

# Wasco Baseball

## 2007 Instructional League – Blue Division

### General

1. **The Blue Division of the Wasco Baseball Instructional League is non-competitive and transitional; bridging the instructional and minor league levels.**
2. Formal scorekeeping of league games and league standings will not be kept.
3. The difference between the Blue and Red division of the Wasco Instructional League is the option for “Player-Pitch” rules to be used during Blue Division games. Red Division is 100% “Coach-Pitch” only.

### Player Registration

4. All players must meet the minimum age requirement as defined by the Wasco Board for eligibility to register in the Wasco Instructional League.
5. Upon registration, each player will be allowed to choose the division (Red or Blue) that he/she elects to play in for that season.

### Game Rules

6. A complete game shall consist of 6 innings OR a 2-hour time limit, whichever comes first. No inning, shall be started if there are less than 10 minutes before the next game is scheduled to begin.
7. The length of each inning will be either 3 outs or after 9 batters have batted, whichever happens first.
8. Each team will supply one umpire from their team (e.g. Head Coach, Assistant Coach). Both umpires will be on the field for the entire game. To start the game, the visiting team will provide the home plate umpire and the home team will provide the field umpire. The two umpires will switch positions when the home team comes to bat in the bottom of each inning (Home team provides the home plate umpire and the visiting team provides the field umpire). This process will repeat itself for each inning until the game is completed.
9. Managers, coaches and parents will NOT argue calls made by the umpires. All on-field umpire decisions are final.
10. Players need to make every effort to wear their uniform so it is visible. Managers/Parents have the discretion to deviate from this in cases of inclement weather and/or the health of a child.

# Wasco Baseball

## 2007 Instructional League – Blue Division

11. Home plate umpire will be positioned behind the mound to call balls and strikes. Umpires cannot act as a coach on the field of play.
12. The Field umpire will be positioned as appropriate, behind the infield players and will use best judgment to position themselves for making calls in the field of play.
13. Adults will coach 1st base and 3rd base, with one adult in the dugout. Two adults may be allowed to coach in the outfield area while the team is on defense.
- 14. Uniforms are conventional. The league provides replica shirts, pants, socks, and baseball hats. Each player is responsible for wearing their entire uniform on game-day (with all shirts “tucked in”). It is expected that hats will be worn to both practices and games, however, shirts are to be worn to games only. Players will also wear sneakers or compositional baseball shoes (no steel spiked shoes permitted), that the player provides. *Managers are not required to play the players who are not in uniform.***

### The Field

15. Distance between bases: 50 feet from back of home plate (point) to outfield side of bases at 1st and 3rd, from foul line side of bases at 1st and 3rd to center of 2nd base. All bases are inside the 50-foot square except 2nd base.
16. Distance between home plate and 2nd base: 70 feet, 8 ½ inches from the back of home plate (point) to the center of 2nd base.
17. Pitching rubber distance: 42 feet from the back of home plate (point) to the front of the rubber.

### Offense

18. All players will be in the line up at all times and will bat in consecutive order.
19. A “3 outs or nine-batters” rule will apply. When the ninth batter comes to the plate in that inning, there will automatically be two outs. When the ninth batter hits the ball a play must be attempted to record an out. The inning ends after this completed turn by the ninth batter, or if three outs have been recorded by the defense – whichever comes first.
20. The batting order, established for the game, will remain the same throughout the game. If a team bats out of order and it is noticed in that inning, they will re-bat starting with the child they missed. If there were runners on base, they will return

# Wasco Baseball

## 2007 Instructional League – Blue Division

to the base they were on. The manager's discretion will be used to make these decisions (case in point, the out-of-turn batter is 5th or 6th down in the order

21. Coach-pitch innings: batters will receive 5 pitches and should be encouraged to swing at all reasonable pitches, as there are no strikeouts or walks. If a foul is hit on the 5th pitch, he will receive another pitch. If the batter misses the 5th pitch, then the ball is placed on the Tee. The batter will hit off the Tee until he hits a fair ball. If a batter hits the Tee, it will be considered a foul ball. ). No bunting will be allowed.
22. Player-pitch innings: batters will attempt to hit the pitched ball and put the ball into fair play. Walks and hit-by-pitch (HBP) will NOT be allowed during the player-pitch innings. If a Walk or HBP occurs, then the inning will revert back to Coach Pitch for that batter only. However, Strikeouts will be allowed during the player-pitch innings only. No bunting will be allowed.
23. The batter must not throw his bat. A hit WILL NOT COUNT if the bat is thrown. The batter will receive a warning and if he throws the bat a second time during the same "at bat", he will be called "out". Throwing the bat is dangerous, so please stress this rule with the children.
24. Batting helmets shall be worn in all practice and game situations whenever a player is preparing to bat or is batting.
25. USA and USSA stamped bats are allowed. Bats with a barrel of 2 1/4" and below are allowed. NO big barrel bats.

