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2023

Baseball Handbook

*Subject to changes

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SPORTSMANSHIP PHILOSOPHY AND CODE OF CONDUCT

1. We believe that interscholastic athletics is an important part of education and supports the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute usefully and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

Code of Conduct

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests, as part of an overall school program, are intended to be enjoyed. Behavior that reflects a winning-at-all-costs attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

2023 BASEBALL CALENDAR

The approved baseball season is March 13 to June 19, 2023.

First Practice .....March 13
First Scrimmage .....After 10 team/10 individual practices
First Contest .....After 10 team/10 individual practices
Playoffs..... Begin May 23, 2023
CHSAA States in NYC.....June 9-111, 2023
ALL-WNY Baseball Team Nomination Form deadline .....TBD
All WNY Meeting.....TBD

BOYS BASEBALL CHAIR

Paul Nasca
Chairman
St. Joseph's Collegiate Institute
pnasca@eatonofficesupply.com

P/DH Rule

Designated Hitter (DH) can be used in two ways. The DH can be listed as the tenth starter replacing one of the other nine players when it is their turn to bat. The other method is that that any one of the starting defensive players can be their own DH (in effect having two positions) within the confines of the rule requirements

MMHSAA Pitch Count Rule

MAX # PITCHES - VARSITY	# NIGHTS REST REQUIRED
96-105	4
66-95	3
31-65	2
1-30	1
MAX # PITCHES - JUNIOR VARSITY	# NIGHTS REST REQUIRED
76-85	4
46-75	3
31-45	2
1-30	1

1. If a pitch is thrown on a balk call, the pitch will NOT count for the purpose of this rule.
2. A pitcher at any level who reaches the pitch count limit in the middle of an at-bat will be allowed to finish the batter.
3. Schools will have the responsibility to maintain pitch counts, and it is highly recommended that the coaches of each team confer on the pitch count every inning. Any discrepancy will be resolved based on the records of the home team.
4. At the conclusion of the game, the head coach of each team will sign the opposing team's pitch count, confirming the accuracy of the pitch count.
5. Following the completion of the game, the coach of each team must submit his pitch count for the day in the official MMHSAA Pitch Count Record. (google address supplied by league)

6. Any violation of this rule will be considered in the same light as using an ineligible player. The game will be forfeited.
7. Additional penalties may be imposed at the school or league level, if deemed necessary.
8. **NOTE:** the pitch count rule does not change during playoffs and carries over from your last regular season game

Reporting Scores and Pitch Count to the League and recording statistics.

1. All coaches are required to report their scores and statistics in a manner that is approved by the league. Scores and pitch count will be reported by clicking on the following: Click Here to enter Score and Pitch Count Google Sheet All coaches must report the game score and their pitch count immediately following tall games, league, non-league and tournament.

2. We will be using MaxPreps to track individual statistics.

http://support.maxpreps.com/hc/en-us http://www.maxpreps.com/mobile/home.aspx

Athletic directors will be notified of delinquent statistical reporting. Failure to report scores and/or statistics will result in the following:

- First offense – warning to the athletic director and to the coach
- Second offense - $100 fine and 24-hour notice to bring your stats up to date
- Third offense - $250 fine and suspension of coach

Each school manager is responsible for entering their players' individual statistics into MaxPreps and entering their pitch count into the MMHSAA Pitch Count sheet within 24 hours of completion of the game. (see pitch count rules)

Statistics required for MaxPreps

Hitting

#	Athlete Name	GP	Avg	PA	AB	R	H	RBI	2B	3B	HR	BB	K	HBP	SB	SBA

Fielding

#	Athlete Name	GP	FP	TC	PO	A	E

Pitching

#	Athlete Name	IP	H	R	ER	BB	K	2B	3B	HR	BF	AB	ERA	W	L	SV

GAME-ENDING PROCEDURE RUN RULE

The run rule states that the game will end with a run differential of 10 runs after 5 innings (or 4 1⁄2 if the home team is winning). The run rule is for all regular season games and for all quarterfinal playoff games. The run rule DOES NOT apply to semifinal and final series games.

PLAYER MOVEMENT IN MMHSAA

Players may be moved between JV and varsity rosters until the following dates:

- Fall - third Friday in September
- Winter - January 1
- Spring - Friday, April 28, 2023

After the above dates, rosters are frozen and additions to the varsity roster at this point will become a permanent member of the varsity. It is recommended that each team submit a final varsity roster by each of these dates.

