

# **CBL Official 10U Baseball Rules (Kid Pitch)**

**Updated Spring 2022**

## **SKILLS TO DEVELOP**

(10U) baseball introduces full-time kid pitch baseball and nearly all the official Little League Baseball rules. Teams in this age group will also be introduced to competition play through a playoff schedule (spring season only).

## **GENERAL RULES**

1. Bases are to be set at 70 feet.
2. The batter's box shall be rectangular, 6 feet by 3 feet. The inside line shall be parallel to and 4 inches away from the side of home plate. It shall extend forward 3 feet and back 3 feet from the center of home plate.
3. The pitcher's plate shall be set in the ground at 46 feet. The distance is measured from the front side of the pitcher's plate to the rear point of home plate.
4. Except for base coaching, managers and coaches shall not be on the field for instructional purposes. At least one adult manager or coach must be always in the dugout or bench area.
5. A team fielding less than 8 players will forfeit. A 15-minute grace period from the scheduled start of a game will be granted for those teams who have less than 8 players. However, the game will be played for instructional purposes and coaches are instructed to share players to ensure all fielding positions are covered.
6. Prior to the game, both Home and Visiting Teams will supply a game ball to the umpire.
7. Games will be up to 6 innings in duration with no new inning will start after 115 minutes of play. Games may be reduced to 4 innings if a doubleheader is scheduled. No extra innings games in the regular season.
8. No infield fly rule. On an infield fly ball a runner may tag up and attempt to advance to the next base.
9. No dropped third strike. The batter is out and cannot attempt to reach first.
10. An inning is complete when three (3) outs are made or four (4) runs are scored, whichever happens first. No team can record more than four (4) runs per inning, except in the last inning. For the last inning, if the visiting team is trailing by any number of runs or tied when it comes to bat, it can score as many runs as possible to make up any deficit, plus go ahead by four (4) runs. If the visiting team is leading in the last inning, it can only score four (4) runs. If the home team is trailing or tied when it comes to bat, it can score as many runs as possible to make up any deficit plus go ahead by one (1) run to win the game. Tie games end in a tie.
11. All at bats will start with at (1 ball, 1 strike) count. Walks are still issued with a total of 4 balls and outs are recorded with 3 strikes.

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## BATTING RULES

1. Bat throwing is at the discretion of the umpire. When called, the batter will be warned first. Any subsequent infraction by that player during that game, the player will be called out.
2. Bats may not exceed a 2-5/8” barrel with a differential limitation not to exceed -11. Bats that are at or below a 2-1/4” barrel with a differential limitation not to exceed -13. All bats must have one of the below stamps to be legal for CBL play.



3. A Batter that is hit by pitch will be issued first base.

## FIELDING & PARTICIPATION RULES

1. Only 9 players play the field with free substitution except for pitching position.
2. Infielders may not be more than 5 feet inside the baseline before the ball is hit.
3. All outfielders must start in the outfield grass.
4. Overloading one side of the infield or “Infield Shift” is not allowed.
5. All players must sit one inning before any player sits out two innings. All players must sit out two innings before any player sits out three innings. Total maximum of 3 innings in the same position for a game for all fielders including pitchers with a few exceptions.
  - a. Injuries
  - b. Safety concerns
  - c. Disciplinary actions may prevent players from participating fully but the opposing coach and scorekeeper must be notified.
  - d. Extra Innings during the playoffs only.
6. Coaches are responsible for teaching their defenders to not block bases when they are away from the play. Example: The first baseman standing on the base on a ball hit to the outfield. If this is a constant issue the coach may call timeout to meet with the umpire and opposing teams coach to address the issue.

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## PITCHING RULES

1. The CBL follows the Pitch Count and Required Rest Rules that falls between those outlined by Little League and Ripken League Baseball. These rules are in place to protect young arms health and player safety.

