



2010-11 IHSAA Softball Equipment

The following information pertains to the National Federation rules regarding softball equipment for the 2010-11 season.

Ball Compression (NFHS Rule 1-3-3)

The ball compression for fast pitch softballs cannot exceed 375 lbs. All balls shall be marked with the COR (.47) and Compression (375lbs) by the manufacturer.

Bats (NFHS Rule 1-5-1d)

The bat shall meet the Amateur Softball Association (ASA) 2004 Bat Performance Standard. All bats shall bear either the 2000 or 2004 certification mark, and not be on the ASA non-approved list as found on www.softball.org. **Umpires are expected to carry updated lists to each contest, and are responsible for checking all bats.**

Batting Helmets (NFHS Rule 1-6-1, 1-6-6)

A batting helmet with a permanently affixed NOCSAE stamp and legible exterior warning label is mandatory for each batter, on-deck batter, players/students in the coaches box, runners and retired runners. The exterior warning label may be affixed to the helmet in either sticker form or embossed (at the point of manufacturer). Batting helmets shall be equipped with a NOCSAE-approved face protector. The phrase, "Meets NOCSAE Standard" must be permanently affixed to the face protector.

WARNING

DO NOT USE THIS HELMET IF THE SHELL IS CRACKED OR DEFORMED; OR IF THE INTERIOR PADDING IS DETERIORATED. SEVERE HEAD OR NECK INJURY, INCLUDING PARALYSIS OR DEATH MAY OCCUR TO YOU DESPITE USING THIS HELMET. NO HELMET CAN PREVENT ALL HEAD INJURIES OR ANY NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN BASEBALL OR SOFTBALL.

Catcher Headgear (NFHS Rule 1-7-1)

The catcher shall wear a catcher's helmet and mask combination that meets the NOCSAE standard. The helmet shall bear the permanent NOCSAE seal. A throat protector that is part of or attached to the mask shall extend far enough to adequately protect the throat. An attached throat protector shall be commercially manufactured, properly attached, unaltered and worn properly.

Shoes (NFHS Rule 3-2-11)

Shoes are required equipment. All players must wear shoes with plastic, nylon, canvas, leather or similar synthetic material uppers. The soles may be smooth, have soft or hard rubber cleats or rectangular metal spikes. Spikes must not extend in excess of $\frac{3}{4}$ inch from the sole and may not be round. Shoes with detachable cleats that screw into the sole of the shoes are permitted. Players are permitted to wear metal toe plates.