

FOREST PARK BASEBALL RULES

1) GENERAL RULES

- a) The playing rules and regulations governing the play in this league will be in accordance with the National Federation of State High Schools Baseball Rule Book (NFHS), except as modified herein.
- b) Only the umpire(s) can call time out.
- c) A player's league age will be determined by his/her age on April 30th of the current Year.
- d) Players will be assigned to teams managed or coached by their parent, guardian, or older siblings if possible. The League President must approve exceptions.
- e) Brothers and sisters of appropriate ages will be assigned to the same team.
- f) One or more qualified adults (18 years of age or older) must be available as supervisors or coaches for each team practice or game.
- g) Each team will have one official Head Coach and may have one official Assistant Coach. The names of the official Head Coach and Assistant Coach must be registered with the League Director prior to the draft for the purpose of getting particular players assigned to their team. If official ratings of a player-applicant are distributed prior to the player draft, the official Head Coach must be registered with the League Director prior to the receipt of those ratings.
- h) No trading between teams will be permitted unless approved by the League President.
- i) Players registered late will be assigned to a team by the League Vice-President of Intramural Baseball in consultation with the League President. The League President has the authority to refuse acceptance of late entries.
- j) Except for extraordinary circumstances (approved by the League Vice-President of Intramural Baseball), no player shall participate in an official game without a complete uniform of the team to which he/she has been assigned. No player will be issued a uniform until they have properly registered, paid their fee, been assigned to a team, and attended one practice.
- k) No equipment or uniforms of the FOREST PARK BASEBALL LEAGUE may be used in any games or tournaments not scheduled by the President, Vice President of Traveling Baseball, or a representative appointed by the President. Coaches are not permitted to form independent post all-star Teams made up of Forest Park players, to play in post season tournaments. Coaches would lose their right to coach in the Forest Park Program.
- l) Players participating on non-sanctioned All-Star Traveling teams will forfeit their opportunity of participating on a FOREST PARK ALL-STAR or RANGER team the year following their non-sanctioned participation.

2) SPORTSMANSHIP

- a) Head Coaches are responsible for the atmosphere of their games and must establish an attitude of good sportsmanship for players and spectators.
- b) Players, coaches, parents and other spectators are expected to conduct themselves in a courteous and sportsmanlike manner immediately prior to, during and immediately after the game. This expectation includes not only their behavior toward the other team and its coaches and umpires, but also their behavior toward the other team's spectators. Coaches **MUST NOT** smoke or drink alcoholic beverages prior to or during the games or practices. Discourteous players, coaches, parents or spectators may be asked to leave the park by umpires or members of the Board of Directors.

- c) Players, coaches, or spectators may not occupy the area immediately behind the backstop during the game.
- d) Teams reporting for a later game or practice shall exercise the utmost courtesy to those teams still playing.
- e) Head Coaches are responsible for the control of their players while they wait for a diamond to become available.
- f) The playing field shall be limited to players, coaches, and umpires just prior to and during games. All other players and coaches not required to be on the field for offensive and defensive assignments shall be confined to their team bench. Under no circumstances are spectators allowed on the playing field during a contest.
- g) Coaches are reminded that the NFHS Baseball Rule Book explicitly urges them to take precautions to prevent protest. When a protest situation is imminent, the potential offenders are to be notified immediately. Proper protest procedures should be followed. Whenever possible such action is to be taken before the infraction occurred. **JUDGEMENT CALLS CANNOT BE PROTESTED - ONLY RULES INTERPRETATIONS CAN BE PROTESTED.**

3) THE GAME

- a) The home team will take the first base side of the diamond for all games, except when not pre-determined.
- b) All games will normally be six innings in length. Exceptions are noted below.
- c) Official Game: A game will be considered an Official Game if 4 innings (3-1/2 innings if the home team is ahead) are completed before the game is called. A game is called if:
 - i) The field becomes unplayable
 - ii) Darkness
 - iii) Imminent danger of electrical or thunderstorms
 - iv) Time limit.

Note: Incomplete games will be resumed as described in the NFHS Baseball Rule Book.

