



TOWN OF CARRBORO • NC

RECREATION, PARKS &
CULTURAL RESOURCES

YOUTH LEAGUE BASEBALL RULES



Spring Baseball Rules Index

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1.00 General Information:

- 1.01 Weather Information Line: (919) 918-7373
1.02 Web site: <http://www.carrboronc.gov/349/Athletics>

1.03 Ball Field Ground Rules

Ball Hits Pine Tree or Limbs

- Ruling A: If the ball is over the fence outside the playing area
It is declared foul and ruled a dead ball.
- Ruling B: If the ball strikes the tree inside the field of play
Foul ball, live ball, still catchable
- Ruling C: Ball Rolls Under Gate or Any Section of the Fence
Player should raise both hands up to indicate ball is unplayable.
If player reaches down and gets the ball, it remains live.
- Ruling D: If the Ball Rolls into the Dugout
In accordance to National Federation of High School Rules

2.00 General Rules

The umpires and field supervisors (scorekeepers) are provided by the Recreation Department for each game. They will have complete authority at the site/activity.

Any situation not covered by the playing rules will be left at the discretion of the Recreation Department.

All league play will be governed by rules of the "National Federation of High School" with the following exceptions and interpretations:

2.01 Regulation Game

A game may be considered regulation if any of the following situations occur

A regulation game shall consist of 6 innings. The time limit takes precedence over innings played if expiring first.

2.02 Runs per Inning

A team's at bat is considered complete when a team has 3 outs or scored 5 Runs during the inning.

2.03 Rain or Darkness:

In case of rain or darkness, a game may be considered regulation if the losing team has batted by the 3rd inning.

2.04 Rain Policy:

Games: Before 5pm (weekdays), 7:30am (Saturday), 11am (Sunday), the Recreation Department will make any decision needed about the cancellation of games.

This decision will not normally be made during the week before 4pm and 8am on weekends.

After 5pm (weekdays), 8:15am (Saturday), 11am (Sunday), the facility supervisor and / or umpires (if games have begun) will have the authority to make a decision regarding the cancellation of games.

If games are canceled, we will attempt to call the coach of the teams affected and display a notice on the Weather Information Line (919-918-7373 – Carrboro; 919-685-8277 – Chapel Hill fields) if the decision is made prior to 5pm.

If games are not canceled, we will not contact anyone and no message will be left on the line.

2.05 Lightning Policy: (per high school rules)

When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Play will be suspended and shelter will be sought.

30 minute rule. Once play has been suspended, there will be a wait of at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.

Any subsequent thunder or lightning after the beginning of the 30 minute count resets the count to begin the 30 minute waiting period to restart.

2.06 Restart of Suspended Games

Games suspended due to rain, darkness, or any other circumstance, may be restarted from the point of suspension at a later date.

Games stopped for any reason and resumed at a later date will have the pitcher and pitch count applied for the rescheduled game as it were during the game previously suspended.

2.07 Warming up between innings

Pitchers are allocated a maximum of 8 warm up pitches for the first inning.

The coach pitcher (6-8 league only) is allowed up to 8 warm up pitches at the start of the game. In subsequent innings, the coach pitcher is allowed 3 warm up pitches.

Field players may warm up infield/outfield.

New pitchers are allocated a maximum of 8 warm up pitches.

During the 8 pitch warm up period, field players may also warm up in the infield/outfield.

Defensive team coaches may be allowed in foul territory to give instructions or assist field players but not on the field (in fair territory) during warm ups between innings.

If it is deemed by the umpire that defensive coaches are delaying the start or restart of play, the umpire will consider this action as a conference visit to the pitcher.

If a pitcher returns to the mound in subsequent innings, he or she is allocated 3 warm up pitches and no infield/outfield warm up will be permitted.

2.08 Slide

The following high school rules describe a legal slide (Rule 2-32 Art 1 and 2)

A legal slide can be either feet first or head first. If a runner slides feet first, at least one leg and buttock shall be on the ground. If a runner slides, he must slide within reach of the base with either a hand or a foot. A runner may slide or un in a direction away from the fielder to avoid making contact or altering the play of the fielder.

