



COYBL RULE BOOK

13U+

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RULE TYPES

- COYBL Specific Rules.
- National Federation of High School (NFHS) Rules (when a rule is not addressed specifically within the Age Level and COYBL Specific rules, COYBL defers to NFHS rules).

COYBL SPECIFIC RULES

1. Game Time Temperature

- The temperature must be at least 40 degrees Fahrenheit at the start of the game (first pitch) and must remain at least at that temperature throughout the entirety of the game.
- Please also consider extreme heat indexes when deciding to play games. Please review info later in this document.

2. Game Length

- Regulation games are 7 innings or 6 ½ if the home team is ahead after the visiting team completes its at bat in the top half of the 6th inning. There is a 2 hour and 15 minute time limit that takes precedence; however, If the game is tied at the time limit, the game must be played until there is a winner.

3. Home Plate meeting

- Any pregame agreements regarding time limits must be agreed upon by both head coaches and in witness of the umpire in charge during the home plate meeting. Once agreed upon, no exceptions can be made. NOTE: Some parks have specific restrictions that need to be discussed during pregame conferences.
- Ground rules of the park and games must be discussed at this meeting.
- During the meeting at the plate, it must be decided who has the official start time of the game and must keep both head coaches and umpires aware of when the time limit is approached.

4. Run or Mercy Rules

- 15 runs after 4 innings (3 ½ innings if the home team is ahead). 10 runs after 5 innings.

5. Number of Players

- You may start a game with 8 players, but you must take an out for the ninth spot in the batting order. A 9th player may enter the lineup in the ninth spot at any time during the game as long as the player's name is entered on the lineup card prior to the game. You may finish with 8 players. with the understanding that the vacated spot in the lineup will be an out each time it comes up in the batting order.
- If, at any time during the game, your line-up is reduced to 7 players or less, the game will be ruled a forfeit.

6. Official Games Due to Weather or Darkness

- If weather or darkness interferes with play so that the game is called (ended) by the umpire, it is a regulation game if:
 - 5 full innings have been played, or if the home team has the lead after the visiting team has recorded 3 offensive outs in the 5th inning.
 - NOTE: If the game is tied when the umpire decides to end the game after 5 full innings or if the visiting team has recorded 3 offensive outs in the 5th inning, then the game is to be resumed as it stands with all offensive and defensive stats kept and recorded. This is specifically mandatory for division games. This is not mandatory for non-division games. (An agreement between head coaches can be made in a safe place after the game has ended as to whether and how the game will be finished for non-division games.)
- If play has gone beyond 5 full innings:
 - The final score of the game reverts back to the score after the last completed full inning of play after the 5th full inning of the game.
- If play has stopped before 5 full innings:
 - An agreement must be made by the two head coaches in witness of the umpire in charge to resume the game with offensive and defensive stats kept and recorded or to start game over from beginning.
 - If an agreement cannot be reached, then the game is to be resumed from where it was stopped. NOTE: Please refer to Pitching Rules for pitcher eligibility for a resumed game.

7. Designated Hitter (DH), Extra Hitter(s) (EH) & Roster Batting

- DH (Designated Hitter) and EH (Extra Hitter) are allowed for league play. You cannot use both in the same game.
- The DH is a hitter who does not play a position, but instead fills in the batting order for any position player.
- An unlimited number of extra hitters will be allowed, up to and including batting the entire roster (roster batting) through age 16U. A team using the EH is required to let the opposing manager and the home plate umpire aware prior to the start of the game. This must be addressed when covering fields and grounds rules. Both teams must exchange line-up cards with the opposing team.
- A team using EHs must maintain the same number of batting positions used in their initial line-up for the entire game.
- If a team is unable to maintain the batting line-up due to player injury or illness, the injured or ill player is removed from the batting order with no penalty. If a player is ejected when an EH, the vacated spot in the lineup will be considered an out.
- This rule is in effect even if the team drops below 9 players. If a player leaves the game for any other reason, then the missing batter will be considered out.
- Any EHs, while not in a defensive position, will be treated as such for substitution purposes.
- If a player arrives late, he/she can be entered at the end of the lineup

8. Courtesy Runners

- Courtesy runners for pitcher and catcher with 2 outs are allowed to help speed up the game. Courtesy runners cannot currently be in the game lineup. If roster batting, the courtesy runner must be the person that made the last out. The courtesy runner must have helmet ready to go into the game and pinch run.
- Note: It is not mandatory to utilize courtesy runners.