- d) The TIME LIMIT on games is two hours from the beginning of play. No inning may start after the time limit has been reached. Innings begun before the time limit will be completed if possible.
- e) Games will start at the scheduled times. If a team is unable to field at least 8 players (eligible and uniformed) by 15 minutes after the scheduled starting time, the umpire will inform the League Director or Vice President of Intramural Baseball who declare a forfeit against the team unable to field 8 players.
- f) If games are rained out, all games in the league will be made up on the same date. **NO EXCEPTIONS!** Makeup games could be played Friday, Saturday, or Sunday, depending on the next makeup date available, provided that you have at least 24 hours between the game that was rained out and the makeup game.
- g) Each player attending the game will bat in consecutive batting order and must play defense at least every other inning. The only exception to the rule will be for a player who is under disciplinary action from the Head Coach, injury, and suspension for unsportsmanlike conduct. However, the player must be reported to parents, League Director and opposing coach before the game.
- h) Twenty-five (25) minutes before the game the visiting team is to take infield for ten (10) minutes. At fifteen (15) minutes before game time the home team gets the field for ten (10) minutes. Five (5) minutes before game time the umpire goes over ground rules.

- i) The dropped third strike rule is not in effect in any league with the exception of the Pony League and Rangers.
- j) No balks of any kind shall be allowed in any division of the FOREST PARK BASEBALL LEAGUE with the exception of the Pony League and Rangers.

4) SAFETY

- a) All batters, base runners and anyone under 18 on the playing field performing duties for the offensive team must wear protective headgear. A base runner that is detected not wearing a helmet shall be called out during a live ball. However, no player shall be called out if his/her helmet has fallen off or been unintentionally removed during the course of play.
- b) Catchers shall wear all protective equipment including cups when behind the plate or when catching for warm-ups either behind the plate or on the sidelines. Adults (i.e. coaches) who serve as warm-up catchers do so at their own risk and need not wear a mask.
- c) Bats must have a solid metal (or wood in the case of a wooden bat) knob on the handle. All bats must have a sleeve on the handle at least 17 inches up handle and no more than 18 inches. A wooden bat must be taped.
- d) When, in the umpire's judgment, the batter throws the bat on completion of his/her swing, the batter shall automatically be called out after one team warning. The ball is dead and the runners may not advance any bases.
- e) Batters throwing bats, protective headgear, or other equipment will be ejected from the game. Any player ejected from a game will also have to miss the next game being played for the infraction.
- f) Base runners must perform a legal slide on all close plays at any base. If the base runner does not slide and in the umpire's judgment causes a collision or interference with the defensive player, the runner can be called out. Headfirst slides are not allowed, except when going back to a previous base which is called a dive.
- g) On-deck batters will not be allowed to warm up (by swinging a bat) prior to being up to bat.
- h) **RULES FOR DOUBLE FIRST BASE**
 - i) Runner should use the colored base on initial play at first base, unless the fielder is drawn to the side of the colored base, in which case the runner would go to the white base and the fielder to the colored.
 - ii) A runner is never out for touching the white base rather than the colored base.
 - iii) Once the runner reaches first base, the runner shall use the white base.

5) UMPIRES

- a) In all league games at least one umpire will be furnished. The umpire shall have all the authority specified in these rules and in the NFHS Baseball Rule Book.
- b) An umpire will follow the mechanics laid down in the NFHS Baseball Umpires Manual.
- c) The number of umpires for playoff and tournament games will be determined by the Vice President of Intramural Baseball, in consultation with the Vice President of Rules & Umpires.

6) PROTESTED GAMES

- a) Protested games shall be submitted to the Vice President of Rules & Umpires through the League Director in writing within 24 hours of the disputed game. The Vice President of Rules & Umpires will submit the protest to the Rules and Regulations committee with a recommendation within 24 hours. Decisions of the Rules and Regulations committee on such protested games will be final.

7) END OF SEASON STANDINGS AND POST-SEASON PLAY

- a) Division winners of the League will be decided as follows:
 - i) Highest percentage of games won (all games).
 - ii) If a tie exists, the team with the best record against the other team(s) in the tie will be the winner.
 - iii) If still tied, the teams with the best won-loss record against division opponents.
 - iv) Total number of runs scored during regular season games.
 - v) Fewest total runs scored by opponents during regular season games.
 - vi) Coin Toss (First team in alphabet would be heads with other team tails).
- b) Positions in the Post-Season Tournament for each League will be determined by a draw of all teams in the League.
 - i) Division winners playing in the League championship game will receive a first round bye. These two teams will draw a second round game.

