

<b>ELKHORN BASEBALL ASSOCIATION (5U LEAGUE)</b>	
League Rules	<p>Fundamental League (5U) Rules</p> <p><b>Rule One:</b> ENCOURAGE every player and make it FUN! <b>Rule Two:</b> Each team will work with their own players. <b>Rule Three:</b> RECRUIT all parents, grandparents, siblings, relatives to help during station drills- don't let them sit around. <b>Rule Four:</b> See Rule One.</p> <p><b><u>1<sup>st</sup> 30 minutes</u></b></p> <p><b>Practice Stations</b> will consist of providing instruction to players in <b>smaller groups</b>. Each station will be manned by a volunteer coach and players will rotate between stations every <b>7 minutes</b>. Stations may include teaching basic fundamentals of these possible stations:</p> <ul style="list-style-type: none"><li>- Catching</li><li>- Fielding</li><li>- Hitting</li><li>- Throwing</li><li>- Base-Running</li></ul> <p>All stations will be provided with age appropriate techniques and games to make it FUN for the new ball players.</p> <p>Recommend coaches have <b>three</b> practice stations for players before playing t-ball game. Coaches have discretion to pick the stations they want each week; however, we would recommend always having a <b>hitting</b> and <b>throwing</b> station each week.</p> <p><b><u>2<sup>nd</sup> 30 minutes</u></b></p> <p><b>T-Ball Game</b> will consist of <b>one inning (two if time permits)</b> with every player batting and playing the field. The general rules will be as follows:</p> <ul style="list-style-type: none"><li>- No score shall be kept</li><li>- Rotate fielding positions throughout game and season</li><li>- All players play in the field with maximum of six-infielders (to avoid dog-piles)</li><li>- Emphasize throwing the batter out at 1st base</li><li>- Every player bats through the line-up</li><li>- Every batter must wear helmet with face guard when hitting or running bases</li><li>- Base runners may advance to next base only after the ball is hit off the tee</li><li>- The ball must travel at least 10 ft from home plate to be considered fair</li><li>- There will be no recorded outs. If player hits the ball and is out at 1st base they will stay at 1st and run bases.</li><li>- Last batter of each inning will hit a home run to clear the bases.</li></ul> <p><b>As the season progresses, coaches may at their discretion play a T-ball game for complete hour (this would be recommended for last 1 or 2 games of the season).</b></p>

	<b>ELKHORN BASEBALL ASSOCIATION (6U LEAGUE)</b>
League Rules	<p data-bbox="808 321 1162 352" style="text-align: center;"><b>(6U) Coach Pitch Rules</b></p> <p data-bbox="492 394 691 426"><b><u>GAME PLAY:</u></b></p> <ul data-bbox="540 436 1463 579" style="list-style-type: none"><li>• Games will be 3 Innings or one (1) hour. No new inning will be started after 45 minutes</li><li>• Each inning, bat 6 players.</li><li>• Base path distance - 55'</li></ul> <p data-bbox="492 621 643 653"><b><u>BATTING:</u></b></p> <ul data-bbox="540 663 1503 1948" style="list-style-type: none"><li>• All players will bat in order throughout the game. Each inning, bat 6 players, and maintain the batting order rotation throughout the game to provide similar number of at bats for each player. (By doing this we will be able to keep the game pace moving and may be able to complete more than 3 innings while avoiding long stretches of kids in the field with little activity. In addition, players will get roughly the same amount of at bats and different kids will get to lead off each different innings throughout the game -. Example; if you have 12 player roster, 1<sup>st</sup> inning 1-6 bats, 2<sup>nd</sup> inning 7, 8, 19, 10, 11, 12 , 3<sup>rd</sup> inning 1-6 bat and so on). (We encourage you to change batting order every game). After June 1, can start changing innings after 3 outs (mutual agreement by head coaches before game).</li><li>• Each player must wear a helmet with face guard when hitting or running the bases.</li><li>• Bunting is not allowed.</li><li>• No base stealing.</li><li>• Runner may not leave a base until the ball has been hit.</li><li>• All batted balls must go at least (10') to be considered playable. A ball that does not go at least (10') is considered a foul ball. (If a player is struggling to hit, be flexible here).</li><li>• Do not be strict on foul balls. (i.e. – a kid is struggling to hit, but on his 4th chance hits a nice one just outside the 3rd base line...Let him play it out.)</li><li>• Base runners may advance only one base on an overthrow. Once a hit ball is thrown in from the outfield and makes it to the diamond (inside the bases), a player can advance only one base to which he was already heading, but does so at his own peril. As an example, if a player is running from second to third and the ball is thrown in from the outfield to the third baseman and it gets past the third baseman and rolls toward the dugout, the player who is headed to third must stop at third and cannot go home. If that same player was already at third when the ball reached the diamond, and had made the turn toward home, he may advance home and score but does so at his own peril.</li></ul>

