

Major Rule Changes of High School Baseball

*A baseball diamond is really not a diamond or square. When measuring a baseball field, it is exactly 90 feet from the apex of home to the back side of first and third. However, when measuring to second base, it is 90 feet from the first base foul line to the middle of second base. It is the same from third to second. It is 90 feet from the third base foul line to the middle of second base. The reason for this is simple. In the early days of baseball, first and third base were placed in the middle of the foul lines, thus half the base was in foul territory and half was in fair territory. There were many disputes as to fair and foul balls. Thus, at some point the entire base was moved into fair territory eliminating this problem. However, for some unknown reason, the base was moved inside the 'square'. Since fair and foul ball problems were not an issue at second base, it was left alone. To be a real square, first and second should be measured from the home plate point to the middle of the base.



*1970 - The pitcher's plate shall be 10 inches above the level of the base lines. (The pitcher's plate was lowered from 15" to 10")

*1973 - It is mandatory that all batters and base runners wear a head protector with extended ear flaps which cover the ear and temple on each side of the head.

*1973 - Any of the nine starting players may be withdrawn from the game and reentered once provided

each player occupies the same batting position whenever he is in the lineup.

*1974 - Aluminum baseball bats are legal.

*1975 - An intentional base on balls may be given by the defensive team by having the catcher, or the coach, request the umpire to award the batter first base.

*1976 - A hitter may be designated for any one starting player and all substitutes for that player in the game.

*1977 - A player will be banished from the game for throwing his helmet, faking a tag without the ball or maliciously running over the fielder that is holding the ball.

*1981 - The appeal-play for base running infractions eliminated.

*1984 - Metal cleats are prohibited.

*1989 - Metal cleats are permitted.

*1990 - The pitching limitation rule is put in place. A player may only pitch 10 innings in a three-day period.

*1993 - A bat shall not weigh five ounces less than the length (for example, a 35" bat cannot be less than 30 ounces)

*1995 - A batter is required to keep one foot in batter's box throughout his time at bat (some exceptions) to avoid unnecessary delays.

*1998 - A 10-run rule is mandatory.

*2001 - The diameter at the thickest part of the bat should be no greater than 2 5/8", the bat shall not weigh, numerically, more than three ounces less than the length of the bat (for example, a 33-inch-long bat cannot weigh less than 30 ounces).

*2017 - The pitching limitation rule has been changed to a pitch count with a maximum of 125 pitches in a day. (1-30 pitches, 0 days off) (31-50 pitches, 1 day off) (51-75 pitches, 2 days off) (76-125 pitches, 3 days off)