



Kindergarten & 1st Grade League Rules

Last Update: 2/03/2026

Rules and regulations are in effect for the FBA regular season and tournament play. The NFHS (National Federation of High Schools) Guide Book overrules this handout in case of any conflicting information. Any situations that are not covered by the NFHS, MSHL (Minnesota State High School League) or FBA rule modifications will be determined by the FBA Board.

Coaches are responsible for knowing the rules. Coaches do have the right to discuss, in a manner consistent with the FBA Code of Conduct, another coach's or umpire's interpretation and/or application of league rules. A call involving the interpretation and/or application of the rules can only be overturned if both coaches, and the umpire present, mutually agree upon the intent of the rule as written within this document. If a disputed call remains unsolved, the game and all players will be returned to conditions prior to the disputed play, and the play replayed. In any case, an umpire's decision is final.

ELIGIBILITY

PLAYERS

Players must have been registered in the registration system and assigned by the FBA Teams Coordinator. Players MUST participate on the team they have been placed on by FBA Directors and no trades are allowed. Players should always be in uniform in order to participate in league or tournament play.

TEAMS

Intact teams only. No players may be added during the season or during the playoffs without the permission of the FBA Community Director and/or Board of Directors. Any games played with an ineligible player will be considered a forfeit. All team players that attend the game in the uniform must be allowed to participate. Similar playing times and practice attention should be given to all players in all leagues to allow them to develop their skills.

AGE DIVISION

Grade is defined as the grade attended or completed during the current school year at time of registration.

Kindergarten	Coach Pitch
1 st Grade	Coach Pitch
2 nd Grade	Coach Pitch
3 rd Grade	Player Pitch
4 th /5 th Grade	Player Pitch
6 th /7 th Grade	Player Pitch
8 th /10 th Grade	Player Pitch
18 & Under	Player Pitch

FBA GAME EQUIPMENT

Unless modified here, all game equipment shall be in accordance with specifications listed in the National Federation of High Schools rule book. All decisions made by the FBA Director and Board regarding equipment are final.

1. **Uniforms** – All teams should wear numbered jerseys of the identical color supplied by FBA, illegally uniformed players must be withheld from competition until they become legal. Hats, shirts and helmets will be supplied by FBA. Pants, belts, gloves, shoes and other items are not supplied.
 - Baseball pants are recommended for purposes of playing.
 - No shorts will be allowed in during games for Kindergarten - 1st.
 - Kindergarten – 1st Grade can wear shorts for practice if they prefer based on weather.
 - Proper uniforms with hats facing forward (except the catcher in the defensive position) shows respect for the game.
2. **Spikes/Shoes** – Metal spikes **ARE NOT** allowed in the K -1st Grade leagues. Rubber spikes are allowed.
3. **Helmets** – All FBA helmets are NOCSAE approved and must be worn while batting, base running and catching in accordance with the NFHS guidelines. Players supplying their own helmets are not required to share their helmet for sanitary reasons.
4. **Jewelry** – No jewelry of any kind may be worn during practices or games.
5. **Field Equipped** – Bases and Home Plates are provided by FBA or the entity governing the field use. All teams have coach's bags for team specific equipment.

FBA Fields & Facility Use

It is the responsibility of all coaches, players and parents to maintain the field and surrounding areas at all City and District Fields. In addition:

- a. Minimize the negative impact of our use of the fields for all the residents living adjacent to the fields/parks.
- b. No trespassing on the property of residents who live adjacent to the parks/fields. Make sure that participants/fans do not enter through or cut across resident's property. In addition, resident driveways are not be used to turn vehicles around to minimize any possible property damage or safety concerns for children that may be playing in these driveways.
- c. Users of facilities are not allowed to park their cars in a manner that blocks driveways or mailboxes or any yellow curbed are designated "No Parking" areas. Cars may be tagged and/or towed at the owner's expense.
- d. Users of facilities are not to park on the grass adjacent to the parking lots at the parks/fields. No motor vehicles are allowed in any park facility except in the designated parking areas.
- e. No littering – Teams and fans must pick-up after all games and practices.
- f. Users of facilities need be aware that drugs, alcohol and tobacco products and use are strictly prohibited from all youth facilities and fields and surrounding areas.