Following the varsity roster date listed above, a JV member may move up to varsity temporarily under the following circumstances:

a) A varsity squad has fewer than the designated number required for that sport due to reasons of ineligibility, illness, or injury - with the approval of the Executive Committee

b) The sport chairperson of each division and the team you are playing are notified prior to the player participating

c) The JV player moves down when the original player comes back.

Once the above dates have passed, no varsity player may move down to JV.

a) NOTE: seniors may not play on a JV team without permission of the Athletic Council for that division; the only exception is bowling.

ROSTER SIZE

All rosters are unlimited in size for MMHSAA. Please note that should your team qualify for the CHSAA State or NYS Federation Tournament, your roster size may be limited by state regulations.

BASEBALL SCRIMMAGE RULES

1. A baseball scrimmage must include free substitutions, and lineup cards will not be exchanged.
2. Scrimmages must also include one or more of the following:
    1. Play six outs per half inning (for example, three outs clear the field/three more outs).
    2. Batting order must be altered or modified to include more batters than rules permit.
    3. Start with a runner(s) on base with a predetermined situation for at least two full innings.

PRACTICE SESSIONS

1. Organized practice is a session of an individual, an athletic squad, or a group organized for intersectional athletics for the purpose of providing instruction and practice in physical conditioning activities, skills, team play, and strategy, under the supervision of a qualified school official. Only one practice session a day and only six days of a calendar week may be counted toward the total number of practice sessions required. These practice sessions shall be organized and planned for a reasonable length of time and shall include vigorous activity related to the sport for the purpose of improving the physical condition of the players. <u>There cannot be seven consecutive days</u> <u>of practice and/or games.</u>
2. Each practice game counts as one of the games allowed in any sport season (20 in baseball in 2014), but practice sessions may be arranged with other schools. In practice sessions,
    1. Both squads use the field simultaneously with both coaches, making corrections and giving instructions to players as they would during their own practice
    2. No official score is kept
    3. No definite time is set for scrimmage periods
    4. No admission is charged
    5. No spectators are permitted unless such is the usual plan whenever the squad has a practice. ALSO see definition of scrimmage on page 6.

2023 NFHS Baseball Rule Changes

1-5-4: Change:

ART. 4 . . . The catcher's helmet and mask combination shall meet the NOCSAE standard at the time of manufacture. Eye shields shall not be attached to the catcher's mask after manufacture. <u>Eye shields that are attached to the catcher's mask at the time of manufacture will be constructed of a molded rigid material and be clear without the presence of any tint. Tinted eyewear worn on the face and under the face mask is permitted.</u> Any helmet or helmet and mask combination...and a protective cup (male only). (1-5-9)

Rationale: There has been an increase of catchers attaching aftermarket eye shields to their face masks that are tinted and not approved by the face mask manufacturer. Attaching a product that was not manufactured for the specific face mask is a risk to the wearer. The tinted eye shield is problematic because it would prevent a medical professional from accessing the eyes of the catcher to determine their condition.

1-5-12: Change:

~~ART. 12 . . . Jewelry shall not be worn be permitted (3-3-1d) except for including religious and medical medals. Any jewelry that poses harm or injury to the wearer or the opponent shall be immediately removed. (1-5-9) A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.~~

Rationale: Any jewelry worn that poses harm or injury to the player or their opponent is covered in existing rules.

2-4-4 (New): Change:

Note: Add Lodged Ball to Section Title

ART. 4 . . . A baseball that remains on the playing field but has become wedged, stuck, lost, or unreachable, is defined to be a lodged ball. If the ball impacts any object in the course of play, stops abruptly, and does not fall or roll immediately, it is considered lodged. It is a dead ball (5-1-1f-3,4; 5-1-1g-4). Exception: if a ball becomes stuck in the webbing of the fielder's glove, it remains in play. The glove/ball combination is treated as a live ball.

Rationale: A definition of a lodged ball was necessary and appropriate to differentiate when it is stuck on the field or in an apparatus, compared to when it is stuck in a glove.

