

SJUA

The Relief Pitcher

Behind The Plate by Gerard Malamisura, SJUA President

It's time to get excited as the baseball season is about to start. It's time to clean off the equipment, shine your shoes, and iron your pants. We have all been preparing and getting back into "baseball mode" and now we get to start renewing our love with the craft of umpiring. The smell of fresh cut

grass and the crack of the bat is upon us. We have all been preparing and getting our requirements out of the way, now we just need to apply what we have learned and our experiences to the game we love. The Executive Board is fully behind you and we hope that this season is your best season yet. To our

Cadets, feel free to ask the veteran umpires for support and ask them any questions you may have. I look forward to seeing you in our meetings and on the field. ⚾



Important Dates

SJUA Meeting	3/26
SJUA Meeting	4/9
SJUA Meeting	4/23
SJUA Meeting	5/7
McDyre Freshman Tournament	5/17
SJUA Meeting	5/21
GVAA Memorial Day Tournament	5/23-5/26
High School State Tournament Starts	5/27
Medford Tournament	5/29-6/1



**SJUA presents the
First Annual Joseph McDyre
Invitational Freshman
Baseball Tournament**

**Saturday May 17, 2025 at 10:00 a.m.
at Burlington Township High School
Participating teams - Burlington
Township, Northern Burlington, Delran,
Rancocas Valley Regional**



“I’ve been hit with mudballs and whiskey bottles, and had everything from shoes to fruits and vegetables thrown at me. I’ve been hospitalized with a concussion and broken ribs. I’ve probably experienced more violence than any other umpire who ever lived.”
Joe Rue
MLB Umpire
1938 to 1947

SJUA

The Bank Vault by John Henderson, Treasurer

Treasurers Report

Opening Balance 2/1 \$ 4,739.81

Money In:

School Assigner Fees received \$ 2,084.00
Dues and assessments \$ 2,113.57
50/50 Received \$ 62.00
T Shirts Sold \$ 124.00

Money Out:

ATM - 50/50 Start up

Ending Balance 2/28 \$ 9,100.38

We now have an SJUA Venmo. As we advance, please make all payments to @SJUA-Treasurer. 🌐

The A Position by George Sanders, Vice President

With the first day of spring just upon us everyone should be getting ready for baseball season. Not only should we be going through our gear to see what needs to be replaced or updated, we also need to check on our physical condition. If you have not already done so try to get into the gym, do some physical activity and make sure you do some stretching. Following are some points from an article from the NFHS.

Proper warm-up and stretching are important to officials because both can help reduce the risk of injury and improve performance. Warming up also lowers blood pressure and increases blood flow to the heart, which reduces the risk of a heart attack. Active, general warm-up involves performing a few basic activities that require the use of major muscle groups. These activities may include walking, jogging, cycling, jumping rope, or calisthenics. Active, general warm-up is effective in raising the temperature of the major muscle groups. The warm-up period should last 5-15

minutes depending on the intensity of the activity to follow. A general rule is one should break a light sweat when warming up, but not be working hard enough to breathe heavily. A rest period of 5-10 minutes should follow the warm-up prior to competition. A warm-up remains effective in increasing muscle temperature for about 45 minutes after it has been completed, depending on the environmental conditions. Stretching also prepares the muscles for work and reduces the risk of muscle injury. The benefits of stretching warm muscles are a decreased risk of injury, improved performance, delay in muscular fatigue, and reduction of muscle soreness. However, stretching muscles that have not been warmed up may cause them to be more prone to injuries, such as tears and strains. Stretching exercises should only be performed after a period of active, general warm-up that lasts at least five minutes.

Pain and/or bouncing during stretching are counterproductive and unsafe. The stretch reflex is a protective mechanism that causes the muscle to contract,

or shorten, to avoid excessively stretching to the point of injury. You should feel as though you could maintain a stretch comfortably for five minutes, even though the recommended time is much less than that. Stretch slowly to the point of mild tension, never pain. When stretching properly, a mild stretch should be felt in the belly of the muscle, not in any of the joints. For example, when stretching the hamstrings or quadriceps, the aim is to feel the stretch in the back or front of the thigh, not in the knee or hip. The most common and effective methods of stretching are static stretching. Static stretching is performed by placing the body into a position that places a stretch on a group of muscles. That position is maintained for 30-60 seconds putting a constant, gentle stretch on the muscles. The stretch should be repeated 5-10 times. An excellent time to perform static stretching is after a workout. Stretching at this time will help to alleviate delayed muscle soreness and has the added benefit of improving flexibility. 🌐

Baseball Talk by George Joo, Supervisor of Officials

The 2025 baseball season is now here! Please complete your mandatory criteria to officiate games: Register with the NJSIAA, Pass the NJSIAA Baseball Exam (80 or higher), complete the Concussion In Sports Course and NJSIAA Implicit Bias Course, and be in good standing with the SJUA (pay dues and assessments). Good luck this season.

2025 Rule Changes:

1-3-2c(1): Wood and non-wood bats may use a substance (pine tar/spray/ etc.) on the bat handle to enhance the grip. The substance cannot exceed 18 inches from the base of the knob. Penalty: *NFHS*-batter is out if he steps into the batter's box and bat is removed, otherwise just remove the bat.

Independent Ball: Replace the bat – batter is not out!

4-4-1c: Forfeited Game – The umpire may call a forfeit (terminate the game) should a player,

coach or team personnel fail to comply with an umpire's instruction in a timely manner. The umpire will file a Termination of Game Form with the NJSIAA.

SJUA Policy: Any ejections, disqualifications, or termination of game must be immediately reported to the Secretary and Supervisor of Officials.