Field Upkeep (at fields where drags/rakes are supplied):

- g. Practices: Teams utilizing the infield last are required to drag the infield upon completion of practice.
- h. Games: The Home Team is required to drag the infield upon completion of ALL games.

FBA PLAYING RULES

National Federation of High Schools rules shall govern play, except where modified as follows. These rules will be used at FYB games and tournaments.

1. **Players First... Winning Second** – Responsible adults must supervise teams and players at all times, on and off the field. Coaches – Fans – Consider the players’ welfare physically and mentally in all situations.
 2. **The Official League Schedule** – Posted on the FBA website and distributed by coaches on behalf of the Community Director, Assistant Director, Level Director and the FBA Board. The Official Tournament schedule is the bracket board posted at tournament headquarters. It is the team’s responsibility to be aware of any changes and to be in the right place at the right time.
 3. **Scoring** – Score is not kept at the Kindergarten and 1st grade level.
 4. **The Official League Schedule** – Posted on the FBA website and distributed by coaches on behalf of the ICommunity Director, Assitant Director, Level Director and the FBA Board. The Official Tournament schedule is the bracket board posted at tournament
 5. **Home Team** – Determined by Level Director and noted on regular season league schedules. Home teams in tournaments will be determined by a coin toss before every game by the umpire and a representative of each team. Home team shall provide one new game ball and the visitors will provide a good back up ball.
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6. **Pitching / Base Distances**

AGE	PITCHING DISTANCE	BASE PATHS
K & 1 st Grade	25-40 ft	45 ft

7. **Batting**

While players may supply their own bat FBA is not responsible for any damage to ANY personal equipment players may bring, regardless of the reason / cause of damage, including damage done by other players.

Batters must NOT throw bats after swinging. Batters will be warned the first time they throw the bat. Scorekeepers need to mark it on their scorebooks.

K & 1: 2nd occurrences with the same player will result in that player being sent back to the bench and the play should be called dead. Use this opportunity as a learning experience.

All Leagues: No coach shall physically assist a runner during playing action.

Every player present will be put in the batting order, whether that player has a defensive position or not. If someone is late attending the game they must be placed at the bottom of the batting order. They will get to hit when it is their turn.

Grade Rules for Batting

AGE	BATTING RULES
Kindergarten	<p>Coaches pitch.</p> <ul style="list-style-type: none"> Coaches should try to pitch on a flat plane while kneeling, overhand. Batter gets 7 pitches to hit, after 7 pitches, the ball should be placed on a tee for the batter to hit. Each team hits throughout their entire lineup. Play on the last batter ends as if there are two outs in the inning. Do not have the last batter continue to run all the bases as long as a play has been made to end that ½ inning. No taking of 1st base on a hit batsman.
1 st Grade	<p>Coaches pitch.</p> <ul style="list-style-type: none"> Coaches should try to pitch on a flat plane while kneeling, overhand. Batter gets 5 pitches to hit, after 5 pitches, the ball should be placed on a tee for the batter to hit. Each team hits throughout their entire lineup. Play on the last batter ends as if there are two outs in the inning. Do not have the last batter continue to run all the bases as long as a play has been made to end that ½ inning. No taking of 1st base on a hit batsman.

8. Base Running

AGE	BASE RUNNING RULES
Kindergarten & 1 st Grade	<ul style="list-style-type: none"> Base runners MAY NOT advance on an overthrow regardless of the base the overthrow occurs at. Runners can only leave the base or advance when the ball is hit. No further base advancement is allowed once the defensive team has thrown the ball into an infielder or it hits the infield dirt. Runners who are "out" should sit. <ul style="list-style-type: none"> Exception – Kindergarten only, first 2 games of season, runners stay on base, whether out or not, to help in training base running. Starting game 3, "outs" are called and player should go to the bench. All slides are encouraged to be feet first. Base runners may not collide with a fielder in an attempt to become safe or they will be called out.

9. Defensive Play / Fielding

- Fielders cannot block the base or baseline when they do not have the ball or if the ball is not approaching them.
- A fielder always has the right-of-way when attempting to field a batted ball in the baseline. The runner must try to avoid contact with a fielder – avoiding contact does not constitute going out of the baseline.

FBA In-House Baseball Rules

- No player will sit on the bench more than 2 innings per game and no player more than 1 inning consecutively.