A slide is illegal if:

The runner uses a rolling, cross-body or pop-up slide into the fielder or:

The runner's raised leg is higher than the fielder's knee when the fielder is in a standing position, or

The runner goes beyond the base and then makes contact with or alters the play of the fielder or

The runner slashes or kicks the fielder with either leg, or

The runner tries to injure the fielder, or

The runner, on a force play, does not slide on the ground and in a direct line between the two bases.

The following high school rules any runner is out when he: (Rule 8-4 Art 2 b)

Does not legally slide and causes illegal contact and/or illegally alters the actions of a fielder in the immediate act of making a play, or on a force play, does not slide in a direct line between the bases.

A runner may slide in a direction away from the fielder to avoid making contact or altering the play of the fielder.

Runners are never required to slide, but if a runner elects to slide, the slide must be legal.

Jumping, hurdling, and leaping are all legal attempts to avoid a fielder as long as the fielder is lying on the ground. Diving over a fielder is illegal.

PENALTY: the runner is out, the ball is dead immediately, and interference is called.

On a force play with less than 2 outs, the runner is declared out as well as the batter-runner. Other runners shall return to the bases occupied at the time of the pitch.

2.09 Collisions

If there is a collision, with intent to deliberately force the ball out of the defensive player's possession, an out will be declared. All other base runners must return to the base last touched at the time of the collision.

If there is a collision, with flagrant and malicious intent to deliberately force the ball out of the defensive player's possession, an out will be declared. All other base runners must return to the base last touched at the time of the collision. The runner will also be ejected from the game.

2.10 Injury Situation

If during the course of a "live" play, the assigned umpiring crew, facility/activity staff, and/or recognized member of the coaching staff (either someone on the actual playing field or in the dugout view someone has become injured and is in need of immediate attention, then time should be requested (regardless of the situation in reference to the play).

Umpires will only need to verbally request time (along with visual indication), while a coach should "request time due to injury." Upon witnessing an injury or in response to a coach's request for time due to injury, the umpires should focus the attention on the injury, and enforce the "time-stoppage of play" procedure before play is resumed.

At the discretion of the umpires and official scorekeeper, the time limit clock may be stopped due to an on field injury that is an extenuating circumstance. Once it is safe to resume play, the time limit clock will restart.

2.11 Awarding of Bases (Injury Situations)

The awarding of bases to all base runners/batter will be based on the location of the ball at the moment that play is stopped due to the injury.

If the ball is located in the infield area of the playing field- ALL RUNNERS (including the batter) will be awarded one base from the last legally touched base.

If the ball is located in the outfield area of the playing field- ALL RUNNERS (including the batter) will be awarded two bases from the last legally touched base.

Note: This rule will cover all potential injury situations (i.e., outfielders diving for bases, two players colliding during the play, a runner sliding into a base, etc.)

2.12 Players / Substitution Rules

All players at the game shall bat in a continuous batting order

Late players are to be added at the end of the line-up. Failure for a player to report to the field supervisor prior to entering the game will be ruled as ineligible.

Free substitution in the field

Every player must be in the field for at least 1 complete inning (3 outs) by the completion of the 2nd inning.

The first time each player participates in the field, it must be reported to the field supervisor.

2.13 Number of players

A team may play with as few as 8 players.

If a team starts a game with 8 players and another player(s) arrives at the game, those player(s) are added to the end of the lineup.

A team may finish a game (injuries, players leaving, etc...) with as few as 8 players.

A forfeit will be declared if the number of players on a team is less than 8. The team short players can borrow from the opposing team in order to fill the defensive positions. The borrowed player(s) may change each inning but are not allowed to pitch or bat against their own team.

A player injured while at-bat and deemed unable to finish his/her at-bat may substitute for by another batter. The substituted batter may not be one of the next 5 batters listed in the line-up. The substitute will enter the game and inherit the original batter's count.

All players must be able to actively participate defensively in the field (i.e. catch and throw). In addition all players must be able to bat and run the bases. Failure to perform these functions rules a player ineligible to participate.

Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional. (NFHS rule).