### Base Running

26. Runners must stay in contact with the base until the ball is hit. When the ball is hit, the runner/runners may run until he/they are out or safe at a base. **THERE WILL BE NO ADVANCING ON OVERTHROWS AND THE RUNNERS WILL STOP ONCE THE INFIELD HAS THE BALL.**
27. Runners must stay in the base line. They may not run all over the field to avoid being tagged out. A runner out of the base line will be considered "out".
28. While running to 1st base, a runner can run to the right or left of the line, as long as there is no deliberate move toward 2nd base. Children should be taught, however, to over-run 1st base toward the right side of the base or straight-ahead.
29. If a runner interferes with a fielder while the fielder is fielding the ball, the runner is out. Runners can run in front of the fielder as long as they don't touch the fielder. If the fielder has the ball in the base line, the runner cannot try to go around him to avoid the tag or he will be out. The runner may run out of the base

# **Wasco Baseball**

## 2007 Instructional League – Blue Division

line in order to avoid interference, but not when a play is being made on him.

# Wasco Baseball

## 2007 Instructional League – Blue Division

30. When the ball reaches the infield (to any player in the infield) from the outfield, all runners will be considered at the base they are currently closest to. Thus, the infielder controlling the ball is the signal that the play is dead and the runners remain at the bases they are currently at. Base coaches are encouraged to hold their runners while the ball is in the infield attempting to be brought under control. We are not trying to run up the score.
31. Sliding into any base, except 1st, is permitted. The runner must slide at home plate if there is a play. He will be called out by the umpire if he does not.
32. There are no lead-offs or stealing.

### Defense

33. All players present for a game must play (unless not in uniform, which is the managers discretion). There will be 10 players on the field at one time and it is recommended that each player be allowed to play a multiple of positions during the season. All players will play a minimum of 4 innings in the field. No fielder is permitted to play the same defensive position for more than two innings. The field positions are:

Pitcher  
1B-2B-SS-3B and Catcher  
LF-LC-RC-RF

34. **Managers will provide instruction to every player for each position. However, special effort must be made to practice and to develop the pitcher and catcher positions (see the Appendix for recommended instructional aids), before placing any player in either the pitcher or catcher position.**
35. Outfielders must play at least 20 feet beyond the base path. Further, managers should not allow the right fielder to attempt to throw out a runner at first base on a ground ball to the outfield – the proper throw to instruct is to second base for the right fielder.
36. There is no infield fly rule. Fielders cannot get in front of a runner and block the runner from getting to a base when a play is not being made. If a runner is blocked, the umpire can award as many bases to the runner as he feels that runner would have made. If the fielder is turned away from the runner, it is the runner's responsibility to go around the fielder.

# Wasco Baseball

## 2007 Instructional League – Blue Division

37. Where no outfield fence exists, any ball hit to the outfield will remain in play until such time as actual interference with the fielder's ability to pursue the ball occurs. Outfielders shall be encouraged to consider the ball "in play" until the umpire declares it dead.
38. A fielder may not run all over the field in order to tag out a runner. He should defend only the base in the area of his position. For example, a first baseman may not run across the infield to tag a runner along the base line between 2nd and 3rd base.

### Pitching

39. The pitching rubber shall be located 42 feet from home plate.

#### Player-Pitch

40. Players will pitch overhand during **3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> innings**. Individual players will be limited to the lesser of 1 inning of pitching per game, or **50 maximum pitches per game**. If a player-pitcher allows either three walks in one inning or 2 hit batters, the Manager or Coach of the offensive team must pitch the rest of the inning. If the game appears to be running too long, or one team has run out of pitchers, then the opposing coaches may mutually agree to replace the 5<sup>th</sup> inning of player-pitch with coach-pitch instead.
41. Pitch counts must be recorded and observed for all player-pitchers in every game. Individual players will be limited to the lesser of 1 inning of pitching per game, or **50 maximum pitches per game**. Proper periods of rest must be observed based on the number of pitches thrown during a player's one inning on the mound. (See the Appendix for derivation of these requirements.) **Managers need to keep accurate records of pitch counts for viewing by league officials.**
42. Balls and strikes will be called by the Home Plate umpire.
43. Strikeouts will be allowed during the player-pitch innings.
44. Walks and hit-by-pitch (HBP) will NOT be allowed during the player-pitch innings. If a Walk or HBP occurs, then the inning will revert back to Coach Pitch for that batter only.