AGE	DEFENSIVE PLAY / FIELDING RULES
Kindergarten & 1 st Grade	<ul style="list-style-type: none"> All players should be in the field. Infield positions (6) are: 2 pitchers (left and right of the mound), first base, second base, short stop and third base. Outfield positions (6) are: catcher, left field, left center, center field, right center and right field. Any remaining players will be distributed in the outfield grass. Outfielders should be on the grass, not on the dirt infield. Players should be rotated a minimum of every 2 innings, throughout the season unless there is a safety issue – coaches should have a rotation chart they use.

Tournament Play

- Teams must start and play the game with a minimum of 8 players.
- Team starting with 8 players will have an out when the 9th spot comes up in the batting order.
- If a player is injured, ejected or has to leave for other reasons and the team drops to 8 players, the spot in the batting order occupied by that player will be an out.
- Teams either starting the game or reduced to less than 8 players must forfeit the game (Teams must have 8 players by 5 minutes after scheduled game start)
- If a player joins their team after the game has begun, they will be placed in the last spot in the batting order. If the team had 8 players prior to that player joining the team, that 9th spot is no longer considered an "out".

Regular Season and Tournament Play

- If a team starts a game with more than 9 players in the batting order, and is forced to remove a player from the game because of injury and the player cannot bat, their spot in the order is **NOT** an out if the team still has at least 9 other batters.

10. Game Length / Time Limit

- All games start at 6:15pm. It is recommended that players report at 5:45pm which will allow the visiting team to take infield warm up for the first 15 minutes then the home team. Specific practice and report times are listed on league schedules but coaches have discretion to direct their teams as needed.
- Games may be rescheduled by the Level Director – Coaches may also coordinate among themselves to reschedule but Level Director must be contacted to verify field availability, and work with the Umpire Director (if Applicable) to reschedule games that are cancelled due to weather.

AGE	PRACTICES / GAME LENGTH / TIME LIMITS
Kindergarten & 1 st Grade	<ul style="list-style-type: none"> 1 Hour and 15 Minute time slot No new inning shall begin after 7:30pm.

11. Umpires

AGE	UMPIRES
Kindergarten & 1 st Grade	<ul style="list-style-type: none">• During regular season, Coaches who are assisting behind the plate, at bases or in the field should assist with calls as no formal umpires are provided.

12. Coaches on the Field

Coaches may not physically touch the players while a play is in progress.

AGE	COACHES on the FIELD
K – 1 st Grades	<ul style="list-style-type: none">• Coaches are encouraged to help out on the field, offensively and defensively.• Coaches may help outfielders, infielders, batters and base runners.

13. Ejections

All players, coaches and parents must abide by FBA Code of Conducts or be subjected to ejection by an umpire, league specific commissioner or FBA Board Member. All ejections will be reviewed by the FBA Board before player, coach or parent will be allowed to return to league events.

Player Ejected

- Must sit out remainder of that game and receive FBA’s Board approval to return to any league events.

Coach Ejected

- Must leave the game area and will not be allowed to participate in remainder of that game. Coach must receive Board approval before returning to next scheduled coaching event.

14. Weather –

Given that the first priority must always be the safety and well-being of our children, and there will invariably be differences in judgment regarding the safety of playing a game or practice under impending inclement weather, the Farmington Baseball Association Board of Directors has issued these guidelines in the case of inclement weather during any game or practice in conjunction with field conditions as they exist for any event.

General Information

At games, both head coaches, or acting head coaches are responsible for determining whether the game will be started. Once play begins, the coach, not the umpire, is responsible for determining whether play should be halted. However, the umpire may recommend and the coach may ask the opinion of the umpire on whether to halt or cancel a game.

FBA In-House Baseball Rules

In all cases, unless you receive a call from your team's coach, you should appear at the site of the game or practice as scheduled. Weather and field conditions can vary widely even over short distances, so sometimes the decision will be made at the field site. **If at all possible, FBA field and weather decisions will be made by 4:30pm.** Parents should monitor the home page of the FBA Website and the communication protocol set up by your assigned coach(s). We make every attempt to ensure play can continue only under the safest conditions.

If a parent or guardian is not able to be present during an event, parents should arrange that the child knows another parent who will be present and with whom he/she can take shelter if bad weather suddenly threatens.

