

2023 Baseball Coaches Advisory Meeting

1. Discussed interest in moving the high school baseball season back 2 weeks.
 - a. NDHSAA Board met in June and discussed the topic at length. They publicly stated that after feedback from member school administrators they were not interested in moving any sports back any further into the summer calendar
2. Change roster rules for State Tournament to allow teams to change rosters during the three days.
 - a. For all NDHSAA State Tournament games, a maximum of 18 players may dress and play in a game.
3. A Coaches discussed a proposal that would allow baseball coaches to work with athletes in an off-season. Most of the A coaches do not coach legion in the summer thus do not have time to work with their athletes.
 - a. Idea would be to have an off-season in January/February time-frame- right before the season starts
 - b. A discussion was also had about the Minnesota model of allowing 1-2 extra weeks at the beginning of the season for arm-care. Example: next season starts on March 18th. Allow teams to start practicing on March 4th with specific rules for throwing only.
 - i. Language from Minnesota pre-season rule- *"A five-day organized conditioning program may precede the two weeks of organized practice that is required prior to the first contest. The extra five days of practice are for conditioning arms and for overall physical conditioning, and will be conducted using only baseballs, gloves, and catcher's equipment. Strength training and aerobic conditioning equipment may also be used"*
4. Discussed pitch counts- should the regulations be the same for post-season as regular season. Majority of coaches at the Class A meeting preferred the regular season regulations.
 - a. Discussion needed as this would affect Class A and Class B differently due to pitching depth