2.14 Speed Up Play Rules

A pitching change must be made if a coach appears out of the dugout, (4 feet beyond the entrance) toward the playing field to talk to any player or players more than once in a half inning while the same pitcher is throwing.

Exception: injury or time called by the opposing team or umpire.

A coach may not request more than 1 offensive time out while the team is batting in each inning.

If in the judgment of the umpire, the adult base coach steps out of the coaches box continuously in toward the batter to give instruction as to delay play, then the umpire can charge an offensive time out.

Mandatory courtesy runner for the catcher with 2 outs.

The runner must be for the catcher in the upcoming inning; this will be strictly enforced by the scorekeeper and umpires.

The courtesy runner must be the player who made the last out and may not be on one of the next 5 batters scheduled to bat at the time of the change.

Optional use of a courtesy runner for the pitcher with 2 outs.

(does not apply in 6-8 League)

The courtesy runner may not be on one of the next 5 batters scheduled to bat at the time of the change.

Teams must hustle in and out of the dugout between innings. In accordance to high school rules, teams will be allowed 1 minute from the 3rd out of the previous half-inning.

Pitchers will still be allowed warm up pitches (up to 3 max for returning or 8 max for new) between innings.

2.15 Equipment

The Carrboro Recreation, Parks & Cultural Resources Department strives to offer as safe an environment as possible for each of its participants. The use of safety approved equipment is one method of reducing some of the potential injuries that may occur during a baseball season. Along with the use of safety equipment, the possibility of injuries can be reduced by attentiveness and cooperation of both the participant and the coach.

Safety level 5 balls are used in the 6-8 League

Safety level 10 balls are used in the 9-10 League

Safety vests are permitted to be worn.

Batting helmets with face shields are permitted.

Each bat shall be:

In diameter at thickest part: (wood) 2 ¾ inches or less

In diameter at thickest part: (non-wood) 2 5/8 inches or less

In length: 36 inches or less

No weight differential restriction

Stamped with USA Bat sticker

BBCOR bats (11-12 division only) & Wood bats are permitted for use.

2.16 Bat Checking Process

Prior to the start of each game bats will be checked by the umpires.

Any bat discovered to be in violation of the bat rule shall be removed and cannot be used.

After the umpires have checked the bats, the responsibility of ensuring bats remain legal is held upon the head coach.

Any illegal bat used during a game will result in:

Dead Ball- batter out;

No advancement by runners on a batted ball

2.17 Dangerous Equipment

The umpire shall not permit any team member to wear equipment or apparel which in his/her judgment, is dangerous or confusing to other players or is not appropriate.

Examples of illegal items include but are not limited to:

Illegal guards, casts or braces

A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance may not be worn on the elbow, hand, finger, wrist or forearm, even though covered with soft padding.

Hard and unyielding items (guards, casts, braces, etc.) on the upper arm or shoulder must be padded.

Knee and ankle braces are permitted but all exposed hinges must be covered. Most over sleeves recommended by manufacturers are acceptable. These braces may be padded or unpadded.

No metal cleats are allowed

No jewelry except for medical or religious reasons.

2.18 Protest Procedure

The only protests that will be considered are:

Eligibility of a player

Misinterpretation of a playing rule

Protests filed involving umpire judgment will not be accepted as valid.

The protesting coach must immediately notify the home plate umpire and the facility supervisor of their intention to protest before the next legal pitch. The umpire shall then announce the intent to the other team. Failure on the umpire to announce the protest will have no bearing on a protested game.

The scorekeeper will provide the coach a protest form. If the form cannot be provided on site, one may be obtained at the Recreation and Parks Department offices.

Once a game has been protested, play shall resume without delay.

Protests must be turned into the Recreation Department by the protesting team in writing within 48 "work day" hours of the game in question along with a \$25 retainer fee.

The League Administrator or designated person will rule on all protests.

If a protest is valid:

Eligibility protest – forfeit of the game.

Misinterpretation of a playing rule – replay from the point of the infraction

Retainer fee is returned.

Coaches involved will receive written notification of the ruling and a tentative schedule resuming the game (if necessary)

2.19 Discipline of a Player by a Coach

No coach may hold out a player from a game without Department approval.