9. Footwear

- Metal spikes are permitted for ages 13U and older.

10. Bats

- COYBL will allow bats that are approved according to the Nations Bat rules, the USSSA bat rule, as well as the USA baseball bat rule.

11. Slug Bunting

- Slug Bunting is **not permitted** (a slug bunt is squaring to bunt and then pulling the bat back and swinging at the pitch.) This puts players in danger and will not be permitted.

12. Pitchers

- **PITCHERS CANNOT RETURN TO THE MOUND ONCE REMOVED FROM THE MOUND IN A GAME.**
- Pitch Smart (ages 13-14)
 - Daily Max (Pitches in a Game) is 95 pitches
 - If a player pitches 66 or more pitches in a day, four (4) calendar days of rest.
 - If a player pitches 51 - 65 or more pitches in a day, three (3) calendar days of rest.
 - If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest.
 - If a player pitches 21 - 35 pitches in a day, one (1) calendar day of rest must be observed.
 - If a player pitches 1 - 20 pitches in a day, no calendar day of rest is required before pitching again.
- For Ages 13U and 14U: If a pitcher reaches one of the stages of pitch counts above during an "At Bat", they may finish that batter without being charged the extra pitches. For instance, if a pitcher reaches 35 pitches to a batter, the pitcher can finish that batter before being pulled without being required the additional days rest – Coach would enter 35 pitches and not the extra pitches to finish the batter.

13. Tobacco or Vaper Usage

- There will be no tobacco use in or around the dugout area or on the field of play at any time. Violation of this rule could result in suspension of the violating coach or player.

14. Taunting & Unsportsmanlike Conduct

- Taunting or unsportsmanlike conduct of any kind against the other team will not be tolerated. Coaches, players, parents or fans that take part in this type of behavior will be removed immediately from the game and park by the umpires. Note: Each incident will subsequently be handled individually by the COYBL league office.

15. Umpires

- Under no circumstance is a relative of a player to officiate a COYBL game. The penalty will be forfeiture of the game by the offending team.
- All Umpires must be licensed and in good standing with OHSAA. It is asked that they register (Free) on the COYBL website. There is a link on the home page for them.
- Both Teams MUST record the names of the umpire(s) and their OHSAA number prior to the game starting. Failure to do so will result in the game being declared invalid and must be replayed.
- All divisional games for 13u and older must have two certified COYBL approved umpires.
- If both teams agree to play with one umpire prior to the game then no complaints or inquiries can be made to any league directors. If there is not a pre-game agreement, then the outcome of the game will not be recorded in league standings.
- Fees for umpires are set based on the agreement from the paying team(s) and the umpire, the COYBL does not make those arrangements. However, as a guideline, an average fee for umpires in Central Ohio for a 6-inning game is \$65/\$70 -each. Umpires officiating a game by themselves (single umpire) should be paid more than the single umpire rate.
- If you are playing a divisional double header, the umpire fees are to be split by both teams. For non-division double headers, the umpire fees are to be determined by the participating teams.

16. Team Eligibility:

- Teams must have a liability insurance policy in place for their team before playing any games under COYBL.
- If you registered under Option 1 – you are insured under the Nations Baseball policy.
- If you opted for Option 2 you will need to name COYBL on your policy as additional insured. You will need to send the league office a copy of your policy naming COYBL – 152 Glen Crossing Drive – Etna, Ohio 43062 on it.

- A team cannot be made up of more than 22 roster players.
- Team rosters must be online at www.coybl.org before you play your first game. Failure to do so will result in forfeiture of any games played.
- Use of an illegal player or a non-roster player will result in forfeiture of any games in which the player participated. At ANYTIME during the season, if a league director discovers that an illegal player was used, he can apply a forfeit for prior or current games to the team using the illegal player.
- Coaches must have a copy of their team roster and birth certificates with them at all times. If you cannot provide your roster and birth certificates when requested, you will forfeit the game.

