dazed/Stunned	Difficulty concentrating	More emotional
Balance problems	Difficulty remembering	Nervousness
Visual problems	Forgetful of recent information	
Fatigue	Confused about recent events	
Sensitivity to light	Answers questions slowly	
Sensitivity to noise	Repeats questions	

4. Evaluation
 - a. Following any first aid management, the medical team, or coach in the absence of medical personnel, should assess the athlete to determine the presence or absence of a concussion. The SCAT (Sideline Concussion Assessment Tool) and SCAT2 are effective assessment tools that are readily available and can assist with the assessment.
 - b. The athlete should be monitored for worsening or change in signs and symptoms over the next 24 hours. Instructions should be given to the parent or guardian as to signs and symptoms that may require further or more emergent evaluation.

5. Management of a Concussion and Return to Play
 - a. An athlete determined to have a concussion or have concussion-like symptoms will be removed from practice or competition and is not allowed to return to practice or competition that same day.
 - b. If an athlete displays concussion-like signs or symptoms, the athlete should be assumed to have a concussion until further medical evaluation can occur. "WHEN IN DOUBT, SIT THEM OUT!"
 - c. Written clearance from a physician (MD or DO), Advanced Nurse Practitioner in written collaborative practice with a physician, Certified Physician Assistant in written collaborative practice with a physician, or Certified Athletic Trainer in written supervision of a physician, must be provided prior to return to play.
 - d. Following a concussion, the athlete should have both physical and cognitive rest until symptoms have resolved.
 - e. An athlete must be asymptomatic at rest and with exertion prior to return to play
 - f. A graduated return to play protocol has been outlined by the Third International Concussion in Sport Group Statement (2008, Zurich), is recommended by the NFHS (nfhs.org), and may be used to guide return to play following medical clearance.

APPENDIX C [\(TOC\)](#)

HAZARDOUS WEATHER CONDITIONS:

In case of inclement weather, the host school manager shall determine whether a game will start and so notify the referees and opposing school. The district will not adopt a provision that if one game is postponed, all games in that district are postponed on that date. Make arrangements with referees to pay only travel expenses if they drive to the site and the game is not started. If the game is started, the referees working the game will be paid for that contest but will not receive a second payment for completing the game at a later date other than travel expenses. In situations where a referee has a conflict on the day in which the game is rescheduled and another official works the game he will be paid a game fee and travel expenses.

The host school principal or his designated representative and the head official have mutual authority to delay the start of a game any time weather conditions are considered to be hazardous to life or limb. Likewise, the head official, once a game has started, has the authority, by rule, to suspend a game anytime weather conditions are considered to be hazardous to life or limb. If severe weather develops while a game is in progress, where the administration feels safety is questionable and the game officials have not acted, the host principal or his/her designated representative will intervene by informing the head official who shall suspend the contest.

Develop criteria for suspension and resumption of play:

1. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
2. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash or lightning is witnessed prior to resuming play.
3. Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.

If there are extenuating circumstances such as extreme travel distances, rescheduling problems, etc. which make it desirable to try to complete the game and the principals of both schools or their designated representatives choose to ask for an additional 30 minutes of waiting time, the head official may grant that request. If the principals of both schools or their designated representatives and the head official cannot mutually agree that the weather conditions are safe, the game shall be postponed. The game may either be considered a completed game at that point or rescheduled at a later time according to game rules. (See *Section 1-B-4* for what constitutes a completed game.) The purpose of this procedure is to ensure the safety of the players and spectators but also to relieve the pressure from the officials before declaring a game suspended. The host principal should, when severe weather is pending, keep a constant check with nearby radio stations which would have information concerning the path of the storm. This constant check, available to the administration, is not available to the game officials.

School district emergency plans should include procedures for evacuating players and spectators to protected areas when severe weather occurs.

APPENDIX D [\(TOC\)](#)

HEAT ACCLIMATIZATION

Diagram 1.7 (1)

SUMMARY OF THE 16-DAY ACCLIMATIZATION PERIOD

(Days 1-5)

1. Days 1 through 5 of the acclimatization period consist of the first 5 days of formal practice. During this time, athletes are not allowed to participate in more than 1 practice per day.
2. If a practice is interrupted by inclement weather or heat restrictions, the practice may recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day.
3. A 1-hour maximum walk-through is permitted during days 1–5 of the acclimatization period. A 1-hour recovery period is required between the practice and walk-through (or vice versa).
4. During days 1–2 of the acclimatization period, in sports requiring helmets or shoulder pads, a helmet is the only protective equipment permitted (goalies, as in the case of field hockey and related sports, may not wear full protective gear or perform activities that would require protective equipment).
 - A. Football only: On days 3–5, contact with blocking sleds and tackling dummies may be initiated.
 - B. Field Hockey: On days 3-5 goalie can wear protective equipment with extended breaks.
 - C. Full-contact sports: 100% live contact drills may begin no earlier than day 6.

Beginning on day 6, all protective equipment may be worn and full contact may begin.

(Days 6-16)

1. Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 1 hour of continuous rest. When a double practice day is followed by a rest day, another double practice day is permitted after the rest day.
2. On a double-practice day neither practice may exceed 3 hours in duration nor may student-athletes participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities must be included as part of the total practice time. The 2 practices must be separated by at least 3 continuous hours in a cool environment.
3. Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, it is recommended that an athletic trainer be on site before, during, and after all practices, but it is not required.