During a game a coach may remove a player for disciplinary reasons. The player's action that warrants such a removal must be obvious and endorsed by the Department staff or umpires. The period of removal for that game is of the coach's discretion.

The field supervisor will be notified by the Recreation Department of all approved disciplinary cases requesting a player to sit.

2.20 Injured Players

All players on rosters dressed in a town issued jersey must play under the mandatory playing rule. However, if a player is injured and cannot participate, he/she can sit on the bench or dugout while being in uniform.

The Department must be notified that a player is ineligible due to an injury.

The coach must notify the department (prior to the team's next game – not at the field) once the injured player is medically cleared to play.

Miscellaneous Protocols

2.21 Warm Ups

All throwing warm-ups must occur in the outfield area of the field for the first game.

For all games following the first one of a day, warm-ups should occur off the field in an area away from spectators and parked cars only if there is a game in progress.

Any player acting as catcher during pre-game warm-ups, practice, or between innings must wear a catcher's mask.

2.22 Infield Practice Protocol

For the 1st game – the visiting team will begin infield practice 15 minutes prior to game time for 5 minutes.

At 10 minutes prior to game time, the home team will conduct infield for 5 minutes.

Teams may not delay nor exceed their allotted infield time.

For any subsequent game – infield practice will be allowed only if time permits.

If a game runs past the scheduled starting time of the next game, then the next game will start without infield practice being allowed.

If infield for a subsequent game is allowed, the same procedure as above should be followed except the home team should remain on the field to immediately start the game.

2.23 Player Line-up Submission Process

All line-ups are due 5 minutes prior to the starting time of the game

They should include all players present with first initial, last name, jersey number, and position on defense.

2.24 Forfeits

No grace period for the starting time of games.

Game time is forfeit time.

Teams must be able to field a team of 8 or more players by game time.

Each coach must turn in a copy of the team batting order to the facility supervisor no later than 5 minutes prior to the scheduled game time.

Failure to do so will result in a forfeit. If both teams fail to submit a line-up or field a team a double forfeit will be declared.

Violation of the playing requirements will result in a forfeit.

2.25 Uniforms

If a player arrives at the field and does not have a Town issued jersey, he/she may not play in the game. NO EXCEPTIONS.

If players have duplicate numbers, players will be allowed to participate in the game, however, it will be reported to the Department for future correction.

If a player arrives at the field and does not have a baseball hat, he/she may not play in the game. NO EXCEPTIONS.

2.26 Dugouts

Schedules will indicate "home" and "visitor"

Home team occupies the third base dugout.

Only players and 4 coaches are allowed in the dugout. If a youth bat person is used, he/she must wear a helmet.

Coaches/players not directly involved in the action (players sitting on the bench, coaches not coaching a base) should remain in the dugout area; not on the playing area, nor outside the dugout.

One coach on defense may stand outside the foul line in the outfield to instruct players in the Ages 6-8 division only. The coach cannot interfere while the ball is in play.

A League Specific Rules

(For Players 6-8 Years old as of August 31, 2025)

A player may “play up” into the next age level if he/she is in the last playing year of that appropriate age group

3.01 Field Dimensions

6-8	
base distance	60 ft.
pitching	26 to 50 ft
home run line	150 ft.

3.02 League Rules

The “Infield Fly” rule will not be in effect.

No bunting allowed. Each batter must attempt a “full swing”

Penalty- Out, runners return to their base

If a batter carelessly releases a bat, each team will be permitted one warning.

A second incident (by any batter - same team) will result in:

1. Batter being out
2. Dead ball situation – all runners return to the original base

No walks (intentional or not)

3.03 Home Run Line

A Home run line will be located 150 feet from home plate.

This line will run from foul line to foul line.

Any batted ball that crosses over the line in the air is a home run.

Any batted ball that bounces over the line is a “ground rule double”

Any batted ball that touches a player and crosses over the home run line is a “ground rule double”

All runners will be awarded 2 bases (from the base he/she was on at the time of the pitch.)

A fielder may not cross the home run line to catch a ball on the fly: Ruling- Home run

A fielder may catch the ball and then cross over the line: Ruling- Out

3.04 Time Out / Stoppage of Play

A time out line will be denoted by a line drawn 3 feet behind the baseline.