17. Player Eligibility:

- All Ages:
 - A player's age on April 30th determines the player's eligible age division for the current season, this includes April 30th.
 - For example: My child is 13 on April 30th, he is eligible for play in the 13 & under division.
 - **There is a grade exemption - See page 10 of this document for the specifics.**
- Players may not play for multiple COYBL teams at the same age level except for an organization that has multiple teams in the same age group, for example: a A Team, a B Team and C Team.
- In these cases, the organizations that have multiple teams may be permitted to pull players from A, B or C teams to fill a roster spot on a team with a player from another team in that organization, so it has enough players to play the scheduled game(s). The spirit of this rule is not to have wholesale changes on the roster to have significant advantages, it's intended to have enough players to play the scheduled game(s). Examples: A Team can pull from B or C Teams; B Team can pull from A or C Teams and C Team can pull from A or B Teams.
- Any player can play "UP" in an older age group for COYBL Play.
- If a player plays for two COYBL teams (must be two different age groups, unless the above applies), that player may only pitch for their primary team. A fill-in player may not pitch for the team using him to fill a roster spot. Any player playing on more than one team must also be on BOTH COYBL ROSTERS to be eligible to play and to be insured. Note: once a player is added to a roster, she/he cannot be changed during the current season of play. Rosters are time stamped when additions are made.

- You can add non-COYBL players at any point in the season.
- Leaving teams:
 - If a player leaves a team for any reason during the current season, he must receive a letter of release from the original team, signed by head coach and the parent of the player and this is to be mailed to the age group director. The original team must also officially drop the player from their roster on the Nations Baseball website before any team is eligible to pick that player up.
 - If a player is released from a team, he may not return to that team for the remainder of the current season.
 - If a player leaves a team by their choice for any reason, all fees due to the team must be paid in full before the player can play for another COYBL team. No Exceptions.
 - A player in the 13U or older age groups must be dropped by 6/15 of the current season to be able to be picked up by another team for the current season. NOTE: ANY PLAYER DROPPED AFTER THE DATE GIVEN FOR THEIR AGE GROUP IS NOT ELIGIBLE TO PARTICIPATE IN ANY COYBL GAME FOR THE CURRENT SEASON.

18. Division Standings:

- Divisional standings will include the wins and losses of the two games played against each of your divisional opponents.
- **Any divisional game that is tied must be finished. Ties will not be included in the final divisional standings.**
- Rainouts or other cancellations must be made up in good faith for divisional play.
- Note: Divisional play takes priority over non-divisional play, so any rainout or cancellation in division play must be made up before non-division games. Each game is important for the division standings.

19. League ending date:

- Official league ending date is July 31 for ages to 13U and older.

NFHS RULES

1. Default Rule

- When a rule is not addressed specifically within the COYBL Specific Rules, COYBL defers to the Ohio high school rules published by the NFHS. An NFHS rule book can be purchased by calling 614-267-2502.

COYBL Age Clarification

- 8U Division Players who turn 9 prior to May 1 of the current season are not eligible unless they are in the 2nd grade. Also, any player turning 10 prior to May 1 will not be eligible.
- 9U Division Players who turn 10 prior to May 1 of the current season are not eligible unless they are in the 3rd grade. Also, any player turning 11 prior to May 1 will not be eligible.
- 10U Division Players who turn 11 prior to May 1 of the current season are not eligible unless they are in the 4th grade. Also, any player turning 12 prior to May 1 will not be eligible.
- 11U Division Players who turn 12 prior to May 1 of the current season are not eligible unless they are in the 5th grade. Also, any player turning 13 prior to May 1 will not be eligible.
- 12U Division Players who turn 13 prior to May 1 of the current season are not eligible unless they are in the 6th grade. Also, any player turning 14 prior to May 1 will not be eligible.
- 13U Division Players who turn 14 prior to May 1 of the current season are not eligible unless they are in the 7th grade. Also, any player turning 15 prior to May 1 will not be eligible.
- 14U Division Players who turn 15 prior to May 1 of the current season are not eligible unless they are in the 8th grade. Also, any player turning 16 prior to May 1 will not be eligible.