8) RULES MODIFICATIONS FOR TEE BALL LEAGUE**a) GENERAL**

- i) A game shall consist of six (6) complete innings, or one (1) hour and fifteen (15) minutes whichever comes first.
- ii) An inning is complete when both teams have batted the same number of batters their half inning at bat or three outs is made, whichever occurs first.
- iii) The maximum number of batters allowed to bat during a half inning is ten.
- iv) Each player attending the game will play defense at least every other inning and will bat in consecutive order.
- v) The infield fly rule does not apply.
- vi) Leading off or stealing bases is not permitted.
- vii) Once a player secures the ball in the infield, all runners must stop at the base they are advancing to. Also, once a player stops his forward motion, he cannot advance to the next base unless there is an over throw, at which time he then can advance.

b) THE BATTER

- i) For the purpose of batting, the ball shall be placed on a tee located at home plate.
- ii) One offensive coach or manager must be stationed behind home plate for the purposes of instructing the batter and adjusting or moving the tee following a ball hit fairly.
- iii) Each time a batter swings at the ball, one of four things must occur:
 - (1) FAIR BALL - A batted ball in fair territory and not altered by (4) below.
 - (2) STRIKE - When a batter misses the ball entirely and the ball remains on the tee.
 - (3) FOUL BALL - A hit ball goes out of fair territory.
 - (4) ARC BALL - An arc ball is any batted ball that stops within the five-foot arc area. An arc ball is considered to be foul ball.

- iv) Each batter must make an attempt to hit the ball using a natural swing and batting stance. If in the umpire's judgment the batter attempts to purposely bat the ball down the first or third base line, the batter may be called out by the umpire.

c) THE FIELD

- i) The base paths shall be 50 feet in length.
- ii) A 5-foot arc shall be drawn in fair territory using the intersection of the first and third base lines as the boundary of the arc. The arc itself shall be considered as being in fair territory, except as modified in Batter rule 8.b.iii.4.

d) THE DEFENSE

- i) The defense shall consist of 10 players, four positioned in the outfield at least 10 feet beyond the baseline. Note: This rule does not apply when a team has fewer than 10 players present.
- ii) The pitcher must remain on the pitching rubber until the batter hits the ball.
- iii) Two defensive managers or coaches shall be located in fair territory beyond the baseline, one in between 1st and 2nd bases and one in between 2nd and 3rd bases, for the purpose of instructing the defensive play of their team.

9) RULES MODIFICATIONS FOR PEE WEE LEAGUE

a) General

- i) The defense shall consist of 10 players, four players positioned in the outfield at least 10 feet beyond the base line.
- ii) The infield fly rule does not apply.
- iii) No stealing is allowed.
- iv) Coaches may not stand on or near the field of play to coach their defensive players during the game. They must stay in the vicinity of their bench.
- v) A game shall be called a complete game when the winning team is ahead by 15 runs at the completion of the fourth (4th) inning (3-1/2 innings if the home team is ahead by 15 runs), or when the winning team is ahead by 10 runs at the completion of the fifth (5th) inning (4-1/2 innings if the home team is ahead by 10 runs).
- vi) After two team warnings, for runners leaving the base too soon, the runners will be called out for the infraction.
- vii) Runners missing bases is an umpire's call and not an appeal play.
- viii) For innings 1 through 4 only, a maximum of 10 runs is allowed per team per inning. If the play that scores the 10th run also scores more, the team will be limited to only 10 runs for the purpose of scoring. The inning will end regardless of the number of outs. EXCEPTION: In the fourth inning the losing team will be given a chance to make up the deficit, if greater than 10 runs. Once the score is tied, and the defensive team has not gotten the required three outs, the half-inning is over.
- ix) Once a player secures the ball in the infield, all runners must stop at the base they are advancing to. Also, once a player stops his forward motion, he cannot advance to the next base unless there is an overthrow, at which time he then can advance.

