

BASEBALL

ALL DIVISIONS BASEBALL: Every player bats to meet the desired 50% participation rule. The inning is over after a team has either batted ten players, scored six runs, or after the third out.

Baseball helmets must be inspected yearly IAW with National Operating Committee on Standards for Athletic Equipment (NOCSAE) and records of inspections/inventory are kept for internal review. Little League (LL) pitching rules are in effect for the 12u and Junior Divisions; reference LL rule for various age “pitch count.”

1. TEE BALL AND COACH PITCH BASEBALL: The focus in these divisions is skill development. No scores will be kept in these divisions. No stealing or sliding allowed in the 6U Division.
 - a. Additional rules and/or guidelines may be determined locally based on community demographics.
2. 8U DIVISION BASEBALL: Game time will be limited to one hour; no new inning will begin after 45 minutes of play.
 - a. Base lines will be 45 to 60 feet; determined locally.
 - b. Recommended equipment: Ball-5 RIF; Bats-Little League (LL) specifications.
 - c. Before a ball is considered a “hit,” it must pass the 15 foot arc.
 - d. No stealing or sliding allowed in the 6U, 8U, or 10U Divisions.
 - e. Players will be taught bat safety to mitigate the risk of players being hit accidentally.
 - f. When a ball is over thrown in a defensive throw, the offensive runner will be awarded only one base.
 - g. No batter will be “on deck”; all players must remain in the dugout unless actively involved in play.
 - h. All “outs” will be determined based upon defensive plays only. No outs are assessed to a batter who fails to obtain a hit after five pitches. After a batter has received five “strike level” pitches, they must return to the dugout.
 - i. When a ball is over thrown in a defensive throw, the offensive runner will be awarded only one base.
 - j. Base Running Rules: For a ball that does not leave the infield, only a single base is awarded; ground ball that goes into the outfield either directly or due to infield error, two bases (double) are awarded; for a hit fly ball to the outfield, three bases (triple) are awarded; for a hit fly ball that reaches/hits the fence, four bases (home run) are awarded.

3. 10U AND 12U DIVISION BASEBALL:

- a. Recommended equipment: Ball and Bats-Little League (LL) specifications.
 - b. Game time will be limited to six innings or one hour and 15 minutes; no new inning will start after 75 minutes.
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- c. Base lines will be 45 to 60 feet; determined locally.
- d. No batter will be “on deck”. All players must remain in the dugout unless actively involved in play.
- e. Mercy Rule: This supersedes the mandatory participation rule. If used, follow the 10 run mercy rule in LL or after 3 ½ innings provided the home team is ahead.
- f. On Deck Batters: In the 12u Division, no batters are allowed on deck. All players must stay in the dugout.

FIELD SIZE DIMENSION RECOMMENDATIONS (To be determined locally)

Ages	Field Size	Ball Size (Inches)	Bat
3-4	45’ or 50’ Base Paths	Start Smart	
5-6	45’ or 50’ Base Paths	RIF # 1 (T-Ball)	
7-8	60’ Base Paths	RIF # 5 (Coach/Machine Pitch)	
9-10	60’ Base Paths	Little League Ball	
11-12	60’ Base Paths	Little League Ball	
13-15	90’ Base Paths		

Equipment:

Battings helmets should have a mask

Catchers should wear a helmet w/throat protector, chest protector, knee/shin protectors and cup

No metal cleats or spikes

Regular Season Pitching Rules - Baseball

VI - PITCHERS

- (a) Any player on a regular season team may pitch. (**NOTE:** There is no limit to the number of pitchers a team may use in a game.)
- (b) A pitcher once removed from the mound cannot return as a pitcher. **Junior, Senior, and Big League Divisions only:** A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- (c) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age:

17-18 - 105 pitches per day

13-16 - 95 pitches per day

11-12 - 85 pitches per day

9-10 - 75 pitches per day

7-8 - 50 pitches per day

Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning. **Note 1: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day. Note 2: Any player who has played the position of catcher in four or more innings in a game is not eligible to pitch on that calendar day.**

(d) Pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21-35 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

(e) Each league must designate the scorekeeper or another game official as the official pitch count recorder.

(f) The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.

(g) The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI (c). The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI (c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in- chief to notify the manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.

(h) Violation of any section of this regulation can result in protest of the game in which it occurs. Protest shall be made in accordance with Playing Rule 4.19.