INJURY REDUCTION

This information is provided to help reduce the risk of injuries; these are not official rules.

Risk Factors for Injury

Overuse and Fatigue

By far, the biggest risk factor for pitchers is overuse and fatigue. Compared to healthy teammates, adolescent pitchers who undergo elbow or shoulder surgery were 36 times more likely to have routinely pitched with arm fatigue. Pitching mechanics, such as hip- to-shoulder separation and forward trunk tilt, change as players become fatigued.

Numerous studies have shown that pitching too many months, pitching too many innings, pitching too deep into games, violating pitch count recommendations and acute spikes in workload significantly increase the risk of injury. Pitchers should avoid pitching on consecutive days. Follow Pitch Smart guidelines to succeed and stay on the field.

A showcase can be a terrific opportunity for young players to demonstrate their skills for college coaches and professional scouts. However, pitching in a showcase during the offseason can be particularly hazardous, especially if a pitcher does not have his arm in proper pitching shape. Pitchers should treat these appearances as they would any other game for purposes of daily, weekly and annual pitch count limits. Furthermore, they should avoid the temptation to overthrow in an attempt to light up the radar gun to make a favorable impression.

Throwing curveballs and sliders at a young age

Young pitchers who throw curveballs and sliders may experience more elbow or shoulder pain. However, field studies have not shown increased risk of elbow or shoulder injury with throwing curveballs. Furthermore, the curveball produces similar or even less force, torque and muscle activity about the elbow and shoulder than the fastball does. Hence, pitchers should learn good fastball mechanics and proper arm slot first before introducing breaking balls.

Pitcher-catcher athletes

At any level, a pitcher should not also be a catcher for his team as the combination of these two positions results in far more throwing than is required at other positions.

Pitchers who also played catcher were three times more likely to suffer a major arm injury than pitchers who did not also play catcher.

Velocity

Injuries are more likely when there is more stress placed on the body. Higher velocity throws place more stress on the shoulder and elbow, and pitchers who throw with greater velocity than other players their age should be particularly careful to follow Pitch Smart guidelines. It is important that all players establish proper mechanics and throwing technique before trying to increase their velocity.

Mound height and pitching distance

Youth baseball pitching mounds vary from flat ground to 10-inch-high adult mounds. One study found less stress on the throwing arm when pitching from flat ground, but two other studies found no such difference. Both variations are thus likely acceptable.

Pitching distance is another important consideration. In some community's young players transition directly from 46-foot pitching distance to adult 60.5-foot pitching distance, whereas other communities include leagues with an intermediate distance (such as 50 or 54 feet). Shoulder force increases with pitching distance, so inclusion of intermediate pitching distance leagues while adolescent pitchers work up to the adult distance is preferred.