**PITCHING & FIELDING:**

- Pitching distance – 34’ – coaches may move closer if needed by batter.
- Players will play the designated positions in the infield, and teams may place up to 4 players in the outfield (it is recommended that extra players not playing defense when team is in the field participate in a bullpen with assistant coach or parent volunteer – this will maintain order in the field, and further demonstrate the need to stay in positions, while allowing other players to remain active).
- Coaches pitch from one knee to give batter better angle of seeing pitches.
- Coach will pitch until the player has seen 6 “decent” pitches. If player does not hit within the 6 pitches, player will hit off the tee or **soft toss** (preferred).
- There will be no bases on balls or strike outs.
- If player is clearly out, we will have the player sit down. This is to teach them to hustle running the bases, and that if you are out, you don’t get to keep running the bases. Do not clear bases if three outs occur. Bat the 6 players per inning.
- Catchers (not required at this age) – If you have a catcher, have a coach off the pitching (or hitting) team back up the catcher. They should wear at minimum a catchers mask a chest protector. The catcher is not to chase each ball he misses. Let the coach gather the balls. The catcher can only throw back the ones he catches. (This will maintain pace of the game and avoid delay of catcher constantly chasing baseballs).

	<b>ELKHORN BASEBALL ASSOCIATION (7U LEAGUE)</b>
League Rules	<p data-bbox="784 283 1195 317" style="text-align: center;"><b>(7U) Kid/Coach Pitch Rules</b></p> <p data-bbox="462 359 662 392"><b><u>GAME PLAY:</u></b></p> <ul data-bbox="511 432 1495 764" style="list-style-type: none"><li>• Games will last up to six (6) innings. Game time will last 1 hour, 30 minutes. No new inning will be started hour and fifteen (15) minutes.</li><li>• Kid pitch first 2 innings of game, then coaches pitch remainder of game to speed up game. Coaches will pitch to their own kids.</li><li>• Score will be kept for games.</li><li>• 5 runs maximum per half inning.</li><li>• Wins and losses will be tracked for proper seeding for the end of season tournament.</li></ul> <p data-bbox="462 842 613 875"><b><u>BATTING:</u></b></p> <ul data-bbox="511 884 1507 1142" style="list-style-type: none"><li>• All players will bat in order throughout the game. We encourage you to change batting order every game.</li><li>• A team will bat until it has made three (3) outs, or 5 runs are scored in that inning, whichever comes first.</li><li>• Bunting is not allowed.</li><li>• Each player must wear a helmet with face guard when hitting or running the bases.</li><li>•</li></ul> <p data-bbox="462 1184 672 1218"><b><u>Base Running:</u></b></p> <ul data-bbox="511 1260 1500 1556" style="list-style-type: none"><li>• No base stealing.</li><li>• Base runners may not leave a base until the ball has been hit.</li><li>• Base runners may advance one base on an overthrow.</li><li>• When the ball is in possession of a player anywhere in the infield (breaking the plane of the base path), the play is dead and runners cannot move past the base they are heading to, unless another throw is made attempting to make a play on the runner.</li><li>• Base path distance - 55'</li></ul> <p data-bbox="462 1633 813 1667"><b><u>PITCHING &amp; FIELDING:</u></b></p> <ul data-bbox="511 1675 1490 1961" style="list-style-type: none"><li>• Pitching distance – 34'.</li><li>• Players will play the designated positions in the infield, and teams may place up to 4 players in the outfield (no less than 15 feet from basepath).</li><li>• Kid pitch first 2 innings of game, then coaches pitch remainder of game to speed up game. Coaches will pitch to their own kids.</li><li>• All pitches will be thrown overhand and will pitch from the pitching rubber. No buckets on field with either kid or coach pitching.</li></ul>

