

## **EHS BASEBALL 2020 SPRING UNIFORM & EQUIPMENT**

### **BASEBALL EQUIPMENT RULE CHANGES FOR 2020**

**Baseballs.** For all competition, all baseballs must have both the NFHS and NOCSAE seal. The umpires have been told if there are insufficient such baseballs available, the game is to be suspended. Because this is a safety rule, if any changes in this policy are made, schools will be notified by email from the CHSAA office. Umpires will submit a report to CHSAA.

**Chest Protectors.** All catchers must have either a NOCSAE certified protector or a NOCSAE certified vest worn under any chest protector.

**Catcher's Helmet and Mask.** All catchers must have either a NOCSAE certified helmet/mask combo (Hockey style) or a separate mask and helmet. If the helmet is separate it must be NOCSAE certified with dual ear flaps.

**Jaw Protectors.** A player may choose to have a jaw protector attached to his batting helmet. The "chin flap" may have been manufactured as part of the helmet or it may have subsequently been attached to the helmet. Either model is legal as long as the helmet is NOCSAE certified.

### **OTHER REMINDERS**

All personnel (coaches and players) in uniform must either be on the field or in the dugout except for ball chasers in the parking lot, etc.

If your navy hat is in good shape no need to buy a new one. For Spring 2020, navy "HOME hat" is the same as last year. New for Spring 2020 is a white "AWAY hat." Players were canvassed and approved of the concept and design. HOME and AWAY hats will be used by the V, JV and the C-Team.

For Spring 2020, V and JV will wear grey pants (all grey or grey with navy piping; knicker or long) with our Cougar blue game top and white/dark navy pinstripe pant with a new dark navy top. Game tops are paid for by the School District and remain the School District's property - players will need to return them at the end of the Spring season. Players, coaches are responsible for their pants, socks, belts, sleeves, hats, hoodies, etc.

NEW AWAY game tops for V, JV and as stated above are to be worn with the new white with dark navy pinstripes pants.

### **Uniforms - V and JV Required and Optional**

**Required-** all Grey pant (long or knicker)

**Required-** grey pant with navy piping (long or knicker)

**Required-** white with navy pinstripe (long or knicker) Order through Victory Athletics

**Required-** navy sleeves  $\frac{3}{4}$  or long

**Required-** navy socks

**Required (if wearing knickers)** - navy stirrups with white sanitary hose or long navy socks with Cougar paw on back calf. Stirrups and sanies are offered via Victory Athletics. See Coach Lipka for the navy -gold paw, long socks.

**Required-** navy belt (Elite offers the elastic belt, Victory offers a better quality belt)

**Required-** compression shorts with protective cup

**Required-** navy (Home) cap

**Required-** white (Away) cap

**Required-** Cougar sweatshirt or BP jacket

**Required-** navy batting helmet (C-flap is optional). Helmets cannot be cracked and they must have a NOCSAE stamp on them.

**Required-** practice tee shirt

**Required-**Cougar Baseball Player Equipment Bag

**Required-**batting gloves (suggest, 2 sets -one for games other for BP. We offer a pro-deal discount through Marucci or Victus)

**Required-**primary and secondary position gloves

**Required-**J band (for arm, shoulder, elbow and wrist conditioning)

**Required-** BBCOR (-3) bat(s). We are offering pro-deal discounts through Marucci and Victus for new 2020 bats and a batting cage bat to be used during winter cage work hitting off the Hack Attacks

**Required-** cleats (navy, black or white)

**Required-** turf shoes (navy, black or white)

Optional-protective sliding hand mitt (highly recommended)

Optional-protective batter's elbow guard (highly recommended)

Optional-protective batter's shin guard (usually worn on the lead or front leg)

Optional-sunglasses (flip-down or sport grade protective lenses, highly recommended)

Optional-long or  $\frac{3}{4}$  compressions pants to wear under uniform pants or shorts to help protect legs, knees from abrasion and for warmth

Optional-in dugout cold weather gear as offered (winter beanie hat, gloves, jackets, and hoodies). We want you to stay warm in the dugout in an effort to prevent injury

Optional-Cougar branded practice shorts. These are baseball style shorts, longer length for leg protection and should be worn with  $\frac{3}{4}$  or long compression pants or tights underneath the shorts (see compression pants as listed above)

Optional-player slides use of slides will prolong the life of your cleats and turf shoes

**C-Team** will wear and follow the above, except for the pinstripe pant option. Whether the C-Team goes with a Home and Away cap will be determined by the C-Team coaching staff.

Players already in our program should have the majority of the above listed items since we try to keep it basic and do not change a lot from year-to-year play.