

RULES: American League (8u-9u) - Grades 2 & 3			
Field Dimensions	Base distance	60'	
	Pitching distance	40'	
	Mound	no	
General Rules	Innings	6	
	Game duration - hard stop	1 hour 45 minutes	When the drop dead point is reached, the at bat in progress may be finished, and the game will conclude following this.
	Players needed to start	8	There will be a 15 minute grace period if a team does not have eight (8) players.
	All players must play 6 outs by the end of inning #:	4	Failure to comply with this rule or encouraging players to be absent or late shall result in disciplinary action.
	Bat all players?	required	Late arriving players will be added at the end of the lineup card.
	Max batters per inning	Eight (8). 8th batter = 2 outs 8th batter cannot be walked.	
	Max runs per inning	n/a	Play stops after 5 runs are scored.
	Defensive conferences	1 per inning per pitcher	
	Substitutions	Unlimited	Unlimited defensive substitutions shall be allowed providing the playing time rule has been complied with.
	Mercy rule	n/a	
Forfeits allowed	Yes - spring No - fall		o Spring - A team must have at least eight (8) players when on defense or the game will be declared a forfeit. o Fall - Forfeits are not allowed. Coaches are encouraged to work with umpires to determine a way to play.
	Official game	Four (4) innings by trailing team OR 1h 30m time reached	
Equipment	Helmet cage/jaw guard required?	no	
	Maximum barrell size	2-3/4"	
	Bat requirement	USA Baseball or USSSA stamped	Violation of this rule is a bat replacement for the batter.
	Wooden bats allowed?	no	Violation of this rule is a bat replacement for the batter.
	Metal cleats allowed?	no	Violation is an immediate player removal from game.
Pitching - Hybrid	Process		o Pitchers will be permitted to pitch up to the two innings maximum unless: - Any combination of 3 walks/3 batters hit by pitch in an inning at which point a coach replaces the pitcher and completes the inning. The pitcher will remain in the game and field his/her position. The pitcher will not return to the game as a pitcher. o Pitcher must be removed when he/she reaches pitch or innings limit - whichever comes first.
	Maximum pitches or innings/day whichever occurs first	50 pitches/game OR 2 innings/day	o Pitcher must be removed when he/she reaches pitch or innings limit - whichever comes first. o Pitchers (after one pitch) may play other positions and can return to pitch after being replaced, but only once. o A pitcher is determined to have thrown an inning against their limit as soon as one pitch has been thrown. o See PitchSmart Guidelines for pitch counts and required days of rest.
	Intentional walks allowed?	no	
	Balks called?	no	
	Curveballs allowed?	no	
Baserunning Batting Fielding	Play Stops	-	When the ball is in the vicinity of the Pitcher at the mound. This is to minimize errant throws and dropped balls by the defense and keep the pace of the game moving.
	Infield fly rule called?	no	
	Dropped 3rd strike rule called?	no	
	Bunting allowed?	no	
	Thrown bat	enforced	1st offense - Bench warning Subsequent offenses -Out
	Courtesy runner required for catcher w/ 2 outs?	no	
	Leading allowed?	no	Base runners may not leave the base they occupy until the pitched ball crosses home plate. The penalty for leaving the base early will be a strike to the batter and no advance by any base runners.
	Stealing allowed?	no	
	Advance after steal allowed?	no	
	Stealing home allowed?	no	
	Plays at home plate	-	o Unless the catcher is in possession of the ball, the catcher cannot stand/block the pathway of the runner as he is attempting to score. The runner will be awarded home. o The exception is if the catcher moves INTO the pathway of the runner in order to field a throw, and the Umpire determines that the catcher could not have fielded the ball without blocking the pathway of the runner and that contact with the runner was unavoidable.
Headfirst slides allowed?	no	Baserunner MUST slide when there is a play at home plate. Failure to slide will result in the runner being called out.	
Base coaches helmet required?	no		
Conduct/Other	Any coach entering the field of play to dispute an umpire's call without calling time and approval from the umpire will be immediately ejected and may be suspended.		