- No pitcher will be called for a balk.
- A pitcher can pitch for no more than two (2) innings in a game. A pitcher can pitch no more than four (4) innings in a week.
- Once a player has pitched he may not re-enter the game and pitch again.
- If a pitcher hits a batter with a pitch, the batter will take first base unless bases are loaded. Walks will not be permitted. Once there are four called “balls”, then the coach will pitch with the batter having the pre-existing count. Players at this time will either strike-out or hit.
- The pitcher remains in a fielding position while the coach is pitching.

**COACHES/ UMPIRES:**

- Batting team coaches will be positioned in 1st and 3rd base coaching positions and behind the pitcher to assist when coach pitching is required.
- Fielding team coach can be positioned behind home plate to assist the pitchers and catchers with pass balls and to coach defensive players.
- Umpires will call balls, strikes & outs.
- Walks will not be permitted. Once there are four called “balls”, then the coach will pitch with the batter having the pre-existing count. Players at this time will either strike-out or hit.
- No walks will be issued when coach is pitching. Coaches are to pitch from the rubber (same distance as pitcher) and throw overhand (either kneeling down on the mound or standing) at a similar speed of the pitchers (trying to avoid lob balls). After contact, coach should move behind pitcher to not interfere with play. No buckets on the field to avoid injury and interference.

	<b>ELKHORN BASEBALL ASSOCIATION (8U LEAGUE)</b>
League Rules	<p data-bbox="792 285 1203 317" style="text-align: center;"><b>8U Kid / Coach Pitch Rules</b></p> <p data-bbox="461 321 662 352"><b><u>GAME PLAY:</u></b></p> <ul data-bbox="511 396 1507 688" style="list-style-type: none"><li>• Games will last up to six (6) innings. Game time will last 1 hour, 30 minutes. No new inning will be started after one (1) hour and fifteen (15) minutes.</li><li>• Kid pitch all season.</li><li>• Score will be kept for games.</li><li>• 5 runs maximum per half inning.</li><li>• Wins and losses will be tracked for proper seeding for the end of season tournament.</li></ul> <p data-bbox="461 735 623 766"><b><u>PITCHING:</u></b></p> <p data-bbox="461 806 1430 873">Pitchers must adhere to Evolution Pitching Limits and Required Rest Periods</p> <ul data-bbox="511 884 1533 1241" style="list-style-type: none"><li>• Pitching distance – 40’</li><li>• All pitches will be thrown overhand and will pitch from the pitching rubber.</li><li>• No pitcher will be called for a balk.</li><li>• If a pitcher hits a batter with a pitch, the batter will take first base unless bases are loaded. Walks will not be permitted. Once there are four called “balls”, then the coach from the hitting team will pitch with the batter having the pre-existing count. Players at this time will either strike-out or hit.</li><li>•</li></ul> <p data-bbox="461 1293 613 1325"><b><u>BATTING:</u></b></p> <ul data-bbox="511 1367 1520 1549" style="list-style-type: none"><li>• All players will bat in order throughout the game. We encourage you to change batting order every game.</li><li>• A team will bat until it has made three (3) outs, or 5 runs are scored in that inning, whichever comes first.</li><li>• Bunting is not allowed.</li></ul> <p data-bbox="461 1591 623 1623"><b><u>FIELDING:</u></b></p> <ul data-bbox="511 1665 1487 1776" style="list-style-type: none"><li>• Ten (10) players will be allowed in the field per inning with four (4) outfielders. (no less than 15 feet behind basepath).</li><li>• Players may re-enter the game at any position, any time.</li></ul> <p data-bbox="461 1818 623 1850"><b><u>DEFENSE:</u></b></p> <p data-bbox="461 1885 911 1917"><b>Unnecessary “Chatter”/Noise</b></p> <p data-bbox="461 1923 1516 1990">Once a pitcher is “set”, excessive noise, (as deemed by the game officials) by the offensive team as an attempt to distract the pitcher is not allowed.</p>

Umpires will also limit any chatter/banter between teams and/or spectators if it gets out of hand, in order to encourage a positive, supportive game experience for fans, coaches and players alike.