CBL 9-10 Pitching Rules						
Pitch Count and Required Rest Limitations Age	Daily Max (Pitches)	Required Rest (Pitches)	Required Rest (Pitches)	Required Rest (Pitches)	Required Rest (Pitches)	Required Rest (Pitches)
		0 Days	1 Day	2 Days	3 Days	4 Days
9-10	75*	1-20	21-35	36-50	51-65	66+

2. A pitcher may throw up to 75 pitches in one game. If the pitcher is at 70 pitches, they may face one more batter and exceed the 75-pitch limit to finish that at bat. However, once that at bat has ended the pitcher must leave the mound. Warm-up pitches do not count towards the pitch limit.
3. Coaches are issued pitch counter and are required to monitor the pitch count for both teams during the games.
4. When working with pitchers in practice the coach must monitor the pitch count when the pitcher is throwing batting practice or working on the side to build arm strength and accuracy. It is recommended that the coach set pitch limit prior to practice.
5. When possible have your pitcher start at the beginning of an inning so that they can warm-up while their team is at bat.
6. A Pitcher hitting 3 batters in the game must be removed and cannot return to pitch during that game. If the bases are loaded, the runner from third base shall score.
7. Pitchers once removed may not come back to pitch in that game. A coach may make only two visits to any one pitcher in one inning. The third trip to the same pitcher in the same inning will cause the need for the player to be removed as the pitcher.
8. Balks are not to be called.
9. Pitchers are allowed 6 warm-up pitches between innings and 6 warm up pitches for a new pitcher. Managers/coaches may warm up pitchers.
10. The strike zone is the width of one baseball from the black edge of the home plate will constitute the outer edges of the strike zone. A player's elbow to the top of the knee will constitute the upper and lower bound of the strike zone, respectively.

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## BASE RUNNING RULES

1. Base runners **MUST** slide, give themselves up or step around if there is the clear possibility of a defensive play at 2nd base, 3rd base, or home. The decision as to whether there is a “clear possibility” of a defensive play is a judgment call of the umpire. If the umpire determines that there was or could have been a defensive play, the runner shall be called out.
2. No headfirst sliding allowed.
3. Leading is not permitted.
4. When a pitcher is in contact with the pitching rubber and has possession of the ball and the catcher is in the catcher's box ready to receive the pitch, base runners shall not leave their bases until the ball has crossed the plate.
  - a. A violation by one base runner shall affect all other base runners.
    - i. When a base runner leaves the base before a pitch crosses home plate and the batter does not hit the ball, the base runner is at risk. If a play is made on that base runner and the base runner is tagged out, the out stands. If the base runner safely reaches the base to which he or she was originally advancing, the runner must be returned by the umpire to his or her original base.
  - b. When a base runner leaves the base before a pitch crosses home plate and the batter hits the ball.
    - i. Into the outfield, play continues. If a play is made and any base runner(s) are put out, the out(s) stand. If there are no put out(s), the base runner(s) must return to their original base(s) or to the next unoccupied base after their original base. Batters are entitled to advance only as far as they would have advanced in the normal occurrence of routine play. The umpire must exercise judgment in the final placement of all base runners.
  - c. Into the infield (including a bunt), play continues. However, no runs shall be allowed to score. If bases were loaded and the batter reaches first base safely, each base runner shall advance to the base beyond the one occupied at the start of the play, except the base runner who occupied third base; this base runner shall be removed from the base without recording a run.
5. **Stealing Rules:**
  - a. A base runner stealing second may advance to third on an overthrow if third base is unoccupied.
  - b. A base runner attempting to steal third may not advance past third on an overthrow.
  - c. A base runner that begins the play on third can steal home on a wild pitch or passed ball only.
  - d. A base runner may receive one additional base for overthrows that leave the field of play and is at the game official discretion. This includes home.

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## **COUCHES ETIQUETTE & REQUIREMENTS**

- 1. Coaches must conduct themselves in a professional manner and set a good example for the players and families.**
- 2. The Home Team Coach will arrive 30 prior to game time to prep the field for play. This includes lining the batter's box, first/third base lines and installing the bases.**
- 3. The Visiting Coach is responsible for removing the bases and secure them in the equipment box**
- 4. Penalties for Coaches shall be handled by HCRP.**
  - a. First Offense – Receive a warning from the HCRP.**
  - b. Second Offense – HCRP will discuss in Committee & may impose a penalty on the coach.**
  - c. Third Offense - HCRP will discuss in Committee & may impose a more serious penalty including a suspension of one or more games.**