3-3-1d: Change:

ART. 1 . . . A coach, player, substitute, attendant or other bench personnel shall not: sub-articles a-e remain the same. d. ~~wear jewelry (players participating in the game) or~~ wear bandannas;

Rationale: This is a companion rule change with the deletion of Rule 1-5-12. If jewelry is worn that poses harm to the player or their opponent, there is existing rules support to handle the situation. Bandannas are still prohibited.

6-1-1,2,3: Change:

ART. 1 . . .The pitcher shall pitch while facing the batter from either a windup (Art.2) or a set position (Art. 3). The position of the pitcher's feet determine whether ~~his~~ the pitcher will pitch from the windup or the set position. The pitcher ~~He~~ shall take or simulate taking the sign from the catcher with the ~~his~~ pivot foot in contact with the pitcher's plate. The pitcher will be considered to be in the set position when the pivot foot is in contact with or directly in front of and parallel to the pitcher's plate. The pitcher will be considered to be in the windup position when the pivot foot is in contact with the pitcher's plate and is not parallel to it. The pitching regulations …but not both.

ART. 2 . . . For the wind-up position, the pitcher is not restricted as to how they shall hold the ball. A pitcher assumes the windup position when the ~~his~~ hands are: (a) together in front of the body; (b) both hands are at the ~~his~~ side; (c) either hand is in front of the body and the other hand is at the ~~his~~ side. ~~The pitcher's non-pivot foot shall be in any position on or behind a line extending through the front edge of the pitcher's plate.~~ The pitcher is limited…lift either foot.

ART. 3 . . . For the set position, the pitcher shall have the ball in either the ~~his~~ gloved hand or the ~~his~~ pitching hand. The pitcher's ~~His~~ hand shall be down at the ~~his~~ side or behind the his back. Before starting the delivery, the pitcher shall stand with the pivot foot in contact with or directly in front of and parallel to the pitcher's plate. ~~Before starting his delivery, he shall stand with his entire non-pivot~~

~~foot in contact with or directly in front of and parallel to the pitcher's plate.~~ **The pitcher ~~He~~ shall go…any other fielder.**

Rationale: In reference to the high school pitching rule, the position of both the pivot and non-pivot foot was the determining factor to deem if a pitcher was pitching from the windup position or the set position. The game has evolved throughout high school baseball for the pitcher to pitch with the pivot foot in a windup description with the non-pivot foot in a set description. This "hybrid" position was previously illegal by NFHS rule. What is important is that umpires, coaches, and players know what position the pitcher is using so they know which part of Rule 6 is in play. Deleting the use of the non-pivot foot does no damage to the existing pitching position rule and having only the pivot foot determined makes it clean and easily discernible for all involved.

NFHS Official Baseball Signals

A—PRE-PITCH SITUATIONAL CHANGES - 8 signals to demonstrate situations & their explanations!

B--DURING PLAY & RESULTS - 8 signals to demonstrate calls

[Editor's note: The proposed Umpire Signals are attached as separate documents.]

Rationale: Updating signals to further enhance umpire mechanics and communication between officials, coaches, players and fans.

NUMBER OF GAMES/PRACTICES

Inter-school competition in baseball shall be limited to a maximum of 24, and no contestant may participate in more than 24 games exclusive of playoff games and games necessary to break league ties. A contestant shall have at least six individual practice sessions (one countable per day), prior to the first scrimmage and the team must have at least 10 organized practice sessions prior to the first scrimmage. An individual must have at least eight practice sessions, and the team must have 15 practice sessions before the first game. There cannot be seven consecutive days of practice and/or games during the regular season.

NOTE: Total number of scrimmages + regular season games + playoffs cannot exceed 38. Example 7 scrimmages + 24 regular season games + 7 possible playoff games = 38

RULES

All baseball games shall be played following the rules of the NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION BASEBALL rulebook. Speed-up rules and the 10-run rule are in effect.
Pitching Rule for MMHSAA Baseball – ***See Pitch Count & Rules***
Run Rule for MMHSAA Baseball – ***See Game-Ending Procedure***

INTERSTATE GAMES

1. The host school of the interstate event is responsible for applying to the host state association for sanctioning.
2. A MMHSAA member school wishing to participate in the event must verify with MMHSAA, at least 30 days prior to the event, that the event has been properly sanctioned.
3. Refer to the **NYSPHSAA Handbook**, page 98, or the state website www.nysphsaa.org for additional information and forms required. http://www.nysphsaa.org/ADs-Coaches/Sanctioning

INTERNATIONAL GAMES

National Federation sanction is necessary for international competition. Forms for requesting this sanction are available from NYSPHSAA, Inc., and must be filed 60 days prior to the event. Refer to the **NYSPHSAA Handbook**,page 98, for additional information.

