



Vantis Life Baseball League

Important NFHS Rule changes for the 2020 Season

The Vantis Life Baseball League places an important emphasis on the safety of our players and coaches. We are bringing this information to you now as it may affect your equipment purchase decisions for the 2019 season.

The NFHS has made two equipment rule changes for 2020:

- All catchers will be required to wear NOCSAE certified chest protectors for the 2020 season. The NOCSAE standard for body/chest protectors is an important piece of equipment that is designed to protect the heart and cardiac cavity and reduce the risk of commotio cordis. NOCSAE certified chest protectors are available now. The Vantis Life Baseball league will follow NFHS rules and require NOCSAE chest protectors for the 2020 season.
- Baseballs marked with the NOCSAE seal are available for the 2019 season and will become mandatory for the 2020 season. These balls are acceptable for play in the Vantis Life Baseball League, along with recommended balls listed in our Playing Rules document.

For more information on the NOCSAE chest protector standard, visit https://nocsae.org/wp-content/uploads/2018/06/NOCSAE_Chest-Protector-for-Commotio-Cordis_June-2018.pdf.



Vantis Life Baseball League