#### Coach-Pitch

# **Wasco Baseball**

## 2007 Instructional League – Blue Division

45. Coaches will pitch overhand during the **1<sup>st</sup>, 2<sup>nd</sup>, and 6<sup>th</sup> innings**. Manager or coach will pitch from the pitching rubber overhand, from a standing position.
46. When the Manager or Coach is pitching, the defensive player in the pitcher's position will stand next to the adult pitcher. It is the adult pitcher's responsibility to make sure the defensive pitcher's view is not obstructed.
47. There are **NO** Balls and strikes called by the Home Plate umpire.
48. Strikeouts and walks will **NOT** be allowed during the coach-pitch innings.
49. The batter will **NOT** take first base when hit by a pitch by a coach.

### Conduct

- UNDER NO CIRCUMSTANCES DO WE WANT ANY ARGUING ON THE FIELD. ACTIONS LIKE THIS IN FRONT OF THE CHILDREN WILL NOT BE TOLERATED.
- Managers are 100% responsible for the conduct of their coaches, parents and players. Parents are to be informed of the rules before the season begins. All managers, coaches, players, umpires, parents, and board members are subject to the Wasco Baseball Codes of Conduct.
- The Instructional League Commissioner must be notified as soon as possible with a report to the League President as to what occurred if a problem arises.

### Miscellaneous

- Only players that are registered shall be considered “rostered players” and be allowed to participate in practices, games or other league sponsored events. A “registration” shall be considered completed when the registration form is completely filled out; with applicable fees paid, and medical waiver form and code of conduct form are completed, signed and delivered to the team manager. Use of a non-rostered player shall be strictly prohibited and will result in disciplinary action against the team manager.
- All participants in any practice or game situation when playing the catcher position shall wear a protective supporter and catcher headgear.
- The home team, usually listed second on the schedule, shall occupy the 3rd base dugout/bench. The only persons allowed in the dugout during a game are the players, the manager, coaches and a scorekeeper. Managers and coaches shall remain in the dugout during game play unless specifically allowed by league rule or functioning as a base coach or an outfield coach.

# Wasco Baseball

## 2007 Instructional League – Blue Division

- The home team shall supply the game baseballs. They also are responsible for setting up the field and taking it down: field maintenance, inserting the bases, chalking the field, etc...
- Both teams will patrol their field and spectator areas for any litter, immediately after each game or practice.
- There shall be no forfeits or protests.
- The home team manager shall not permit a game to begin or continue if the field and/or weather present a threat to the safety of the players. The presence of lightning or inclement weather shall result in the suspension of any game immediately at the discretion of the managers. The game or practice will not resume until the threat of lightning or inclement weather has subsided for at least 30 minutes. If a game is cancelled, postponed, rained out, etc., it is the responsibility of the home team manager to notify the Instructional League Commissioner, immediately, for rescheduling.
- All games will be played on the date scheduled except on request of the Instructional League Commissioner.

### **Appendix – Player Pitching Training Recommendations and Requirements**

- Coaches: please consider the following links for practice drills and instructional aids for managers to use in developing the pitcher and catcher position.
1. <http://www.wascobaseball.com/pages/coach/coach1.cfm>: this site contains all of the baseball instructional links under the “Coaches Corner” section of the Wasco Baseball website...including the following specific to pitching and catching links:
  2. <http://eteamz.active.com/baseball/instruction/artofcatching/index.cfm?>
  3. <http://eteamz.active.com/baseball/instruction/pitching/index.cfm?>
  4. <http://www.pitching.com/>
- Report from Dr James Andrews & Glenn Fleisig on pitching requirements:

### ***How Many Pitches Should I Allow My Child To Throw?***

James Andrews & Glenn Fleisig - American Sports Medicine Institute

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**Note:** This study was compiled on February 12, 1996 and was published by USA Baseball News in April of that year. The USA Baseball Medical & Safety Advisory Committee updated their position statement on youth baseball injuries in May of 2004. The results are at [http://graphics.fansonly.com/photos/schools/usab/genrel/auto\\_pdf/youth-injuries.pdf](http://graphics.fansonly.com/photos/schools/usab/genrel/auto_pdf/youth-injuries.pdf)

“How any pitches should I allow my child to throw?” This is the most common question asked to sports medicine professionals by parents of youth baseball players.

# Wasco Baseball

## 2007 Instructional League – Blue Division

The question really is how many pitches can a child throw without injuring the throwing arm. Organized leagues have shared this concern for several years; as a result, most youth leagues limit the number of innings a child may pitch (Tables [1](#) and [2](#)).