In situations where a ball is returned from the outfield to the infield, all play is stopped when in the judgment of the umpire, the fielder has control of the ball and is not attempting to make a play on any base runner.

Any runner that has advanced beyond the mid-point lines toward the next base before “time” is called will be awarded that base.

Once time is called, base runners may not advance on a throwback to the pitcher.

Any runner forced from base, but has not advanced beyond the mid-point line toward the next base before “time” is called, will be awarded that base automatically IF time is called by the opposing defense and while no play is made on a runner.

Stoppage of play includes the foul territory of the infield.

Coaches should discourage players on defense from remaining in the base path once the ball is in play and not making a play on a runner.

3.05 Overthrow at First Base

If a ball is hit to any infielder and there is an overthrow to 1st base hitting the fence and within the time out line, the play becomes dead. If there is a runner at 2nd base at the time of the at bat and attempts to run to 3rd base upon the ball being hit, the runner must remain at 3rd base once the play is called dead.

3.06 Position Requirements

10 players may play in the field at one time.

4 players or more must remain in the outfield area (behind the time out line) until the ball is batted. Exception: If a team is playing with less than 10 players, they must have at least 3 Outfielders.

No fielder may get closer to home plate than the pitching rubber prior to the ball being hit.

The defensive youth pitcher must be positioned within 5 feet of the permanent pitching rubber, but no closer to home plate than the pitching rubber, and not directly behind the coach pitcher.

3.07 Time Limit

1 hour and 15 minutes

3.08 Application of Time Limit

The Time Limit shall start on the first pitch of the game.

No game shall be considered complete unless it ends on a complete inning or unless the losing team has completed their at bat.

Regardless of inning, once the time limit expires and the score is tied, the game will continue with 1 additional inning being played. The extra inning format will be utilized.

Note: See Curfew Rules for Weekday Games.

If a game is still tied after 1 additional inning is played, the game will result in a tie.

If a game is played through 6 full innings and the score is tied, the game will continue with 1 additional inning being played. The extra format will be utilized.

If a game is still tied and the curfew rule prevents 1 additional inning to be played, the game will result in a tie.

Extra Inning format - A runner will be placed at 2nd base, (the last player out from the previous inning), and the team batting will start with 1 out. Each half inning during the extra inning situation is then played out in a similar manner until a winner is determined or the inning concludes with the score being tied.

A new inning has begun once the 3rd out has occurred in the preceding inning.

3.09 Curfew Rules for Weekday games

For games played during the week (Monday-Thursday) for which are scheduled to start at either 5:45pm or 7:00pm, the following may result in a game being declared regulation (regardless of the number of innings played or amount of time remaining on the time limit).

No new inning will begin during the first game of the evening after 7:00pm.

No new inning will occur during the second game of the evening after 8:15pm

No new inning will occur during a lone scheduled game time of 6:00pm after 7:35pm.

3.10 Pitching Rules / Procedures

A team coach (offense) will pitch to his players when they are at bat.

Each batter will be allowed a maximum of 5 pitches to hit the ball. On the 5th pitch, uncaught foul balls with a one-pitch limit are in accordance with National Federation of High School rules.

The coach pitcher should not interfere with any batted or thrown ball.

Intentional interference - Dead Ball; Batter or runner out; no advancement by runners.
Unintentional interference - No Pitch; Pitch will not be included in the 5 pitch total; no advancement by runners.

The coach pitcher must start in the pitching area and upon delivery may step outside the pitching area with his front foot.

The coach pitcher may deliver the ball either underhand or overhand.

After delivering the ball and it being batted into play, the coach pitcher should remain in the pitching area and is discouraged from active involvement (roaming the field) while the ball is in play.

The ball should only be returned to the coach pitcher after “time” has been called and granted by the umpire.

3.11 Warming up between innings

Defensive team coaches may be allowed in foul territory to give instructions or assist field players but not on the field (in fair territory) between innings. However, if it is deemed by the umpire that defensive coaches are delaying the start or restart of play, they will be restricted to the dugout area being permitted only (4 feet beyond the entrance) to the dugout.