PROFESSIONAL TRYOUTS

No tryouts for professional teams are approved except during the summer vacation. A student who participates in such a tryout is ineligible to represent the schooL.

MONSIGNOR MARTIN ASSOCIATION 2023 VARSITY BASEBALL

1. All weekday games are scheduled for a 4:30 start unless teams have agreed to start at a different time. Visitor is listed first, and the home team is listed last. There will be 14 league games, with teams playing each other twice. All six teams will qualify for the Georgetown Cup playoffs.
2. The home team provides three game balls to start, one of which goes to the visitors for their starting pitcher to warm up with.
3. The home team is responsible for paying umpires (vouchers).
4. There will be no non-preferred list of officials (extenuating circumstances will be determined by the League office) and we do not use a preferred list for post-season.

GAME BALLS

It is the responsibility of each team to provide at least three game balls. Two balls shall be given to the umpires by each team prior to the game, and the third ball should be held in reserve. For finals, bring at least six game balls. There is no requirement on the ball being used.

GAME BATS

The MMHSAA will be a wood bat league for the 2023 season.

Jewelry Rule **New (August 2022)**

Students will now be permitted to wear jewelry in cross country, track & field, swimming & diving, tennis, softball, baseball and volleyball (stud earrings). As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for purposes of risk minimization. Rationale: The wearing of jewelry ordinarily presents little risk of injury to either the competitor or opponents. Elimination of the rule allows officials to focus on meet administration directly related to competition. Coaches continue to have the obligation to see that competitors are properly equipped. Soft, pliable barrettes are permissible, body gems are not. The use of metal hair fasteners to secure hair is permissible in Girls Gymnastics. NOTE: The sports of Bowling and Golf are exempt from this rule. Wristwatches are permitted in cross country and in practice only for track and field. Hair restraints, to control a competitor's hair, are permitted in track and field and cross country. (Dec. 2010)

PLAYOFF SEEDINGS

1. The regular season champion and the second place finisher will receive a first-round bye.
2. Playoffs will proceed with 3 v 6, 4 v 5
3. Rounds 2 and 3 are best of 3 series
4. Playoff bracket will not reseed

MMHSAA Seeding Policy:
All teams may take part in the playoffs. A school may choose not to have their team participate and must notify the Executive Director before May 20, 2023. The seeding will be done according to the teams' standing in league games. If there is a tie, see the tiebreakers in the Seeding Policy below. Once seeded, a team is expected to participate.

The MMHSAA Seeding Policy shall be followed for seedings:
In the event of a tie in the standings, both teams will be awarded the position.
The following tie breakers will be used for seeding purposes only and include all 14 league games:

- Tie Breakers
- Head-to-head
- wins over common opponent in our league
    - Tied teams start with the top of the regular season standings, and work their way down the standings until there is a difference in record against a team.
    - Once there is a difference, the team with the better record becomes the higher seed.
- Run differential between the teams that are tied

- If the above tiebreakers fail to break the tie, it will be broken by the flip of a coin by the league designee.
- In the event of a 3-way (or more) tie, the above procedure will be applied using only the games played between the tied teams
- Once a tie is broken by the above system, remaining tied teams will be broken by starting again at step 1.

PLAYOFF NOTES

Ties are to be treated as a suspended game. All playoff games that are suspended will be resumed, from the point of suspension, the next day.
Announce at your school and to your players that there is an admission fee to all finals. MMHSAA passes are not recognized for finals.
Notify: Both teams must report game score and pitch count immediately following the game.
The league director,, umpires, and coaches are the "on the spot" protest committee.
No game dates may be changed without the league's approval. Banquets, proms, and concerts are not to interfere with the playoffs. There will be absolutely no exceptions!
Game time is 4:30 p.m. for all preliminary rounds through the semi-finals.
Once playoffs begin, qualifying schools may play/practice seven days in succession.

POSTPONEMENT

1. ***All playoff baseball games must go to seven innings approved, unless the Game Ending Rule is used.
2. Games will be postponed only if the participating school is officially closed due to weather or illness. In the event of rain, the chairperson in conjunction with the Executive Director will decide if a game should be played. If the game is canceled, the chairperson will call the coaches and umpires who are to work the game to setup the proper rain date.
3. If a game is tied or suspended, MMHSAA playoff games will be picked up from that point the next day or next available date.
4. A game date may be changed if <u>all</u> of the following four conditions are met:
    a. Both school administrators and coaches are agreeable to such a change.
    b. The game will not cause other games to be moved back or enable a team to gain an unfair advantage.
    c. The Executive Director is agreeable to the change providing the same site is available for the changed date and it will not hinder the total all-around playoff structure or other schools involved.
    d. The date is changed with adequate time to notify the newspapers, umpires, etc.
5. All coaches should be cognizant of the fact that rain dates constitute official playing dates. Playing times may be altered provided both teams are in agreement. The chairperson should be notified; the chairperson, in turn, will contact the game officials and media. All details should be worked out with the chairperson and the executive director 48 hours in advance.

ATHLETIC DIRECTORS

1. Supervisors: Assign adequate faculty supervision for all students attending playoff games. The general rule is a supervisor for every fifty students.
2. Field Maintenance for home games
3. Postponement - Notify chairperson, coaches, umpires, Executive Director, and opposing school

COACHES

1. Baseballs: Each team will provide at least three new game balls for each contest. For finals, bring at least six new game balls.
2. Conduct of his team. Supervision of the same.
3. A coach shall be certified and presumably understand youth.
4. He should set a good example for his team and spectators by conducting himself as a gentleman at all times. He should not demonstrate against officials, nor seek to intimidate them.
5. A coach must wear a helmet to coach a base.
6. There will be no smoking or drinking of alcoholic beverages on the bench or in the stands.
7. Score: Check with all scorekeepers throughout the game, especially in regard to substitutes, hits, errors, RBI's, runs, etc. The team playing at home is designated as the official book.
8. Be on time. Plan accordingly.

UMPIRES

1. All umpires are to wear official attire as sanctioned by their organization. Every umpire shall have equipment to work behind the plate with him at all tournament games.
2. All umpires shall report to the game site at least 30 minutes before game time.
3. Each team is allowed a maximum of 20 minutes on the playing field for proper warm-up.
4. All umpires should familiarize themselves with the information sheet regarding crowd, coaches, players, and game chairman.
5. Be familiar with the MMHSAA procedure for selection of umpires.

MMHSAA AED Policy

Although the New York State legislature may have not gone so far as to make Education Law Section 917 applicable to nonpublic schools, the MMHSAA believes that its member schools should observe the law's requirements as a "best practice" and therefore strongly encourages them to do so. For events that the MMHSAA hosts, schools will be asked to provide AED equipment as well as people who know how to operate the equipment. For competitions hosted by member schools, it will be the independent responsibility of each school to ensure whether and how the school will observe these best practices relating to AED's.

SPORTSMANSHIP POLICY

RESPONSIBILITY OF ATHLETIC DIRECTOR/COACH

The development of good sportsmanship depends largely on the goals and philosophy of the sportsprogram and that of the school administration. Coaches are in a position to greatly influence the attitudes and values of the athletes. If the coach follows the rules of the sport and stresses fair play and honesty,the athletes are more likely to develop these values. It is essential that all coaches adhere to the MonsignorMartin Sportsmanship Policy.

1. Any coach excluded by a certified official from an inter school competition for unsportsmanlike conduct is ineligible to coach any inter school competition in that sport until after the next previously-scheduled contest at the same level (e.g., junior varsity, varsity, etc.) has been completed. The coach may not be present at the game site. NOTE: Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, or in the stands or site area before, during, or after the game/meet.
2. A coach who strikes, shoves, kicks, or makes other physical contact with the intent to do so to another person (e.g., official, another coach, player, or fan) shall be expelled immediately and banned from further participation in all sports for one year from the date of the offense.

PLAYERS

Participation in athletics is an integral part of a student's educational experience. Such participation is a privilege that carries with it responsibilities to the school, league, team, student body, community, and student himself. In his play and in his conduct, he represents all these groups. Therefore, he has a responsibility to uphold the ideals of good manners and sportsmanship. His experiences while participating in athletics contribute to his knowledge, skill, and emotional patterns.

1. Any member of a squad ruled out of a contest for unsportsmanlike conduct or a flagrant foul shall not participate in that sport in the next previously-scheduled contest with a member school or inNYSCHSAA tournament play. Disqualifications from one season carry over to the next season of participation.
2. Any member of a squad who strikes, shoves, kicks, or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. NOTE: Members of the squad include players, managers, scorekeepers, timers, and statisticians.

OFFICIALS

Unprofessional conduct on the part of the official, including but not limited to, taunting, baiting, or use of profanity, shall be reported by a school administrator from the aggrieved school to the section executive director. A request will be made to the appropriate sport official's chapter to investigate the incident and to report their action to the section in a timely manner.

VIOLATIONS

Unsportsmanlike conduct includes but is not limited to

1. Offensive language and/or gestures by the player, coach, or spectators
2. Intentional injury to another player
3. Flagrant misconduct, such as fighting

4. Destruction of another school's property by spray painting, egg tossing, or general trashing of the grounds These infractions do not include "technical violations" related to a specific sport that result in disqualification.

PENALTIES

Any one of the following penalties may be imposed against an offending player, coach, team, or school. The Penalty will depend on the severity of the infraction.

- LEVEL I - Reprimand and Probation
    - A letter will be sent from the grievance committee to the principal, athletic director, andcoach (if applicable) and will include a description of the infraction.
    - A response from the offending school is to be sent to the grievance committee within three school days and must include the action that will be taken against the offender. With the written reprimand, a probationary status will be imposed on the team or individual for the remainder of the season. Probation does not limit eligibility for competition.
- LEVEL II - Suspension and Forfeiture
    - Forfeiture - will be imposed for team infractions. Forfeiture of a specific contest does not limit eligibility from further competition.
    - Suspension - involves an individual player or coach being suspended from competition for a minimum of one game. After the suspension has been served, the player or coach is eligible to return to competition.
- LEVEL III - Disqualification
    - Disqualification of a player or coach from competition is the final step taken after other options have been exhausted. The player or coach will be disqualified for the remainder of the season. Any person removed from a contest for unsportsmanlike reasons will be subject to a committee review of the incident.
    - If any school's team members are found guilty of destroying another school's property, that team will be disqualified for the remainder of the season, or, if after the season, will be disqualified from postseason play for the following school year. In addition, no player from the offending school will be eligible for league awards. If damage has been done to a school by non-athletes, a letter will be sent to the school involved with a request for a response within three days.

NOTIFICATION

The coach of each team will notify their respective school's athletic director. The two athletic directors will then investigate the situation, discuss it with each other, and notify the Executive Director. The director will then take it to the sportsmanship committee, if necessary. The policy must be enforced whether it is a league or non-league contest.

RIGHT TO APPEAL

A right to be heard must be claimed to the office of the Executive Director in writing within 24 hours of the incident (next working day). A school has a right to make an appeal of all decisions and this must be submitted to the Executive Director in writing within 24 hours of the decision being announced (next working day).

SPECTATORS/PARENTS
Spectators and parents are guests at our athletic competitions; as such, they have a responsibility to abide by our school and league philosophy. Therefore, it is expected that good sportsmanship will prevail for the duration of the contest.

SUMMARY
The Monsignor Martin High School Athletic Association believes that good sportsmanship is essential for all participating teams. The league encourages positive displays of sportsmanship and pledges to lead by example, in teaching and playing, in the hopes of shaping the future of our league.

SPORTSMANSHIP

1. We believe that interscholastic athletics is an important part of education and supports the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute useful and constructively to the broad goals of education and to the quality of life of those involved.
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1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests, as part of an overall school program, are intended to be enjoyed. Behavior that reflects a winning-at-all-costs attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

Sportsmanship Pledge

The New York State Catholic High School Athletic Association and the Monsignor Martin High School Athletic Association requires that game administrators, school administrations and

officials enforce a ZERO TOLERANCE POLICY for athletes, coaches, and spectators. They will not tolerate negative statements or actions between opposing players, especially abusive language, trash talking, taunting, or baiting of opponents. If such comments are heard or actions seen, a penalty will be assessed immediately.