However, most people now believe that limits should be placed on the number of pitches, rather than the number of innings.

To determine recommendations, the USA Baseball Medical & Safety Advisory Committee commissioned the American Sports Medicine Institute (ASMI) to study pitch limits in youth baseball. ASMI sent survey to 85 baseball experts, consisting of orthopedic surgeons and coaches, about pitch limits and other injury factors. Twenty-eight of these experts responded. Results from the survey are shown in Tables 3 – 5.

[Table 3](#) shows the maximum number of pitches recommended per game and per week. The large “standard deviations” reflect large variation in opinion among those surveyed.

The recommended minimum number of pitches corresponding to 1-day, 2-day, 3-day, or 4-day rest requirements are shown in [Table 4](#). For example, if an 8-year old pitcher throws at least 21 pitches in a game, the survey recommends that he should be required to rest at least one day; if he throws 34 or more pitches in a game, he should be required to rest two days.

Several respondents commented on the concept and definition of rest. Issues such as whether a child should pitch at home or play different positions in games during the “rest period” were discussed. Some felt that youth pitchers throw too many total throws, while others felt that children today don’t throw enough.

ASMI supports the belief that, in general, youth baseball players in the United States do not throw enough. While young pitchers should be given adequate rest after pitching in competition, they should also be encouraged to throw in other settings (playing other positions, playing catch with parent or friends, practicing pitching, etc.).

Throwing is necessary for a young pitcher to strengthen his/her arm and body. Common sense and listening to the pitcher for complaints of discomfort or fatigue can greatly help the coach or parent decide the right amount of rest and practice needed.

Opinions and comments on other safety-related issued in youth baseball were asked. Many respondents commented that the quality of the pitcher’s mechanics is an important injury factor. The importance of strength training was also mentioned.

[Table 5](#) shows the recommended age for pitchers to begin throwing various types of pitches. Because these results were based upon opinions and not observational data, their significance should be interpreted with caution. The small sample size of survey participants (N=28) must also be considered.

Based upon this survey, the following conclusions may be drawn:

- Number of pitches thrown is more important than the number of innings when determining rest

# Wasco Baseball

## 2007 Instructional League – Blue Division

requirements.

- The maximum number of pitches allowed in one outing should increase with age.
- A pitcher should be limited to two appearances per week.
- Compared to younger pitchers, older pitchers can throw a few more pitches for a given number of days rest.
- Participation in multiple leagues, playing other positions, and practice pitching should be considered when defining and regulating rest.
- Breakaway bases should be used.
- In general, a child can start throwing a fastball at age 8, a change-up at 10, and a curveball at 14. All other pitches should not be introduced until high school age.
- Improper technique is a major factor in injury potential.
- Conditioning of the throwing arm and entire body can reduce a young pitcher's risk of injury.
- While the number of pitches should be limited, the young athlete should be encouraged to throw. This includes playing catch, playing other positions besides pitcher, and practicing pitching. When symptoms of arm discomfort or fatigue arise, longer periods of rest are recommended.

These conclusions and recommendations are based upon the opinions of baseball and medical experts. However, the great variation in opinions collected indicate the need for more facts. USA Baseball and ASMI plan to study pitching in youth baseball and measure the number of pitches thrown, types of pitches thrown, pitching mechanics used, and other factors of interest. How these factors affect the risk of injury can then be determined.

**Table 1: Inning limits currently used in youth baseball**

| Age   | Maximum Innings/Game |               |             |                 | Maximum Innings/Week |               |             |                 |
|-------|----------------------|---------------|-------------|-----------------|----------------------|---------------|-------------|-----------------|
|       | Pony                 | Little League | Dixie Youth | American Legion | Pony                 | Little League | Dixie Youth | American Legion |
| 8-10  | 3                    | 6             | 6           |                 | 6                    | 6             | 6           |                 |
| 11-12 | 7                    | Unlimited     | 6           |                 | 10                   | 6             | 6           |                 |
| 13-14 | 7                    | Unlimited     | 9           |                 | 10                   | 9             | 10          |                 |
| 15-16 | 7                    | Unlimited     | 10          | 12              | 10                   | 9             | 14          | 12              |
| 17-18 | 9                    | Unlimited     |             | 12              | Unlimited            | 9             |             | 12              |

**Table 2: Rest currently required in youth baseball**

| Age | Innings/Appearance | Rest |               |             |
|-----|--------------------|------|---------------|-------------|
|     |                    | Pony | Little League | Dixie Youth |
|     |                    |      |               |             |