(j) A player who has attained the league age of twelve (12) is not eligible to pitch in the Minor League. (See Regulation V – Selection of Players)

SOCCER

No scores will be posted in the 4U, 6U and 8U Divisions. Rosters sizes for 4U through 12u may be determined locally by the SF Director. Slide tackling and heading of the ball shall not be permitted in the 4U, 6U, 8U, and 10U Division. No metal spikes/cleats or football cleats. Shin-guards are required for games and practices.

1. 4U (4U) AND 6U (6U) DIVISION SOCCER: The focus in these divisions is skill development. No scores will be posted in the 4U or 6U Division.
 - a. Games will be managed and “officiated” by coaches and coaches will be allowed on the field.
 2. 8U DIVISION SOCCER:
 - a. Soccer ball size number “3” or “4” recommended and determined locally.
 - b. Clock Management: 28 minute halves with a running clock; two (2) minute break after fourteen (14) minutes for substitution of players, 5-minute half-time. Games will not exceed 60 minutes. Game length may be adjusted to a shorter time based on the age and condition of players.
 - c. The SF Director shall determine locally the size of field, goal, and roster sizes.
 - d. The team coach is allowed on the field.
 - e. Off-sides, heading and slide tackling will not be used or taught. Direct free kicks or penalty kicks will not be given. Players will be given a second opportunity to perform a throw-in, if the first attempt was unsuccessful.
 3. 10U DIVISION SOCCER:
 - a. Soccer ball number “4” or “5” will be used.
 - b. Clock Management: 28 minute halves with a running clock; two (2) minute break after fourteen (14) minutes for substitution of players, 5-minute half-time. Games will not exceed 60 minutes. Game length may be adjusted to a shorter time based on the age and condition of players.
 - c. The SF Director locally determines the field and goal size. The number of players on the field and roster size will be locally determined.
 - d. Special Playing Rules: No off-sides, heading and slide tackling will be used or taught, no direct free kicks or penalty kicks, players will be given a second opportunity to perform a throw-in, if the first attempt was illegally or improperly performed. The judgment call falls on the coach.
 - e. The coach is allowed on the field.
 - f. The ball will be placed on the edge of the penalty area (18 yard line) for goal kicks.
 - g. Corner kicks, the ball will be placed 10 yards towards to the goal on the goal line (or on the edge of the penalty area and goal line if full size dimensions do not exist). Corner kick shall be taken from the vortex of the penalty box and goal line.
 4. 12U AND JUNIOR DIVISION SOCCER:
 - a. Size 5 soccer ball will be used.
 - b. Clock Management: 38 minute halves with a running clock; two (2) minute break after nineteen (19) minutes for substitution of players, 5-minute half-time. Games
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will not exceed 80 minutes. Game length may be adjusted to a shorter time based on the age and condition of players.

- c. Clock Management: 40 minute halves with a running clock; two (2) minute break after nineteen (20) minutes for substitution of players, 5-minute half-time. Games will not exceed 90 minutes. Game length may be adjusted to a shorter time based on the age and condition of players.
- d. Field/goal size will be IAW FIFA Guidelines and locally determined based on field accessibility.
- e. A tie score at the end of a regular season game is final. No overtime or shootouts during regular season play.
- f. Rosters sizes for 12u Division may be determined locally by the SF Director.
- g. Red cards will result in the removal of a player or coach for the rest of the game and a suspension for the next game.
- h. FIFA rules apply for off-sides in the 12u and Junior Divisions.
- i. Mercy Rule for 12us and Juniors: when a team is ahead by 7 or more goals the mercy rule is applied.
- j. Corner kicks for 12us, the ball will be placed 10 yards towards to the goal on the goal line (or on the edge of the penalty area and goal line if full size dimensions do not exist). Corner kick will be taken from the vortex of the penalty box and goal line.
- k. Heading of the ball during practice should be very limited to reduce the risk of concussions.

FIELD DIMENSION RECOMMENDATIONS:

Ages	Field Dimensions (W x L)	Ball Size	Goal Size (W x H)
3-4	32 x 35m	Start Smart	1,20 x .80m
5-6	32 x 35m	3	1,20 x .80m
7-8	35 x 70m	4	5 x 2m
9-10	35 x 70m	4	5 x 2m
11-12	45 x 90m	5	7,32 x 2,44m
13-15	45 x 90m	5	7,32 x 2,44m