

SOUTH LINCOLN SPORTSPLEX FRESHMAN LEAGUE BASEBALL RULES

PLAYER ELIGIBILITY

Any player who's 11th, 12th or 13th Birthday falls before April 30th of the current year.

GENERAL

Each team is allowed four (4) adults in the dugout, one (1) manager and three (3) assistant coaches.

Any coach who calls time and goes onto the playing field more than one (1) time in one inning per pitcher to talk to a player or players, will be required to remove the current pitcher from the mound.

EQUIPMENT

No metal cleats shall be allowed.

Approved (unaltered) baseball bats, wood or aluminum, may be used.

All batters and runners must wear batting helmets. Any batter who bats without his headgear is out after the first (1st) pitch. Any player running the bases and deliberately removes his headgear, in the umpire's judgment, will be called out. **EXCEPTION:** Homerun over the fence or time out.

If a runner's helmet comes off while the runner is advancing to a base, then once the runner reaches the base, whether safe or out, time will be called, the ball is dead and no runners may advance.

The catcher must wear the full catcher's outfit, this includes: protective helmet with attached mask, chest protector, protective cup and throat protector.

Any player warming up a pitcher shall wear a protective facemask.

THE PLAYING FIELD

The pitching distance is forty-nine (49) ft.

The base paths will be seventy (70) ft.

PITCHING RULES

A pitcher can pitch three (3) innings per game. A pitcher that throws one pitch in an inning will be charged with one complete inning pitched.

OFFENSE

Each team will bat their entire roster of players present for the game.

No team shall score more than five (5) runs per inning. If there are not three (3) outs when five (5) runs are scored, the teams will change sides.

A regulation game will be six (6) complete innings. The game will be called if one team is ahead eleven (11) or more runs after four (4) innings. Games will have a one hour and thirty minute (1:30) time limit. Innings started before the time limit will be completed unless it is mathematically impossible for one team to catch up.

Four (4) innings constitute a complete game in case of bad weather or any other cause, which in the umpire's judgment interfered with further play, or three and one half (3-1/2) innings, if the home team is ahead.

In the event that a game is halted before the three and one half (3-1/2) or four (4) innings, it must be resumed from the point of termination when the game is rescheduled with as nearly the same line-up as possible.

If the score is tied at the end of six (6) innings the game will go one extra inning provided the time limit has not been exceeded. Otherwise the game will end in a tie.

Teams may start a game with a minimum of seven (7) players.

After one (1) warning per game per player for slinging the bat, the batter will be called out for each additional time that he/she slings the bat, the ball is dead and no runners may advance.

Any runner is out when he does not slide or attempt to avoid the fielder who has the ball in the proximity of the base and is waiting to make the tag, or if he maliciously runs into a fielder.

A dropped third strike is a live ball as per the Major League Baseball handbook.

DEFENSE

Only nine (9) players will play on defense in any inning.

If a team has less than nine (9) players, the manager may decide which position(s) to leave vacant on defense. **EXCEPTION:** Pitcher and catcher.

The infield fly rule will be in effect.

Defensive players may be freely substituted between innings. Each defensive player **MUST** play at least two (2) innings per game with allowances being given if the player is incapacitated and cannot play.

MISCELLANEOUS

If a manager has used all of his eligible players and a player is injured, becomes too sick to continue, or is ejected, then the **OPPOSING MANAGER** must select one or more of the players on the bench who has already been in the game as replacements. This applies only to a substitute and not an ejected player. If there is no one for the opposing manager to select then the game will be forfeited. An injured player cannot return to the game. **WARNING: Do not violate any pitching rule.**

If a player is injured by being hit in the face, throat or head **TIME WILL BE CALLED IMMEDIATELY** and all players awarded one (1) base. Any other injury deemed serious enough in the judgment of the umpire will be handled in the same manner. The coach must not enter the field until time is called. **NOTE:** This is a judgment call and cannot be appealed or protested.