**BASE RUNNING:**

- Base path distance - 60’.
- Base stealing is not allowed.
- Runner may not leave a base until the ball has been hit.
- Base runners may advance one base on an overthrow.
- When the ball is in possession of a player anywhere in the infield (breaking the plane of the base path), the play is dead and runners cannot move past the base they are heading to, unless another throw is made attempting to make a play on the runner.

**COACHES/ UMPIRES:**

- Batting team coaches will be positioned in 1st and 3rd base coaching positions and behind the pitcher to assist when coach pitching is required.
- Fielding team coach can be positioned behind home plate to assist the pitchers and catchers with pass balls and to coach defensive players, but cannot interfere with defensive plays.
- Umpires will call balls, strikes & outs.
- Walks will not be permitted. Once there are four called “balls”, then the coach from the hitting team will pitch with the batter having the pre-existing count. Players at this time will either strike-out or hit. No walks will be issued when coach is pitching. Coaches are to pitch from the rubber (same distance as pitcher) and throw overhand (either kneeling down on the mound or standing) at a similar speed of the pitchers (trying to avoid lob balls). After contact, coach should move behind pitcher to not interfere with play. No buckets on the field to avoid injury and interference.

	<b>ELKHORN BASEBALL ASSOCIATION (9 &amp; 10U LEAGUE)</b>
<b>League Rules</b>	<p style="text-align: center;"><b>9-10 Year Old Rules</b></p> <p><b><u>GAME PLAY:</u></b></p> <p>Games shall be <u>6 innings</u>. Extra innings shall be played in case of tied games; however, games tied after 6 innings may be called a tie in case of darkness or bad weather. An official game is four innings (3 ½ if home team is ahead) in case of bad weather. No inning shall start after the one hour and fifty minute time limit. <b>(1:50 time limit)</b> Injury and/or equipment failure does not extend these time limits.</p> <p>Mercy Rule- 15 runs after 3 innings or 10 runs after 4 innings</p> <p><u>65 feet</u> between bases / <u>46 feet</u> between the home plate and the pitching rubber.</p> <p><b><u>BATTING:</u></b></p> <p>Each player on hand shall be in the batting order, however 3 outs ends the inning.</p> <p>Each player must wear a helmet with face guard when hitting / running the bases.</p> <p>There will be a 5 run rule per inning.</p> <p>If a batter throws the bat, he shall receive a warning the first time. The batter shall be called automatically out if the same batter throws the bat in subsequent at bats during the game.</p> <p>Batters may <u>not advance</u> on a <u>dropped third strike</u>.</p> <p><u>Infield fly rule</u> is in effect with runners on 1<sup>st</sup> &amp; 2<sup>nd</sup> with less than two outs.</p> <p>No bunting when 3<sup>rd</sup> base is occupied.</p> <p><b><u>DEFENSE:</u></b></p>

Only nine players shall play in the field defensively. Unlimited defensive substitutions are allowed except for the pitchers. A player removed from the pitcher's position may not reenter the game to pitch again.

No player shall be held out of a game defensively for 3 consecutive innings except for injury or discipline. Each player shall play a minimum of 3 innings per game except for injury or discipline unless game is shortened by time limit.

Catchers are required to protective cup, mask, chest protector and shin guards.

### **Obstruction of a Runner**

Defensive players that are not in possession of the ball cannot block or impede a base runners path unless the fielder is making a play on a batted ball. **If a fielder has possession of the ball** - he can stand wherever he wants without risk of being called for obstruction. When obstruction occurs, play stops (umpire calls time). Generally, the runner is awarded base(s) and other runners typically advance to the base they were approaching at the time of the obstruction.