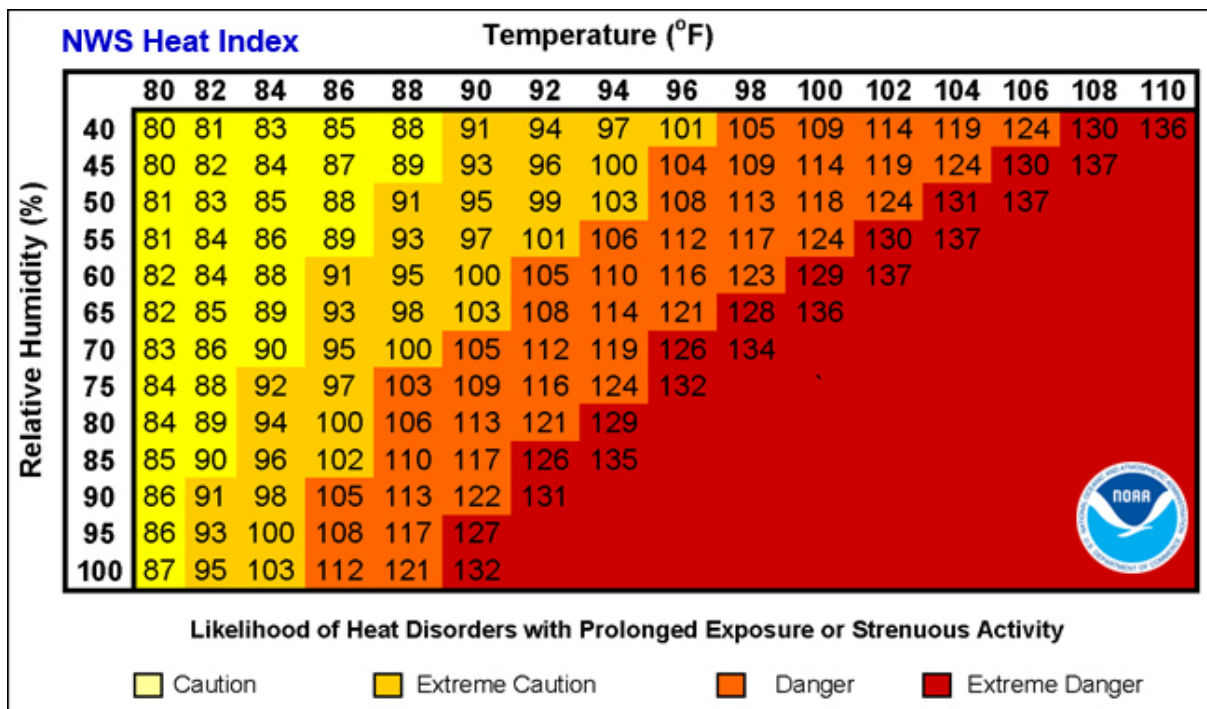
Single-sport (baseball) specialization

Many youth and adolescent players choose to not play any other sports and focus solely on baseball to improve their skills and to make themselves more competitive. However, focusing just on baseball year-round may increase the risk for injury. Several retrospective studies of professional baseball players have demonstrated that those players who specialized in solely baseball prior to high school have higher rates of injury. It is thus recommended that single-sport specialization be delayed at least until high school and preferably until college, although all athletes should maintain baseball-specific strength and conditioning in the offseason, such as maintaining shoulder range of motion as well as the strength and endurance of the muscles within the core and around the shoulder blade.

IMPORTANT HEAT INDEX INFORMATION

What is the heat index?

"It's not the heat, it's the humidity". That's a partly valid phrase you may have heard in the summer, but it's actually both. The heat index, also known as the apparent temperature, is what the temperature feels like to the human body when relative humidity is combined with the air temperature. This has important considerations for the human body's comfort. When the body gets too hot, it begins to perspire or sweat to cool itself off. If the perspiration is not able to evaporate, the body cannot regulate its temperature. Evaporation is a cooling process. When perspiration is evaporated off the body, it effectively reduces the body's temperature. When the atmospheric moisture content (i.e. relative humidity) is high, the rate of evaporation from the body decreases. In other words, the human body feels warmer in humid conditions. The opposite is true when the relative humidity decreases because the rate of perspiration increases. The body actually feels cooler in arid conditions. There is direct relationship between the air temperature and relative humidity and the heat index, meaning as the air temperature and relative humidity increase (decrease), the heat index increases (decreases).



In order to determine the heat index using the chart above, you need to know the air temperature and the relative humidity. For example, if the air temperature is 100°F and the relative humidity is 55%, the heat index will be 124°F. When the relative humidity is low, the apparent temperature can actually be lower than the air temperature. For example, if the air temperature is 100°F and the relative humidity is 15%, the heat index is 96°F ([use this calculator](#)). In the Panhandles, we commonly see hot temperatures during the summer, but the low relative humidity values make it somewhat unusual to see dangerous heat index values (i.e. 103°F or greater). A full heat index chart for a larger range of temperatures and relative humidity values can be found [at this link](#).

It surprises many people to learn that the heat index values in the chart above are for shady locations. If you are exposed to direct sunlight, the heat index value can be increased by up to 15°F. As shown in the table below, heat indices meeting or exceeding 103°F can lead to dangerous heat disorders with prolonged exposure and/or physical activity in the heat.

Classification	Heat Index	Effect on the body
Caution	80°F - 90°F	Fatigue possible with prolonged exposure and/or physical activity
Extreme Caution	90°F - 103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F - 124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely