

BASEBALL – 2023 Updated Rules and Regulations

I. Rules

A. CIAC

1. The CIAC Baseball Committee governs all rules.
2. Maximum number of twenty games per season (exclusive of CIAC sponsored games and conference playoffs).
3. Limit of three games per week, exclusive of postponements.
4. First date of practice and first date of play are determined by CIAC.

B. FCIAC

1. With the exception of other rules herein stated, conference play shall be governed by NHFS (The National Federation of State High Schools Associations) Rule Book.
2. Game length is seven innings.
 - a. **In the event that the umpire prior to the completion of seven innings calls a game, five (5) innings shall constitute a complete game or four and one-half (4 ½) if the home team is ahead. If the game is suspended prior to being considered a completed game, the game will be started over on the next available date.**
3. During the exchange of lineup card, the home team coach will explain the ground rules to the visiting team coach and the umpires. The umpires will explain the ground rules when the game is at a neutral site.
4. Line-ups in duplicate will be presented to the head umpire prior to the game on appropriate line-up cards. Players' names, uniform numbers, substitutes are also to be added. Pitchers that are unavailable to pitch as determined by the CIAC Pitching Limitation Rule are to be listed on the back of the lineup card.
5. Starting time will be 4:00 PM; departure from this requires mutual consent of the coaches involved.
6. **Baseballs are to be provided by the home team and must have an official NOCSAE declaration on the ball.**
7. Player substitution – any player in the starting line-up, may be removed and re-entered once, providing that he appears in his original spot in the batting order.
8. All adult coaches who coach the bases or make trips to the mound must be in uniform.
9. A coach may be ordered from the bench by the umpire as a result of their actions; the game will be forfeited if a certified coach cannot be assigned to coach the team within 15 minutes from the ejection.
10. Non-wood bats may be used and they must follow the NFHS BBCOR guidelines.
11. The batter and the batter-runner must wear NOCSAE certified, double flapped helmets.
12. Both the chest protector and the catcher's helmet must be worn by the catcher and it must be NOCSAE certified.
13. NOCSAE certified helmets must be worn by players who coach the bases.
14. Substitute players must be reported to the home plate umpire. The official will notify the opposing head coach of the substitution.
15. The home team is to take pre-game infield approximately 25 minutes prior to the start of the game. The visiting team takes their pre-game infield after the home team is finished.

- II. Determining Scheduling
 - A. Makeup of the divisions will be as determined by the Constitution Article IV, Section 1.
 - B. In case of postponement, both teams involved must play the game on the next open date of both teams. Postponed FCIAC league games in the last two weeks of the regular season take precedence over non-league games and are to replace a previously scheduled non-league contest. Saturday and/or Sunday may be utilized if mutually agreed upon by both coaches. Saturday must be used during the final 2 weeks prior to the conclusion of the regular season.
- III. Determination of Champion
 - A. At the conclusion of the regular season, the East and West and Divisional winners will be selected.
 - B. Division Champion – recognized on a total conference won-loss record. If a division tie exists, the winner of the head to head FCIAC game is the division champion.
 - C. If three or more teams are tied, the 8-team playoff tie breaker procedures will determine the division champion.
- IV. FCIAC Tournament – 8 team tournament defined by League Policy #13.

Resolving a tie between 2 teams

- a. Competition with each other
 - i. The winner of the FCIAC scheduled game is the higher seed.

Resolving ties between three or more teams

- b. If one team defeated all other teams, they will be seeded higher
- c. If two teams remain, they will be ranked by competition with each other (see a. above)
- d. If not resolved by (a.) then:
 - i. All teams in the league are placed in rank order
 - ii. Team which defeated the highest seeded team will be seeded highest of the teams in the tie.
 - iii. If number is now reduced to two teams, team winning the game between the two teams is seeded next highest
 - iv. If a tie can still not be broken a coin flip will be used to determine the rank order for the playoffs which could include eliminating a team from the top 8.
 - 1. Once a team is eliminated from a three way tie you go back to (A.) to determine further order.

V. Officials

- A. Assignment of Umpires
 - 1. The official designated by the FCCABU will assign umpires to all regular and post season games.
 - 2. Playoffs - Potential playoff team head coaches are to submit to the baseball chairperson or their designee, a list of preferred umpires and scratches, no later than the last Monday of the regular season. They are also to state whether they prefer to play in the first or second semifinal game. If the highest remaining seed did not submit a preference, they will play the second semifinal game, regardless of the preferences of the other tournament teams.

VI. Awards

- 1. Trophies
 - 1. The Eastern and Western Champions will be awarded an FCIAC sponsored trophy.
 - 2. The FCIAC Champion will be awarded a Championship Plaque.
 - 3. The FCIAC Runner-Up will be awarded a Runner-Up Trophy.

4. The FCIAC Championship MVP award will be determined by the head coach of the winning team.

2. Medals

1. Twenty will be awarded to the conference champion.

VII. All Conference Teams

A. Coaches will nominate players from their team and submit their FCIAC statistics to the coach that will tabulate the nominees.

B. Non-league statistics are NOT to be included.

C. Statistics are to be entered on the template sent out by the FCIAC Representative of Baseball.

D. Statistics that are to be included are:

1. Offensive – batting average, on base percentage, hits, doubles, triples, homeruns, runs batted in, stolen bases, strikeouts and walks.

2. Pitching – innings pitched, wins, losses, saves, runs, earned runs, earned run average, walks, strikeouts.

E. League head coaches will meet and vote on the All-Conference Team Nominees on the date mutually agreed upon at the pre-season coaches meeting.

F. At the start of the meeting, each head coach will have the opportunity to nominate a Player of the Year Candidate and speak on their behalf. After each coach has an opportunity to nominate a candidate, the coaches will then submit one vote for the Player of the Year. Coaches cannot vote for their own player. The player with the most votes will be awarded the FCIAC "Player of the Year".

G. Mickey Lione, Jr. "FCIAC Coach of the Year Award" will be determined by the head coaches of the league. Each coach will vote for the coach that deserves the award. The coach with the most votes will be the Coach of the Year.

H. All Conference Team Voting

1. Coaches cannot vote for their own player.

2. Each head coach will vote for 3 players and rank them in the following order, 1, 2, 3. The first choice will receive 5 points, the second choice will receive 3 points, and the third choice will receive 1 point.

3. The player with the most points at each eligible position will make the All-Conference Team.

4. The All-Conference Team consists of, but is not limited to, 4 pitchers, 1 catcher, 1 first baseman, 5 infielders, 5 outfielders, and 2 additional players.

I. All East/West Team Voting

1. Head coaches from each division will meet as a group immediately following the All-Conference Team voting and determine the All-East and All-West Teams.

2. Coaches are to follow the All-Conference Team positional structure however the coaches are at liberty to modify the team.

J. Honorable Mention

1. Each head coach is able to select up to three players for Honorable Mention honors.