	Coaches shall refrain from criticizing an umpire and from making anticipatory ball/strike, safe/out or fair/foul "calls" of plays to intimidate or influence the umpire, and shall take reasonable action with their players, parents and fans of the team to secure their cooperation with this rule. Upon receipt of a complaint from an umpire or from an opposing manager regarding compliance with this rule by coaches, players, parents or fans, a manager shall ask the offending individual associated with his/her team to comply or to leave the vicinity of the field.		
	Coaches shall not permit their players, fans or parents to purposely hector or distract the opponent's players, either directly by comment or indirectly by the playing of music, singing, chanting or excessive cheering, even if ostensibly for your own batter. Upon the opposing Coach's complaint in this regard, a Coach shall take action to terminate the distracting behavior of his/her team.		
	Walkup music is not permitted.		
Sunglasses that produce glare affecting a player's ability to see should be individually removed.			

RULES: Minor League (10u-11u) - Grades 4 & 5			
Field Dimensions	Base distance	60'	
	Pitching distance	46'	
	Mound	no	
General Rules	Innings	6	
	Game duration	1hr 45min - no new inning 2hr 15min - hard stop	Game score reverts to the last full inning completed.
	Players needed to start	8	15 minute grace period if a team does not have 8 players.
	All players must play 6 outs by the end of inning #:	4	Failure to comply with this rule or encouraging players to be absent or late shall result in disciplinary action.
	Bat all players?	yes	Late arriving players will be added at the end of the lineup card.
	Maximum batters per inning	no limit	
	Maximum runs per inning	5 runs per inning for innings 1 - 4 Unlimited starting inning 5	Play stops after 5 runs are scored.
	Defensive conferences	1 per inning per pitcher	
	Defensive substitutions	Unlimited	Unlimited defensive substitutions shall be allowed providing the playing time rule has been complied with.
	Mercy rule	15 runs ahead after 4 innings 10 runs after 5 innings	
	Forfeits allowed	Yes	A team must have at least eight (8) players when on defense or the game will be declared a forfeit. The game may be played as a scrimmage.
	Official game	Four (4) innings by trailing team OR 1h 30m time reached	
	Equipment	Helmet cage/jaw guard required?	no
Maximum barrell size		2-3/4"	
Bat requirement		USA Baseball or USSSA stamped	Violation of this rule is an automatic out for the batter.
Wooden bats allowed?		no	Violation of this rule is an automatic out for the batter.
Metal cleats allowed?		no	Violation is an immediate player removal from game.
Pitching	Maximum pitches or innings/day whichever occurs first	75 pitches/game OR 2 innings/day 4 innings /week	o Pitcher must be removed when he/she reaches pitch or innings limit - whichever comes first. o Pitchers (after one pitch) may play other positions and cannot return to pitch after being replaced. o A pitcher is determined to have thrown an inning against their limit as soon as one pitch has been thrown. o See PitchSmart Guidelines for pitch counts and required days of rest.
	Intentional walks allowed?	no	
	Balks called?	warning only	Balks will be called, but with no penalty. Umpires/coaches should work with pitchers to teach why it was a balk. A pitch thrown on a balk may be called a "no pitch" by the umpire if he determines that the balk disadvantaged the offensive team.
	Curveballs allowed?	no (9)	No pitcher shall deliberately throw a curve ball. If in the Umpire's judgment a curve ball is thrown, a no pitch will be declared and a warning issued to the pitcher and manager. If another curve is thrown the pitcher will be removed from pitching. <i>Movement on the ball does not constitute a curve ball, the purpose of this rule is to prevent stress on the arm.</i>
Baserunning Batting Fielding	Infield fly rule called?	yes	
	Dropped 3rd strike rule called?	yes	
	Bunting allowed?	yes	
	Thrown bat	enforced	1st offense - Bench warning Subsequent offenses -Out
	Courtesy runner required for catcher w/ 2 outs?	yes	
	Leading allowed?	no	Base runners may not leave the base they occupy until the pitched ball crosses home plate. The penalty for leaving the base early will be a strike to the batter and no advance by any base runners.