b) PITCHING

- i) Designated adult coach pitches to his/her own team. The pitcher coach must leave the field of play once the ball is put in play.
- ii) The pitcher must pitch from a distance of 46 feet.
- iii) The pitcher must throw overhand.
- iv) The pitcher may not coach base runners from his/her position on the mound. The pitcher may, however, instruct the batter on hitting techniques. Reoccurring infractions of this rule may constitute removal of the pitcher coach from the mound by the umpire.
- v) There is no base on balls or batters reaching first base by being hit by a pitched ball.
- vi) A maximum of seven (7) pitched balls may be thrown to a batter. EXCEPTION: If the seventh pitched ball is fouled (and not legitimately caught by a defensive player), the batter continues to bat until:
 - (1) The batter fails to swing at the next pitched ball
 - (2) The batter swings and misses the pitched ball
 - (3) The batter hits the pitched ball into fair territory.
- vii) The defensive Pitcher player must stand next to the pitcher coach, and not move until pitcher coach delivers the ball towards the plate. Also pitcher player must wear a batting helmet when playing defense.

10) RULES MODIFICATIONS FOR THE MINOR LEAGUE

a) General

- i) A runner can steal only ONE base at a time, per pitch, including home base. The runner may not leave the base until the ball crosses Home plate.
- ii) The infield fly rule IS IN EFFECT.
- iii) Slug bunting is NOT allowed.
- iv) A game shall be called a complete game when the winning team is ahead by 15 runs at the completion of the fourth (4th) inning (3-1/2 innings if the home team is ahead by 15 runs), or when the winning team is ahead by 10 runs at the completion of the fifth (5th) inning (4-1/2 innings if the home team is ahead by 10 runs).
- v) A batter that is walked cannot steal 2nd base as a continuation of that play. The walked batter must wait for a pitch before stealing.

b) PITCHING

- i) A pitcher may not pitch more than 3 innings in any game, including the continuation of a postponed game.
- ii) A pitcher may not pitch any more than 5 innings in consecutive days. One pitch constitutes an inning.
- iii) A pitcher may not pitch any more than 8 innings in any week, including any make-up games scheduled that week. For the purpose of this rule, the week begins on Sunday.
- iv) Once removed from the mound, a player cannot pitch again in the same game, including a continuation of a postponed game.
- v) For games 1 through 7, five balls will be required for base on balls. For games 8 through the end of the season, including postseason games, four balls will be required for base on balls.

- vi) After four (4) consecutive batters reach first base safely without the ball being put in play, by the combination of base on balls or hit batters, the pitcher must be removed.
- vii) There will be no breaking pitches, curve balls or sliders.
- viii) **PENALTIES FOR NOT FOLLOWING PITCHING RULES:**
 - (1) First Offense: Will be an automatic forfeit of the game and suspension of the head coach for one game. (Head coach need not be present to get suspension.) Pitcher cannot pitch another game for 48 hours.
 - (2) Second Offense: Same as 1 except for a 2 game suspension for the head coach
 - (3) Third Offense: Same as 1 except for expulsion of the head coach from the league.

c) BASE RUNNERS

- i) Appeal on runners missing a base must be made after the ball is put back in play or during the first dead ball after the play.
- ii) **RUNNERS LEAVING EARLY** - You will receive one (1) warning for runners leaving early during ground rules and one (1) warning for the first player on your team who leaves early after the game starts. If you are caught leaving early after this warning the penalty will be the runner being called out instead of being sent back.

11) RULE MODIFICATIONS FOR THE MAJOR LEAGUE

a) GENERAL

- i) Stealing will be allowed when the ball leaves the pitcher's hand.
- ii) The base paths shall be 65 feet in length.
- iii) The infield fly rule IS IN EFFECT.
- iv) Slug bunting is NOT allowed.
- v) A game shall be called a complete game when the winning team is ahead by 15 runs at the completion of the fourth (4th) inning (3-1/2 innings if the home team is ahead by 15 runs), or when the winning team is ahead by 10 runs at the completion of the fifth (5th) inning (4-1/2 innings if the home team is ahead by 10 runs).