Spectators are reminded that “being in attendance today nor the fee paid to gain admission to this Monsignor Martin High School Athletic Association event does not entitle you to:

a. berates officials;

b. question the coach;

c. make negative comments toward either team;

d. display inappropriate behavior

The playing field is an extension of the classroom. Please practice good sportsmanship."

This announcement stands as the official warning of our ZERO TOLERANCE POLICY. Any violation of this policy will result in an ejection from the game. Let today’s contest reflect mutual respect between all participants and spectators.

SENIOR ALL-STAR AND OUTSIDE AGENCY CONTESTS

1. All Senior All-Star and Outside Agency contests MUST be approved by the MMHSAA. In addition, Senior All-Star contests must be approved by the NYSCHSAA or the NYSPHSAA.
2. All Senior All-Star and Outside Agency contests must be conducted within the season dates approved by the MMHSAA or the Section VI Athletic Council for that sport. The calendar of approved seasons dates for all sports is posted on the section website*.
3. Only seniors who have completed their secondary school eligibility in that sport may compete in these contests. A contestant may participate in any approved senior all-star athlete contest in the same spot during the school year. NOTE: A Senior All-Star contest by NYSCHSAA standards is one in which an athlete’s participation is based solely on outstanding performance as a member of a high school team. If open tryouts are held, the contest is NOT a NYSCHSAA All-Star contest.

Appendix

MMHSAA Pitch Count

MAX # PITCHES - VARSITY	# NIGHTS REST REQUIRED
96-105	4
66-95	3
31-65	2
1-30	1
MAX # PITCHES - JUNIOR VARSITY	# NIGHTS REST REQUIRED
76-85	4
46-75	3
31-45	2
1-30	1

1. If a pitch is thrown on a balk call, the pitch will NOT count for the purpose of this rule.
2. A pitcher at any level who reaches the pitch count limit in the middle of an at-bat will be allowed to finish the batter
3. Schools will have the responsibility to maintain pitch counts and it is highly recommended that the coaches of each team confer on the pitch count every inning. Any discrepancy will be resolved based on the records of the home team.
4. At the conclusion of the game, the head coach of each team will sign the opposing teams pitch count, confirming the accuracy of the pitch count.
5. Following the completion of the game, the coach of each team must submit his pitch count for the day in the official MMHSAA Pitch Count Record. (google address supplied by league)
6. Any violation of this rule will be considered in the same light as using an ineligible player. The game will be forfeited.
7. Additional penalties may be imposed at the school or league level, if deemed necessary.

Heat Index Procedures

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) will be checked one hour before the contest/practice
- by a certified athletic trainer, athletic director, or school designee when the air temperature
- is 80 degrees (Fahrenheit) or higher.
- Download the WeatherBug app to your phone or log into www.weatherbug.com
- Enter the zip code or city and state in the location section of the app or online.
- If the Feels Like temperature (heat index) is 90 degrees or above, the athletic trainer,
- athletic director, or school designee must re-check the Feels Like temperature (heat index) at halftime or midway point of the contest. If the Feels Like temperature (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.
- **Please refer to the following chart to take the appropriate actions:**

	Feels Like Temp (HeatIndex) under 79degrees	Full activity. No restrictions
RECOMMENDED	Heat Index Caution:Feels Like Temp(Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks.Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch:Feels Like Temp(Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness.Consider postponing practice to a time when Feels Like temp is lower. Consider Reducing the amount of time for the practice session.1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hrrecovery time).
	Heat Index Warning:Feels Like Temp(Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness.Consider postponing practice to a time when Feels Like temp is much lower.Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hr recovery time.) Lightweight and loose-fitting clothes should be worn. For Practices only: Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert:Feels Like Temp(Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should be held only if air conditioned. Approved May 1, 2010; Updated, July 27, 2017

Wind Chill Procedures

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a
- certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter zip code or city and state in the location section of the app or online.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or schooldesignee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill)temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.
- Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (windchill) above 40 degrees	Full activity. No restrictions
RECOMMENDED	Wind Chill Caution: Feels Like Temp (wind chill)3 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill)1 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heatloss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels LikeTemp (wind chill) -11degrees or lower	No outside activity, practice or contest, should be held. Approved May 1,2010; Updated July 27, 2017

Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski centerwhere the practice or event is being held.