## Wasco Baseball

### 2007 Instructional League – Blue Division

|       |             |          |        |          |
|-------|-------------|----------|--------|----------|
| 8-10  | Less than 3 | 0        | 0      | 0        |
|       | 3           | 40 hours | 1 day  | 1 day    |
|       | 4 or more   | 40 hours | 3 days | 3 days   |
| 11-12 | Less than 3 | 0        | 0      | 0        |
|       | 3           | 40 hours | 1 day  | 1 day    |
|       | 4 or more   | 40 hours | 3 days | 3 days   |
| 13-14 | Less than 4 | 0        | 0      | 0        |
|       | 4           | 40 hours | 1 day  | 40 hours |
|       | 5 or more   |          | 3 days |          |
| 15-16 | Less than 4 | 0        | 0      | 0        |
|       | 4           | 40 hours | 1 day  | 40 hours |
|       | 5 or more   |          | 3 days |          |
| 17-18 | Less than 4 | 0        | 0      | 0        |
|       | 4           | 40 hours | 1 day  | 40 hours |
|       | 5 or more   |          | 3 days |          |

**Table 3: Maximum Number of Pitches Recommended**  
(Mean  $\pm$  Standard Deviation)

| Age   | Maximum Pitches/Game | Maximum Games/Week |
|-------|----------------------|--------------------|
| 8-10  | 52 $\pm$ 15          | 2 $\pm$ 0.6        |
| 11-12 | 68 $\pm$ 18          | 2 $\pm$ 0.5        |
| 13-14 | 76 $\pm$ 16          | 2 $\pm$ 0.4        |
| 15-16 | 91 $\pm$ 16          | 2 $\pm$ 0.4        |
| 17-18 | 106 $\pm$ 16         | 2 $\pm$ 0.6        |

**Table 4: Minimum Number of Pitches Thrown That Should Require Specified Rest**  
(Mean  $\pm$  Standard Deviation)

| Age   | 1 Day Rest  | 2 Day Rest  | 3 Day Rest  | 4 Day Rest  |
|-------|-------------|-------------|-------------|-------------|
| 8-10  | 21 $\pm$ 18 | 34 $\pm$ 16 | 43 $\pm$ 16 | 51 $\pm$ 19 |
| 11-12 | 27 $\pm$ 20 | 35 $\pm$ 20 | 55 $\pm$ 23 | 58 $\pm$ 18 |
| 13-14 | 30 $\pm$ 22 | 36 $\pm$ 21 | 56 $\pm$ 20 | 70 $\pm$ 20 |
| 15-16 | 25 $\pm$ 20 | 38 $\pm$ 23 | 62 $\pm$ 23 | 77 $\pm$ 20 |
| 17-18 | 27 $\pm$ 22 | 45 $\pm$ 25 | 62 $\pm$ 21 | 89 $\pm$ 22 |

**Table 5: Age (in Years) Recommendation For Learning Various Pitches**

# Wasco Baseball

## 2007 Instructional League – Blue Division

(Mean  $\pm$  Standard Deviation)

| Pitch        | Age        |
|--------------|------------|
| Fastball     | 8 $\pm$ 2  |
| Change-up    | 10 $\pm$ 3 |
| Curveball    | 14 $\pm$ 2 |
| Knuckle ball | 15 $\pm$ 3 |
| Slider       | 16 $\pm$ 2 |
| Fork ball    | 16 $\pm$ 2 |
| Screw ball   | 17 $\pm$ 2 |

This study was compiled on February 12, 1996 and was published by USA Baseball News in April of that year. The USA Baseball Medical & Safety Advisory Committee updated their position statement on youth baseball injuries in May of 2004. The results are at:

[http://graphics.fansonly.com/photos/schools/usab/genrel/auto\\_pdf/youth-injuries.pdf](http://graphics.fansonly.com/photos/schools/usab/genrel/auto_pdf/youth-injuries.pdf)

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**Dr. James Andrews** is one of the world's foremost surgeons, internationally known and recognized for helping baseball pitchers recover from shoulder and elbow injuries. Many of today's top pitchers, including Kerry Wood and John Smoltz, have had "Tommy John surgery" performed by Andrews at the Alabama Sports Medicine and Orthopedic Center in Birmingham. Andrews founded the American Sports Medicine Institute and is a member of the USA Baseball Medical & Safety Advisory Committee that establishes guidelines for young pitchers.

**Dr. Glenn Fleisig** is the Smith and Nephew Chair of Research at the American Sports Medicine Institute, an organization dedicated to improving the understanding, prevention, and treatment of sports-related injuries through research and education. Dr. Fleisig has worked closely with players and coaches at all levels, from youth leagues to the big leagues.