	Stealing allowed?	yes, after ball crosses home plate	o Base runners may not leave the base they occupy until the pitched ball crosses home plate. The penalty for leaving the base early will be a strike to the batter and no advance by any base runners. o Any batter who receives a walk may not advance past first base until the next ball is pitched. All runners forced to advance on a walk may only advance one base until the next ball is pitched. Any runners not forced may advance at their own risk.
	Advance after steal allowed?	yes	If after an attempted steal, there is a play made by the defensive team (example: throw to a base), the baserunner may advance at their own risk.
	Stealing home allowed?	yes	o Baserunner MUST slide when there is a play at home plate. Failure to slide will result in the runner being called out. o Stealing home is only allowed when there is an overthrow to a base.
	Plays at home plate - catcher	-	o Unless the catcher is in possession of the ball, the catcher cannot stand/block the pathway of the runner as he is attempting to score. The runner will be awarded home. o The exception is if the catcher moves INTO the pathway of the runner in order to field a throw, and the Umpire determines that the catcher could not have fielded the ball without blocking the pathway of the runner and that contact with the runner was unavoidable.
	Plays at home plate - baserunner	-	Baserunner MUST slide when there is a play at home plate. Failure to slide will result in the runner being called out.
	Headfirst slides allowed?	no	o No runner may slide head first into a base not previously occupied. Runners sliding head first will be called out. o Runners are allowed to slide head first to return to a base previously occupied.
	Base coaches helmet required?	no	
Conduct/Other	Any coach entering the field of play to dispute an umpire's call without calling time and approval from the umpire will be immediately ejected and may be suspended.		
	Coaches shall refrain from criticizing an umpire and from making anticipatory ball/strike, safe/out or fair/foul "calls" of plays to intimidate or influence the umpire, and shall take reasonable action with their players, parents and fans of the team to secure their cooperation with this rule. Upon receipt of a complaint from an umpire or from an opposing manager regarding compliance with this rule by coaches, players, parents or fans, a manager shall ask the offending individual associated with his/her team to comply or to leave the vicinity of the field.		
	Coaches shall not permit their players, fans or parents to purposely hector or distract the opponent's players, either directly by comment or indirectly by the playing of music, singing, chanting or excessive cheering, even if ostensibly for your own batter. Upon the opposing Coach's complaint in this regard, a Coach shall take action to terminate the distracting behavior of his/her team.		
	Walkup music is not permitted.		
	Sunglasses that produce glare affecting a player's ability to see should be individually removed.		

RULES: Major League (12u-13u) - Grades 6 & 7			
Field Dimensions	Base distance	70'	
	Pitching distance	50'	
	Mound	no	
General Rules	Innings	7	
	Game duration	1hr 45min - no new inning 2hr 15min - hard stop	Game score reverts to the last full inning completed.
	Players needed to start	8	15 minute grace period if a team does not have 8 players.
	All players must play 6 outs by the end of inning #:	4	Failure to comply with this rule or encouraging players to be absent or late shall result in disciplinary action.
	Bat all players?	yes	Late arriving players will be added at the end of the lineup card.
	Maximum batters per inning	no limit	
	Maximum runs per inning	5 runs per inning for innings 1 - 4 Unlimited starting inning 5	Play stops after 5 runs are scored.
	Defensive Conferences	3 per game	
	Defensive Substitutions	unlimited	Unlimited defensive substitutions shall be allowed providing the playing time rule has been complied with.
	Mercy Rule	15 runs ahead after 4 innings 10 runs after 5 innings	
	Forfeits allowed	yes	A team must have at least eight (8) players when on defense or the game will be declared a forfeit. The game may be played as a scrimmage.
	Official game	Four (4) innings by trailing team OR 1h 30m time reached	
	Equipment	Helmet cage/jaw guard required?	no
Maximum barrell size		2-3/4"	
Bat requirement		USA Baseball or USSSA stamped	Violation of this rule is an automatic out for the batter.
Wooden bats allowed?		no	Violation of this rule is an automatic out for the batter.
Metal cleats allowed?		no	Violation is an immediate player removal from game.