### **Unnecessary "Chatter"/Noise**

Once a pitcher is "set", excessive noise, (as deemed by the game officials) by the offensive team as an attempt to distract the pitcher is not allowed. Umpires will also limit any chatter/banter between teams and/or spectators if it gets out of hand, in order to encourage a positive, supportive game experience for fans, coaches and players alike.

### **PITCHING:**

Pitchers must adhere to Evolution Pitching Limits and Required Rest Periods

There are no penalties for balks and no intentional walks allowed under any circumstances.

### **BASE RUNNING:**

Runners shall not lead-off but may advance at their own risk (steal) once a pitched ball crosses home plate. If runner leaves base prior to ball crossing the plate the following rules will apply:

- 1) If runner advances safely, the umpire shall call TIME and the runner shall return to base they were on prior to pitch.
- 2) If the runner is called out, the call will stand and the runner is out.
- 3) If the ball is hit, the defensive team shall have the option of the result of the play or no pitch.

Runners cannot advance bases on overthrows from Catcher back to the Pitcher.

- Base runners may advance one base on an overthrow.
- When the ball is in possession of a player anywhere in the infield

	<p>(breaking the plane of the base path), the play is dead and runners cannot move past the base they are heading to, unless another throw is made attempting to make a play on the runner.</p> <p>Runners can only steal one base at a time. Runner cannot steal from 1<sup>st</sup> to 3<sup>rd</sup>, even on a passed ball. A runner stealing a base can take another base if the catcher attempts to throw out the stealing runner.</p> <p>Base runners shall not yell wave arms, clap, jump up and down or otherwise attempt to distract the pitcher – runner shall be called out.</p> <p>Runners must slide to avoid collisions with defensive players when a tag play is evident. <u>NO EXCEPTIONS. Runners initiating an intentional collision or not making an effort to avoid a collision will be called out and may be ejected from the game.</u> Our goal is to avoid injury.</p> <p><u>HOME PLATE MAY NOT BE STOLEN ON THE PITCH, even if there is a passed ball or wild pitch.</u> If the catcher attempts to throw out a stealing base runner on another base, or throws back to third base, the runner can attempt to steal home. If runners are on 1st &amp; 3rd and catcher throws to second, the runner on 3rd can be sent home.</p>
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	<p><b>ELKHORN BASEBALL ASSOCIATION (11 &amp; 12U LEAGUE)</b></p>
<p><b>League Rules</b></p>	<p style="text-align: center;"><b>11/12 Year Old Rules</b></p> <p><b><u>GAME PLAY:</u></b></p> <p>Games shall be <u>6</u> innings. Extra inning can be played in tied games. However games tied after 7 innings may be called a tie in case of darkness or bad weather. An official game is four innings (3 ½ if home team is ahead) in case of bad weather.</p> <p>No inning shall start after the one hour and fifty minute time limit. (1:50 time limit). No inning shall start after 9:30PM on a night preceding a school day. If the game is tied, that is the final score.</p> <p>Injury and/or equipment failure does not extend these time limits.</p> <p>7 run limit per inning.</p> <p>Mercy Rule- 15 runs after 4 innings or 10 runs after 5 innings.</p> <p><u>70 feet between bases</u></p>

50 feet between the home plate and the pitching rubber

Metal cleats WILL NOT be worn.

**DEFENSE:**

Only nine players shall play in the field defensively.

Unlimited defensive substitutions are allowed except for the pitchers. A player removed from the pitcher's position may not reenter the game to pitch again.

No player shall be held out of a game defensively for 3 consecutive innings except for injury or discipline.

Each player shall play a minimum of 3 innings per game except for injury or discipline.

**Unnecessary "Chatter"/Noise**

Once a pitcher is "set", excessive noise, (as deemed by the game officials) by the offensive team as an attempt to balk the pitcher is not allowed. Umpires will also limit any chatter/banter between teams and/or spectators if it gets out of hand, in order to encourage a positive, supportive game experience for fans, coaches and players alike.

**PITCHING:**

Pitchers must adhere to Evolution Pitching Limits and Required Rest Periods

Balk rules will be enforced.