b) BASE RUNNERS

- i) Appeal on runners missing a base must be made after the ball is put back in play or during the first dead ball after the play.
- ii) **RUNNERS LEAVING EARLY** - You will receive one (1) warning for runners leaving early during ground rules and one (1) warning for the first player on your team who leaves early after the game starts. If you are caught leaving early after this warning the penalty will be the runner being called out instead of being sent back.

c) PITCHING

- i) A pitcher may not pitch any more than 6 innings in any game, including the continuation of a postponed game.
- ii) A pitcher may not pitch more than 6 innings in consecutive days. One pitch constitutes an inning.
- iii) A pitcher may not pitch any more than 9 innings in a week, including any make-up games scheduled that week. For the purpose of this rule, the week begins on Sunday.
- iv) There will be no breaking Pitches, curve balls or sliders.

- v) **PENALTIES FOR NOT FOLLOWING PITCHING RULES:**
- (1) First Offense: Will be an automatic forfeit of the game and suspension of the head coach for one game. (Head coach need not be present to get suspension.) Pitcher cannot pitch another game for 48 hours.
 - (2) Second Offense: Same as 1 except for a 2 game suspension for the head coach.
 - (3) Third Offense: Same as 1 except for expulsion of the head coach from the league.

12) RULE MODIFICATIONS FOR THE PONY LEAGUE

a) GENERAL RULES

- i) A game will normally be seven innings in length. Exceptions are noted below:
- (1) Official Game: We will follow the NFHS rules concerning the length of an official game. In addition a game is called if:
 - (a) The field becomes unplayable.
 - (b) Darkness.
 - (c) Imminent danger of electrical or thunderstorms.
 - (d) Time limit.
 - (2) Incomplete games will be resumed as described in the NFHS Baseball Rule Book.
 - (3) The TIME LIMIT on games will be two hours, fifteen minutes (2:15) from the beginning of play. No inning may start after the time limit has been reached. Innings begun before the time limit will be completed.
- ii) If a player is a member of two Forest Park Intramural teams it is permitted for that player to leave a Pony game to begin play of another officially sanctioned Forest Park Intramural game, and the player's team will suffer no penalty. The player should not leave the Pony game more than one-half (½) hour prior to the scheduled start of the other Forest Part Intramural game.

b) SAFETY

- i) In addition to the bats deemed acceptable by NHFS we have agreed to allow Little League approved bats. The nature of this rule is so that the younger, smaller players are not at a disadvantage by being forced to swing a -3 bat. However, safety must be considered at all times. Therefore the umpire has sole discretion to reject any bat at any time if he deems it to be unsafe for play.
- ii) All bats must have a non-slip handle grip such as a rubber sleeve or athletic tape.
- iii) No head first slides into a base. A player can slide headfirst when returning to a base.

c) PITCHING

- i) Teams are limited to a total of three innings per game for 15-year-old pitchers.
- ii) A pitcher may not pitch any more than 7 innings in any game, including the continuation of a postponed game.
- iii) A pitcher may not pitch more than 7 innings in consecutive days. One pitch constitutes an inning.
- iv) A pitcher may not pitch any more than 11 innings in a week, including any make-up games scheduled that week. For the purpose of this rule, the week begins on Sunday.
- v) A starting pitcher can be removed as a pitcher and can return as a pitcher. A relief pitcher cannot return as a pitcher once he is removed as pitcher.

13) RULE CHANGES, EDITORIAL CHANGES, AND POINTS OF EMPHASIS

- a) Removed: The rule allowing Senior League bats (greater than -3 weight/length ratio with barrel diameter of 2-5/8" or greater) in the Pony League has been removed. New rule is stated in 12.b.i.
- b) Changed: The limit for 15 year old pitchers has been increased from 2 innings to 3 innings per game. New rule is stated in 12.c.i.

FOREST PARK BASEBALL LEAGUE

Date _____

League _____

I _____ have received, read and understand the rules that FOREST PARK BASEBALL LEAGUE has adopted to use. I also understand that as the Head Coach that I am going to teach good sportsmanship through the use of my actions and words. Lastly, I understand the use of alcohol and tobacco is strictly forbidden while I am with my team.

Signature