Diagram 1.7 (2)

Day	Heat Acclimatization Practice Plan	Sports Equipment/Helmets/Pads
1	One Practice per day (3 hours Total) 1 hour walkthrough after 1 hour of rest	FB-Helmet only; SB and BB catchers equipment allowed *
2	One Practice per day (3 hours Total) 1 hour walkthrough after 1 hour of rest	FB-Helmet only; SB and BB catchers equipment allowed *
3	One Practice per day (3 hours Total) 1 hour walkthrough after 1 hour of rest	FB-Helmet / shoulder pads / blocking sleds / tackling dummies only
4	One Practice per day (3 hours Total) 1 hour walkthrough after 1 hour of rest	FB-Helmet / shoulder pads / blocking sleds / tackling dummies only
5	One Practice per day (3 hours Total) 1 hour walkthrough after 1 hour of rest	FB-Helmet / shoulder pads / blocking sleds / tackling dummies only
6-16	<ul style="list-style-type: none"> • Alternate double practice days w/ a single practice day or a rest day. • <u>Double Practice Day</u>: 3 hour max per practice; 5 hour max total w/ 3 hour minimum rest between the two. • <u>Single Practice Day</u>: 3 hour max; 1 hour walkthrough after 1 hour rest. • During the preseason heat acclimatization period, if practice occurs on six consecutive days, participants should have one day of complete rest (no conditioning, walk-throughs, practices, etc.). Therefore, 16 days are needed to complete the 14-practice requirement. • On-site Athletic Trainer for the heat acclimatization period (days 1-16) if possible, but not required. 	FB-All equipment / full contact

* Baseball and Softball catchers may wear protective gear for their safety and by rule, but must be allowed extra rest and water breaks during the practice.

** Field Hockey: On days 3-5 goalie can wear protective equipment with extended breaks.

*** Golf is excluded from the heat acclimatization schedule but must have 14 days of practice completed before competition

**** The preseason scrimmage is a practice and the time spent for this scrimmage counts towards the total hours of practice in a day.

Exertional heat stroke is on the rise and is a threat to the lives of athletes. Exertional heat stroke is currently among the top three reasons athletes die during sport and in the summer months it is the number one reason. What makes these tragedies worse is that exertional heat stroke risks can be minimized through proper heat acclimatization. Sports medicine researchers and advocates indicate that periods of rest and a progressive system of early practices can reduce the instances of exertional heat stroke in athletes. Heat acclimatization in humans is a biological adaptation that controls physiological activities like heart rate and body temperature. The most vital change that occurs is an increase in sweating. Humans who have adapted to hot climates begin sweating earlier and more profusely, controlling their body temperature more efficiently. Another result of this acclimatization is the reduction of body heat production, as it is no longer as important as it is in colder environments. The goal of the acclimatization period is to increase exercise heat tolerance and enhance the ability to exercise safely and effectively in warm and hot conditions. This period should begin on the first day of practice or conditioning. Above is a summary of the Heat Acclimatization requirements.

APPENDIX E [\(TOC\)](#)

SITE SELECTION PROCESS

A. General Process: District Site Selection Process

1. Following the assignment of all registered schools to classifications and districts, the MSHSAA staff shall select one Athletic Administrator or Principal (per district) to serve as the Site Selection Chairperson for the purpose of coordinating the process.
2. The chairperson shall be contacted and confirmed via email by the MSHSAA staff.
3. Each chairperson shall review the list of schools assigned to their district located on the activity page on www.mshsaa.org under the "Class and District Assignments" link
4. Each chairperson will contact all athletic administrators of schools and arrange a meeting (face-to-face is preferred but telephone conference call, email, fax, ballot, etc. is acceptable) to select the host site(s). MSHSAA shall incur no expense in conjunction with this meeting.
5. The request shall be to select the host site(s) for only the current classification cycle.
6. Schools wishing to host, shall provide evidence that facilities and staffing meet the necessary and/or recommended requirements to safely, securely and adequately provide for the conduct of the district tournament.
7. The chairperson shall notify the MSHSAA office, via email, by the established deadline and indicate the selected host site(s) and manager's information.
8. The MSHSAA staff shall review the submitted host sites for any necessary adjustments and final approval. The MSHSAA staff and/or Board of Directors shall select the host site when a district committee is unable to reach agreement or the Board determines a suggested site is unacceptable due to site constraints. A neutral site may only be used, provided there is prior approval from MSHSAA, due to confirmation of inadequate facilities at the assigned district schools or unusual circumstances. The neutral site shall be at no additional expense to MSHSAA.
9. Following final approval, host sites shall be added to the district assignments link and the district managers' packets shall be forwarded to each district manager within an appropriate time frame to allow for proper administering of the event.

B. Specific Criteria for District Sites

1. Facilities must be located within the borders of the State of Missouri.
2. The site facility(s) must be in compliance with the Title III of the Americans with Disabilities Act as a place of public accommodation
3. Secure location for contest officials to be sequestered from teams and spectators.
4. Ability to take admission for all contests.
5. Seating capacity shall be adequate to accommodate anticipated attendance.
6. Adequate off-street parking available for the seating capacity of the facility – required.
7. Adequate concessions available for spectators – required.

C. Specific Criteria for Baseball Sites

1. See Section 3.B of the Baseball Manual