Training/Cadet Class: I am pleased to announce 12 cadets passed the class and successfully passed the NJSIAA Baseball exam. Congratulations to the following: Ralph Balsamo, Brian Caloairo, Todd VonDeak, William Clifford, Jeff Bealar, Wayne Obuchowski, Jacob Roberts, Hamza Asad, Brett Coccia, Peter Mirabella, Braydon Samson, and Kevin Quillen.

UNIFORMS: Please keep your uniforms and equipment clean and ready to go for the new season. . If you need any equipment or uniforms, I

would recommend "All Sports Officials", telephone 215-860-3571 or 877-776-7870. Mention you are with the SJUA for a possible discount.

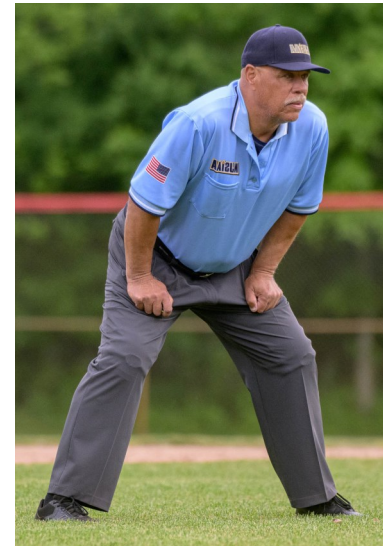
ASSIGNMENTS: Please cooperate with the Assignor and continue to block out your dates ASAP. Make sure you arrive to the game site early and conduct a good pre-game conference with your partner.

Please don't hesitate to provide any recommendations or baseball situations you feel would be beneficial for discussion. Good luck and best wishes to all for success in the 2025 baseball season!

Laughter is the Best

Medicine: Why are umpires usually big? Because they always clean their plate!

Looking forward to seeing all of you on the baseball field. 🍌



"Why is it they boo us when we call a foul ball correctly and they applaud the starting pitcher when he gets taken out of the ballgame?"

Jerry

Neudecker

MLB Umpire

1966 to 1985.

Secretary's Desk by Matt Korang, Secretary

Not much on the Secretary front. So I will use this space to offer some excellent umpiring online resources for new and veteran umpires. Please take some time to explore these resources. You will be happy you did.

Some Good Umpire Websites

<https://www.umpirebible.com/>

<https://www.closecallsports.com/>

<https://www.stevetheump.com/>

<https://baseballrulesacademy.com/>

Good Video Resources

Jim's Evans Classic Balk Video
<https://www.youtube.com/watch?v=59s-GvZAu6w>

United Umpires Excellent Umpire Workshops

<https://www.youtube.com/>

[@UnitedUmpires](https://www.youtube.com/@UnitedUmpires)

Umpire Finders
<https://www.youtube.com/@officialfinders>

FaceBook Groups (Search for these groups)

NFHS Baseball Umpiring
NFHS—Baseball Umpires
NFHS Umpires—Federation Baseball Rules
Baseball Umpires

Your Assignment by Gary Schmitt, Assigner

The high school season has begun. As I begin my portion of the newsletter, let me again say thank you to all of you for completing all the NJSIAA requirements to umpire school ball. The season is in full swing. Cadets have completed their on-field mechanics training. This past weekend, we received an inquiry about umpires to do a little 3 game round robin girls 10 U softball at Moorestown on April 5. After speaking with the coach, I accepted the games and have assigned an umpire to cover the 3 games. On April 11, 12, 13 we will cover the Marlton Girls Softball tournament. There are over 100 game assignments for this tournament. I have begun to schedule umpires for that

tournament. I (we) have been in contact with the Medford baseball league for their upcoming tournament early June. Also, I received a call from them concerning an individual game that we covered this past weekend.

As a reminder, we have a large baseball tournament Memorial Day weekend. Game assignments normally start on Thursday and run through Monday (Memorial Day). As you can see, we are putting ourselves back out there to the communities for more games. I say games because at this point, if you swing a bat to play the game, I will try to get umpire's work. SO, if you know someone that needs umpires for their games, give them my phone number 609-864-

4238 or my email address docschmitt@yahoo.com

Lastly, I have said this before, PLEASE, look at Zebraweb portal at least once a day. When you receive the email saying you have been assigned a game, please either accept or decline the game as soon as possible moving forward. If I go into the portal on Sunday evening and assignments have not been accepted, I don't know if you are able to do the game or not. So please, try to make my job a little less stressful. If there are any issues, call me, lets talk about the issue. Another military quote that was taught to me: There are no problems, only solutions.

Play Ball, and see a balk, call a balk!!! ⚾

South Jersey Umpire Association

www.sjumps.com

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Stay Sharp (answers to the right)

1. The home team, which is using the first-base dugout, is batting. B1 hits a high fly ball that comes down near the third base dugout. F5 goes over and it appears he will easily catch the ball. However, he trips over two fielding gloves that were illegally left by the visiting team in live-ball territory, and F5 fails to catch the ball.

- A. The play stands - foul ball.
- B. It is considered "no pitch" and is replayed.
- C. B1 is out.

2. With R1 on first base, B3 swings and misses the pitch for strike two. His follow through hits F2 while he is attempting to throw out R1, who successfully steals second base:

A. The ball is dead and R1 is declared out.

B. The ball is dead, B3 is out for interference and R1 is returned to first base.

C. The ball is dead and R1 must return to first base.

D. The ball is dead and both R1 and B3 are out due to B3's interference.

2. B (NFHS 2-21-4, 7-3-5c)

1. C (NFHS 1-3-7)

Stay Sharp Answers