Pitching	Maximum pitches or innings/day whichever occurs first	85 pitches/game OR 2 innings/day 4 innings/week	o Pitcher must be removed when he/she reaches pitch or innings limit - whichever comes first. o Pitchers (after one pitch) may play other positions and cannot return to pitch after being replaced. o A pitcher is determined to have thrown an inning against their limit as soon as one pitch has been thrown. o See PitchSmart Guidelines for pitch counts and required days of rest.
	Intentional walks allowed?	yes	An intentional base on balls may be given by the defensive team by having its catcher or coach request the umpire to award the batter first base. This may be done before pitching to the batter or on any ball and strike count. The ball shall be declared dead before making the award. NFHS 2-4-3.
	Balks called?	yes	Balks will be called. However, one (1) warning per pitcher will be issued for first 2 weeks of the season.
	Curveballs allowed?	no	No pitcher shall deliberately throw a curve ball. If in the Umpire's judgment a curve ball is thrown, a no pitch will be declared and a warning issued to the pitcher and manager. If another curve is thrown the pitcher will be removed from pitching. <i>Movement on the ball does not constitute a curve ball, the purpose of this rule is to prevent stress on the arm.</i>
Baserunning Batting Fielding	Infield fly rule called?	yes	
	Dropped 3rd strike rule called?	yes	
	Bunting allowed?	yes	
	Thrown bat	enforced	1st offense - Bench warning Subsequent offenses -Out
	Courtesy runner required for catcher w/ 2 outs?	yes	
	Leading allowed?	yes	
	Stealing allowed?	yes	
	Advance after steal allowed?	yes	
	Stealing home allowed?	yes	Baserunner MUST slide when there is a play at home plate. Failure to slide will result in the runner being called out.
	Plays at home plate - catcher	-	o Unless the catcher is in possession of the ball, the catcher cannot stand/block the pathway of the runner as he is attempting to score. The runner will be awarded home. o The exception is if the catcher moves INTO the pathway of the runner in order to field a throw, and the Umpire determines that the catcher could not have fielded the ball without blocking the pathway of the runner and that contact with the runner was unavoidable.
	Plays at home plate - baserunner	-	Baserunner MUST slide when there is a play at home plate. Failure to slide will result in the runner being called out.
Headfirst slides allowed?	yes		
Base coaches helmet required?	no		
Conduct/Other	Any coach entering the field of play to dispute an umpire's call without calling time and approval from the umpire will be immediately ejected and may be suspended.		
	Coaches shall refrain from criticizing an umpire and from making anticipatory ball/strike, safe/out or fair/foul "calls" of plays to intimidate or influence the umpire, and shall take reasonable action with their players, parents and fans of the team to secure their cooperation with this rule. Upon receipt of a complaint from an umpire or from an opposing manager regarding compliance with this rule by coaches, players, parents or fans, a manager shall ask the offending individual associated with his/her team to comply or to leave the vicinity of the field.		
	Coaches shall not permit their players, fans or parents to purposely hector or distract the opponent's players, either directly by comment or indirectly by the playing of music, singing, chanting or excessive cheering, even if ostensibly for your own batter. Upon the opposing Coach's complaint in this regard, a Coach shall take action to terminate the distracting behavior of his/her team.		
	Walkup music is not permitted.		
Sunglasses that produce glare affecting a player's ability to see should be individually removed.			

RULES: Seniors AL (14u-15u) Grades 8 & 9			
Field Dimensions	Base distance	90'	
	Pitching distance	60' 6"	
	Mound	yes	
General Rules	Innings	7	
	Game duration	1hr 45min - no new inning 2hr 15min - hard stop	Game score reverts to the last full inning completed.
	Players needed to start	8	15 minute grace period if a team does not have 8 players.
	All players must play 6 outs by the end of inning #:	5	Failure to comply with this rule or encouraging players to be absent or late shall result in disciplinary action.
	Wildcat batting order	yes	Late arriving players will be added at the end of the lineup card.