3.12 Appeal Procedure

Once “time” is called and the ball is returned to the pitcher, if the defensive team wishes to ask for an appeal, the following procedure is to be followed:

The head coach should step out of the dugout and ask for “time”.

1. Announce the intention for an appeal.
2. State the appeal (be specific)
3. The umpire will render a ruling.
4. Play resumes after the ruling.

3.13 Base Running / Stealing

A runner may not leave the base until the ball is batted.

1. First violation – warning
2. Second violation - out.

(All violations are “no pitch” situations with runners returning to their base).

No stealing is allowed - runners may not advance until the ball is hit into play.

9-10 League Specific Rules

(For Players 9-10 Years old as of August 31, 2025)

A player may “play up” into the next age level if he/she is in the last playing year of that appropriate age group

4.01 Field Dimensions

9-10	
base distance	60 ft.
pitching	46 ft.

4.02 League Rules

The "Infield Fly" rule will be in effect.

No bunting allowed during any situation where the batter's coach is pitching.

When the batter's coach is pitching, each attempt must be a "full swing".

Penalty- Out, runners return to their base.

If a batter carelessly releases a bat, each team will be permitted one warning.

A second incident (by any batter - same team) will result in:

1. Batter being out
2. Dead ball situation – all runners return to the original base

No walks (intentional or not)

No batter shall be allowed to advance on a dropped third strike

4.03 Position Requirements

10 players may play in the field at one time.

Coaches should discourage players on defense from remaining in the base path once the ball is in play and not making a play on a runner.

4 players or more must remain in the outfield area until the ball is batted.

Exception: If a team is playing with less than 10 players, they must have at least 3 Outfielders.

4.04 Time Limit

1 hour and 15 minutes (Monday – Thursday)

1 hour and 30 minutes (Friday, Saturday, Sunday)

4.05 Application of Time Limit

The Time Limit shall start on the first pitch of the game.

No game shall be considered complete unless it ends on a complete inning or unless the losing team has completed their at bat.

Regardless of inning, once the time limit expires and the score is tied, the game will continue with 1 additional inning being played. The extra inning format will be utilized.

Note: See Curfew Rules for Weekday Games.

If a game is still tied after 1 additional inning is played, the game will result in a tie.

If a game is played through 6 full innings and the score is tied, the game will continue with 1 additional inning being played. The extra format will be utilized.

If a game is still tied and the curfew rule prevents 1 additional inning to be played, the game will result in a tie.

Extra Inning format - A runner will be placed at 2nd base, (the last player out from the previous inning), and the team batting will start with 1 out. Each half inning during the extra inning situation is then played out in a similar manner until a winner is determined or the inning concludes with the score being tied.

A new inning has begun once the 3rd out has occurred in the preceding inning.

4.06 Curfew Rules for Weekday games

For games played during the week (Monday-Thursday) for which are scheduled to start at either 5:45pm or 7:15pm, the following may result in a game being declared regulation (regardless of the number of innings played or amount of time remaining on the time limit).

No new inning will begin during the first game of the evening after 7:00pm.

No new inning will occur during the second game of the evening after 8:15pm

No new inning will occur during a lone scheduled game time of 6:00pm after 7:15pm.

4.07 Pitching Rules / Procedures

Each batter will face an opposing team's pitcher during each time at bat.

A pitcher can pitch no more than 50 pitches in a game per day or 3 innings whichever comes first.

One Pitch Equals an Inning: In regards to monitoring the number of innings pitched, one pitch thrown to a batter, shall constitute pitching in one inning

Pitch counts can be monitored by a representative of each team and will be monitored by the official scorekeeper.

The official scorekeeper will resolve any discrepancy of the pitch count.

In situations where the pitch count has been met and while there is still a count on the batter, the pitcher will be allowed to complete that at bat prior to being removed as pitcher from the game.

Pitchers must adhere to the following rest requirements:

If a player pitches 40 or more pitches in a day, two (2) calendar days of rest must be observed.

If a player pitches 26 – 39 pitches in a day, one (1) calendar day of rest must be observed.