If there is a Severe Weather Warning in the area, please put SAFETY FIRST.

During the Game, if the weather becomes severe, or the field becomes unsafe to play on, cancel the remainder of the game.

Field time is not extended due to weather.

Field Conditions

Field conditions are evaluated by FBA in cooperation with the School District and City Officials. If the possibility exists that fields may be closed by the District or any City, the status of fields and play will be posted to the FBA website for the convenience of players and families. Coaches should make sure that players and families always know to check the website for all last minute weather related cancellations.

If the fields are open it is expected that you will play.

Lightning & Thunder

AT ANY SIGN OF LIGHTNING – STOP GAME – SEEK SHELTER – GAUGE THE DANGER AND MAKE A SWIFT CALL ON THE GAME!

If lightning or thunder is observed by parents, coaches, or umpires, all players should be immediately removed from the field to a safe area with their parents or guardians for 30 minutes. With each and every observed lightning flash or thunderclap, a new 30 minute delay will begin. After 30 minutes without lightning or thunder the game may begin or resume with the approval of the coaches, an umpire or a member of the FBA Board of Directors. If a coach, umpire or a member of the FBA Board believes that it is unsafe to continue play, the game should be cancelled and may be rescheduled.

Heat & Humidity

FBA has implemented the following guidelines to deal with extreme heat at all youth baseball/softball games and practices. It is designed to provide participants with a standard for safe play in situations of extreme heat.

The two values that FBA will take into account when modifying or canceling games/practices are air temperature and relative humidity. The combination of these two elements reflects the heat index. We will rely on the heat index reading that is updated hourly by the National Weather Service.

FBA has defined five heat index zones. These zones are based on recommended guidelines published by the American College of Sports Medicine (ACSM) for participation in sports activities during periods of extreme heat. Because the heat index does not take into account wind and direct sunlight, two degrees will be added to the stated heat index on sunny and still days. Likewise, two degrees will be subtracted on cloudy and windy days. The current Zone in effect will be posted and updated on our website daily up to game time and the specific communication for each zone is defined below.

FBA In-House Baseball Rules

White Zone

Heat index of 65-80 degrees. In this range, the participant is in very little danger from heat and no special measures will be taken.

Yellow Zone

Heat index of 81-98 degrees. In this range, coaches will be encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices.

Orange Zone

Heat index of 99-105 degrees. In this range, FYB will implement the following at games: all measures taken in the Yellow Zone and in addition coaches and parents should consider water coolers with cool rags, portable tents for shade and any other measure that can assist to keep players, coaches and umpires cool. Catchers will be allowed to catch only two innings in succession. If it is a practice day, coaches are instructed to keep players well hydrated and to take frequent breaks.

Red Zone

Heat index ranging of 106 to 109 degrees. In this range, FYB will implement the following for games: all measures taken in the Yellow and Orange Zones; the length of games will be modified according to the schedule below.

- Leagues K thru 1 – games will be reduced by 15 minutes

If it is a practice day, coaches are instructed to reduce the time of practice, take frequent breaks and keep players well hydrated by having them drink water.

Black Zone

Heat index is 110 or above. In this range, FBA will cancel all games and practices.

Note - During the course of the day, the heat index will rise and fall depending upon the time of day, amount of wind, cloud cover, etc. The above program modifications could also change throughout the course of the day, especially during tournaments. For example, a 1pm game on Saturday could be played under the Orange Zone guidelines and a 4pm game could be played under Red Zone guidelines. Coaches and parents will be informed of the appropriate zone of play by the notification guidelines outlined above and through signage posted at tournaments.

Parents have the ultimate responsibility to inform their child about the dangers of heat and need for protection, including sunscreen and proper hydration. Different situations prevail for each individual in threatening weather situations. Therefore, coaches, parents, and umpires must exercise their own best judgment while considering a function or activity. While FYB will always take the action that is deemed to be in the best interest of all families, in the end, the decision to attend or participate in an activity during inclement weather has to be an individual one based on each person's circumstances which can include the players age and physical circumstances. At any time, a parent may remove their child from a game due to weather-related safety concerns without penalty to the parent or the child. There will not be an automatic out, and the coach may not discipline the child as a result of this instance.