	Max batters per inning	no limit	
	Max runs per inning	no limit	
	Defensive Conferences	3 per game	
	Defensive Substitutions	unlimited	Unlimited defensive substitution shall be allowed providing the playing time rule has been complied with.
	Mercy Rule	15 ahead after 4 10 after 5	
Forfeits allowed	yes	A team must have at least eight (8) players when on defense or the game will be declared a forfeit. The game may be played as a scrimmage.	
Equipment	Helmet Cage/Jaw Guard Required	no	Equipment requirements will follow standards of the National Federation High School Rules with the exception of 7th and 8th graders.
	Max Barrel Size	2-5/8"	
	Bat Requirement	BBCOR -3*	
	Wooden Bats	allowed	
	Metal cleats	allowed	
Pitching	Max pitches or innings/day whichever occurs first	95 pitches/game OR 4 innings/day	<ul style="list-style-type: none"> <li>o Pitcher must be removed when he/she reaches pitch or innings limit - whichever comes first.</li> <li>o Pitchers (after one pitch) may play other positions and cannot return to pitch after being replaced.</li> <li>o A pitcher is determined to have thrown an inning against their limit as soon as one pitch has been thrown.</li> <li>o See PitchSmart Guidelines for pitch counts and required days of rest.</li> </ul>
	Intentional walks	yes	An intentional base on balls may be given by the defensive team by having its catcher or coach request the umpire to award the batter first base. This may be done before pitching to the batter or on any ball and strike count. The ball shall be declared dead before making the award. NFHS 2-4-3.
	Balks	yes	
	Curveballs	yes	
Baserunning Batting Fielding	Infield fly	yes	
	Dropped 3rd strike	yes	
	Bunting	yes	
	Thrown bat	enforced	1st offense - Bench warning Subsequent offenses -Out
	Courtesy runner required for catcher w/ 2 outs (player who made last out)	yes	
	Leading	yes	
	Stealing	yes	
	Advance after steal	yes	
	Stealing home	yes	
	Plays at home plate - catcher	-	<ul style="list-style-type: none"> <li>o Unless the catcher is in possession of the ball, the catcher cannot stand/block the pathway of the runner as he is attempting to score. The runner will be awarded home.</li> <li>o The exception is if the catcher moves INTO the pathway of the runner in order to field a throw, and the Umpire determines that the catcher could not have fielded the ball without blocking the pathway of the runner and that contact with the runner was unavoidable.</li> </ul>
	Plays at home plate - baserunner	-	Baserunner MUST slide when there is a play at home plate. Failure to slide will result in the runner being called out.
Headfirst slides	yes		
Basecoaches Helmet Required	yes	Base coaches are required to wear helmets provided by the RBBA. The umpire shall not start an inning until all base coaches are compliant.	
Conduct/Other	Any coach entering the field of play to dispute an umpire's call without calling time and approval from the umpire will be immediately ejected and may be suspended.		
	Coaches shall refrain from criticizing an umpire and from making anticipatory ball/strike, safe/out or fair/foul "calls" of plays to intimidate or influence the umpire, and shall take reasonable action with their players, parents and fans of the team to secure their cooperation with this rule. Upon receipt of a complaint from an umpire or from an opposing manager regarding compliance with this rule by coaches, players, parents or fans, a manager shall ask the offending individual associated with his/her team to comply or to leave the vicinity of the field.		
	Coaches shall not permit their players, fans or parents to purposely hector or distract the opponent's players, either directly by comment or indirectly by the playing of music, singing, chanting or excessive cheering, even if ostensibly for your own batter. Upon the opposing Coach's complaint in this regard, a Coach shall take action to terminate the distracting behavior of his/her team.		
	Walkup music is not permitted.		
Sunglasses that produce glare affecting a player's ability to see should be individually removed.			

### Pitch Count Limits and Required Rest Recommendations

It is important for each league to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so. See required rest recommendations below.

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A
15-16	95	1-30	31-45	46-60	61-75	76+	N/A
17-18	105	1-30	31-45	46-60	61-80	81+	N/A
19-22	120	1-30	31-45	46-60	61-80	81-105	106+