**BASE RUNNING:**

Runners may lead-off and advance at their own risk (steal). HOME PLATE is open.

Runners can advance bases on overthrows from the Catcher back to the Pitcher.

Runners can advance at their own peril on an over thrown ball that remains in field of play. Base runners can advance one base on an overthrow that goes out of play.

Runners must slide to avoid collisions with defensive players when a tag play is evident. NO EXCEPTIONS. Runners initiating an intentional collision or not making an effort to avoid a collision will be called out and may be ejected from the game. Our goal is to avoid injury.

	<p><b><u>BATTING:</u></b></p> <p>Each player on hand shall be in the batting order, however 3 outs ends the inning.</p> <p>Each player must wear a helmet with face guard when hitting or running the bases.</p> <p>Batters must keep one foot in the batter's box between pitches in order to increase the pace of the game.</p> <p>Batters MAY advance to 1<sup>st</sup> base on a <u>dropped third strike</u> with less than two outs and first base is unoccupied, or if two outs regardless of the base being occupied.</p> <p>Bunting is allowed.</p> <p>Base runners shall not yell wave arms, clap, jump up and down or otherwise attempt to distract the pitcher – runner shall be called out.</p> <p><u>Infield fly rule</u> is in effect with runners on 1<sup>st</sup> &amp; 2<sup>nd</sup> with less than two outs.</p>
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<b>ELKHORN BASEBALL ASSOCIATION (13-14U LEAGUE)</b>	
League Rules	<b>13/14 Year Old Rules</b>
	<p><b><u>GAME PLAY:</u></b></p> <p>Games shall be 7 innings. Extra inning can be played in tied games. However games tied after 7 innings may be called a tie in case of darkness or bad weather.</p> <p>No inning shall start after the one hour and fifty minute time limit. (1:50 time limit)</p> <p>No inning shall start after 10PM on a night preceding a school day. If the game is tied, that is the final score. Injury and/or equipment failure does not extend these time limits.</p> <p>Mercy Rule- USSSA rules 7.03.B which states 12 runs after 4 and 8 after 6</p> <p>80 feet between bases</p>

54 feet between the home plate and the pitching rubber

Metal cleats are allowed to be worn.

**BATTING:**

Each player on hand shall be in the batting order, however 3 outs ends the inning.

Each player must wear a helmet with face guard when hitting or running the bases.

Batters must keep one foot in the batter's box between pitches in order to increase the pace of the game.

**PITCHING:**

Pitchers must adhere to Evolution Pitching Limits and Required Rest Periods

Balk rules will be enforced

**DEFENSE:**

Only nine players shall play in the field defensively.

Unlimited defensive substitutions are allowed except for the pitchers. A player removed from the pitcher's position may not reenter the game to pitch again.

No player shall be held out of a game defensively for 3 consecutive innings except for injury or discipline.

Each player shall play a minimum of 3 innings per game except for injury or discipline

**Obstruction of a Runner**

Defensive players that are not in possession of the ball cannot block or impede a base runners path unless the fielder is making a play on a batted ball. **If a fielder has possession of the ball** - he can stand wherever he wants without risk of being called for obstruction. When obstruction occurs, play stops (umpire calls time). Generally, the runner is awarded base(s) and other runners typically advance to the base they were approaching at the time of the obstruction.

Last updated: 30 March 2016

## **\*EVOLUTION LEAGUE PITCHING LIMITS AND REQUIRED REST PERIODS**

### **Age League/Max Pitches per day**

8U: 50 pitches per day

9-10U: 75 pitches per day

11-12U: 85 pitches per day

13-14U: 95 pitches per day

Exception: If a pitcher reaches the pitch limit for his age league while facing a batter, the pitcher may continue to pitch until any of the following conditions occur:

1. That batter reaches base
2. That batter is put out
3. The 3rd out is made to complete half-inning

### **Pitches per day/Period of rest**

1-20 pitches = No Required Rest

21-35 pitches = 1 Day of Rest

36-50 pitches = 2 Days of Rest

51-65 pitches = 3 Days of Rest

66+ pitches = 4 Days of Rest