If a player pitches 1-25 pitches in a day, no (0) calendar day of rest is required.

Once removed from the mound, a pitcher may not return to pitch during a game.

No pitcher may intentionally attempt to throw a "curveball" (judgment of the umpires).

The first violation will result in a warning being issued to the team and pitcher.

A second violation (by the same pitcher) will result in the pitcher being removed from the mound for the duration of the game (the player may participate at any other position during the remainder of the game).

Interpretation of a curve ball:

A curve is a pitch that breaks due to wrist action and puts strain on the elbow.

Any pitch that is thrown with wrist action (like a curve ball) is a CURVEBALL

A pitch that is thrown (like a fast ball) but is slower is a CHANGE UP and is allowed.

The delivery (spin of the ball) dictates whether the pitch is a curve or changeup.

The above is determined at the discretion of the umpire.

Note: All pitching restrictions / limits will be monitored and enforced by the field supervisor.

4.08 Batter reaching “ball 4”, coach of the offensive team assumes the pitching role.

The offensive team’s coach will have the opportunity to pitch a specific number of pitches (determined by the strike count at the time ball 4 was reached) to that batter.

0 strike count.....	3 pitches
1 strike count.....	2 pitches
2 strike count.....	1 pitch

An uncaught foul ball will count toward the pitching total and handled as normal uncaught limits (except with one pitch left in the limit).

Uncaught foul balls with a one-pitch limit are in accordance with National Federation of High School rules.

The umpire will not monitor the ball / strike pitches process as long as it is handled in an appropriate and speedy manner.

The offensive coach must deliver the pitch in a normal pitching delivery from the pitching rubber. No underhand tosses will be allowed.

Once the batter reaches ball 4, the offensive coach must assume a pitching position promptly. Time should not be taken to give directions to the batter or any base runner.

The offensive coach pitching may not serve as a base coach. The umpire or facility supervisor will request another coach to pitch or serve as base coach if a coach is serving both roles.

The defensive youth pitcher must position themselves within 5 feet of the pitching rubber, but no closer to home plate than the pitching rubber.

The offensive coach pitching should not interfere with any batted or thrown ball.

Intentional interference - Dead Ball; Batter or runner out; no advancement by runners.
Unintentional interference - No Pitch; Pitch will not be included in the 5 pitch total; no advancement by runners.

4.09 Appeal Procedure - (when offense coach is pitching)

Once “time” is called and the ball is returned to the pitcher, if the defensive team wishes to ask for an appeal, the following procedure is to be followed:

1. The head coach should step out of the dugout and ask for “time”.
2. Announce the intention for an appeal.
3. State the appeal (be specific)
4. The umpire will render a ruling.
5. Play resumes after the ruling.

Appeals in games/situations where the team is batting against a pitcher from the opposing team, the appeal process will be described in “National Federation of High School Rules”.

4.10 Base Running / Stealing

Base runners may attempt to steal or advance to 2nd base or 3rd base while the youth pitcher is pitching.

Base runners must be in contact with the base and cannot attempt to steal or advance until the ball has crossed home plate.

First team violation – warning. Runner(s) must return to the base.

Second team violation – runner called out. If more than 1 runner is on base and also attempts to steal, the lead runner will be called out and the preceding runner must return to the previous base.

In situations where a baserunner has committed a violation, a no pitch is immediately called by the umpire as soon as the ball leaves the hand of the pitcher.

If a runner on 1st base is in the act of stealing 2nd base, the runner on 3rd base cannot advance home on an overthrown ball by the catcher or any other player in the field.

If a player is in the act of stealing 3rd base from 2nd base, the runner cannot advance home on an overthrown ball by the catcher or any other player in the field.

No runner occupying 3rd base may attempt to steal or advance home on a passed ball or wild pitch.

No runners occupying 3rd base can advance on an overthrown ball from the catcher to the pitcher in between pitches.

Advancement to home may occur when the ball is batted into play, pickoff attempt to 3rd or on a hit batter (if runner is forced).

No attempt to steal or advance can be made while the coach pitcher is on the mound.

Once ahead by 5 or more runs, the team leading may not attempt to steal any base or advance on a passed ball, wild pitch, or pickoff attempt.

First team violation – warning. Runner(s) must return to the base.

Second team violation – runner called out. If more than 1 runner is on base and also attempts to steal, the lead runner will be called out and preceding runner must return to the previous base.

11-12 League Specific Rules

(For Players 11-12 Years old as of August 31, 2025)

A player may “play up” into the next age level if he/she is in the last playing year of that appropriate age group

5.01 Field Dimensions

11-12	
base distance	70 ft.
Pitching	50 ft.

5.02 League Rules

No batter shall be allowed to advance on a dropped third strike

5.03 Position Requirements

Coaches should discourage players on defense from remaining in the base path once the ball is in play and not making a play on a runner.

5.04 Time Limit

1 hour and 30 minutes

5.05 Application of Time Limit

The Time Limit shall start on the first pitch of the game.

No game shall be considered complete unless it ends on a complete inning or unless the losing team has completed their at bat.

Regardless of inning, once the time limit expires and the score is tied, the game will continue with 1 additional inning being played. The extra inning format will be utilized.

Note: See Curfew Rules for Weekday Games.

If a game is still tied after 1 additional inning is played, the game will result in a tie.

If a game is played through 6 full innings and the score is tied, the game will continue with 1 additional inning being played. The extra format will be utilized.

If a game is still tied and the curfew rule prevents 1 additional inning to be played, the game will result in a tie.

Extra Inning format - A runner will be placed at 2nd base, (the last player out from the previous inning), and the team batting will start with 1 out. Each half inning during the extra inning situation is then played out in a similar manner until a winner is determined or the inning concludes with the score being tied.

A new inning has begun once the 3rd out has occurred in the preceding inning.

No time limit will occur for the tournament championship game provided it is played on a Friday, Saturday, or Sunday.

5.06 Curfew Rules for Weekday games

For games played during the week (Monday-Thursday) for which are scheduled to start at either 5:45pm or 7:30pm, the following may result in a game being declared regulation (regardless of the number of innings played or amount of time remaining on the time limit).

No new inning will begin during the first game of the evening after 7:20pm.

No new inning will occur during the second game of the evening after 9:05pm.

5.07 Pitching Rules / Procedures

Pitching is normally applied by National Federation of High School Rules.

A pitcher can pitch no more than 60 pitches in a game per day or 3 innings whichever comes first.

One Pitch Equals an Inning: In regards to monitoring the number of innings pitched, one pitch thrown to a batter, shall constitute pitching in one inning

Pitch counts can be monitored by a representative of each team and will be monitored by the official scorekeeper. The official scorekeeper will resolve any discrepancy of the pitch count.

In situations where the pitch count has been met and while there is still a count on the batter, the pitcher will be allowed to complete that at bat prior to being removed as pitcher from the game.

Pitchers must adhere to the following rest requirements:

If a player pitches 40 or more pitches in a day, two (2) calendar days of rest must be observed.

If a player pitches 26 – 39 pitches in a day, one (1) calendar day of rest must be observed.

If a player pitches 1-25 pitches in a day, no (0) calendar day of rest is required.

Once removed from the mound, a pitcher may not return to pitch during a game.

5.08 Base Running / Stealing

Base runners may “take a lead” but must remain stationary when the pitcher has committed to delivering the pitch and cannot attempt to advance until the pitch has crossed home plate.

Base runners may retreat to their current base at any time.

Base runners who in the judgment of the umpire advance too early result in:

First team violation – warning. Runner(s) must return to the base.

Second team violation – runner called out.

If more than 1 runner is on base and also attempts to steal, the lead runner will be called out and the preceding runner must return to the previous base.

In situations where a baserunner has committed a violation, a no pitch is immediately called by the umpire as soon as the ball leaves the hand of the pitcher.

Once ahead by 5 or more runs, the team leading may not attempt to steal any base or advance on a passed ball, wild pitch, or pickoff attempt.

First team violation – warning. Runner(s) must return to the base.

Second team violation – runner called out.

If more than 1 runner is on base and also attempts to steal, the lead runner will be called out and preceding runner must return to the previous base.