# South Coast Cal Ripken MAJOR RULES

All NFHS rules in be in effect with the addition of the following league rules

1) Majors will consist of players who are 11-12 on or before May 1. Certain exceptions on age can be made with board approval.
2) All weekday games will begin @ 6:00 pm unless otherwise stated on the schedule.
3) A team must start with at least 9 players. Should a player leave or be injured that team will record an out when that player's at bat occurs. Rule can be amended with agreement from both coaches
4) Home team managers are responsible for preparing the field for play and supplying 2 game balls. In case of lost balls, the home manager is responsible to keep umpires supplied in a manner that keeps the game moving.
5) In case of an injured player on base, the last recorded out in previous inning will be the runner
6) Games are 6 innings in length. No new innings can be started after 1 hour and 45 minutes. Scorekeepers and umpires should note start times and record time in the scorebook.
7) 5 run limit per inning except for the last inning which will be unlimited.

If the last inning is not the 6th (due to time constraints) it must be noted that it is the last inning by the umpire at the top of the inning and both benches notified that it is the last inning.

8) 10 run mercy rule is in effect after 4 complete innings
9) If a tie occurs, managers will decide whether to play on. If they do, the inning will begin with the last recorded out starting at 2nd base. If they do not agree, game ends in a tie
10) Team will bat the entire roster. Players will bat even if when not in the field
11) All players must play in the game no less than 2 innings

12) Batting helmets must be worn while on the field, this includes on deck hitters, baserunners, and hitters. Helmets cannot be removed until players are behind protective fencing and/or in the dugout

13) Catchers are required to wear full catchers gear and cannot intentionally delay putting on gear to stall for time, as per umpire's discretion.

14) Pitchers can pitch a maximum of 85 pitches in a game (See pitching chart for required rest periods)

15) Pitchers are allowed 8 warm up pitches between innings and when entering a game. These do not count towards pitch count. Pitch count will resume or start on 9th pitch

16) Pitches no restrictions. A pitcher who throws 42 pitches in a game, cannot catch in that game

17) A catcher who catches 3 full innings may not pitch in that game

18) Pitch counts will be emailed to the league by the scorekeeper or coach at the end of each game. League will chart pitch counts and availability.

19) All male players must wear a protective cup while playing

20) A ball caught behind the home run marker or fence will count as a home run

21) Any ball that bounces over or rolls under the home run marker or fence will be a ground rule double and the ball is dead. Outfielder should be taught to raise arms over head to assist umpire in making the call

22) Bases are at 70 feet and pitching mound at 50 feet

23) Runners must slide into a base if there is a play being made on them. Player may be called out for infraction as per <u>umpire's discretion</u>

24) No runner can attempt to run over the catcher in an effort to cross home plate

25) No fielder can block a base without possession of the ball

26) Dropped 3rd strike is live

27) Maximum bat diameter is 2 5/8" and all bats must have a USA stamp

28) All bats to be used must be laid out and checked for the USA stamp prior to the start of the game. If a non USA bat is being used the batter will automatically be called out. If a team is caught twice in one game they will automatically forfeit the game. The defensive coach has the right to call time and check any bat in question for the USA stamp.

29) One mound visit per pitcher per inning. Pitcher must be removed on second visit

30) The pitcher will be warned if they hit 2 batters if they hit a 3rd batter they must be removed as pitcher they may continue to play any eligible position except pitcher.

31) Pitchers once removed cannot return as a pitcher

32) Infield fly rule is in effect

33) Runners may lead off base and stealing is allowed

34) Coaches are responsible for the behavior of their staff, players, and parents

35) Umpires, at their discretion, can discontinue any game that has become unruly, disrespectful, or dangerous to participants. This disruption can come from players, participants, or any outside influences

36) As in Rule 3-3 (NFHS rules) the umpire will eject any player or coach for any conduct not in accordance with the spirit of fair play. Coaches are encouraged to read thoroughly. Any ejection will be brought to the board for review and related actions

37) Protest shall be registered at the time of alleged occurrence. The game shall continue as before, without interruption. A meeting will be scheduled between the 2 managers, the umpires, and the board for a ruling. The protesting manager and the umpire will provide a written statement surrounding the occurrence for the board to review. The board's decision will be final

38) No one under the age of 21 shall manage or coach a team without an approved adult in place for liability concerns

39) Teams will be limited to a maximum of 16 players

40) Draft will be conducted on a parody basis (See Draft guidelines)

# PITCHING GUIDELINES FOR NBIBP

The following guidelines are derived from 3 different sources. Little League, MLB Pitch Smart and USABaseball, and Cal Ripken conducted extensive research to derive the standards. While not all concur on every point (see note below), this is the most current information available. There are links below where you can read further on the subject.

Tips for off season and coaches

** Focus on athleticism, physical fitness, and fun

** Focus on learning baseball fundamentals, rules, and teamwork

** Do not exceed 80 combined innings pitched in a 12 month period

** Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous.

** Make sure to players properly warm up before pitching

** Follow pitch-count limits and required rest periods

** These standards are based on arm health of young athletes

** Coaches will be forced to develop more catchers and pitchers

# PITCHING CHART AND DAYS OF REST

| DAILY LIMIT | AGE 9-10 | AGE 11-12 |
|---|---|---|
| | 75 | 85 |

| PITCHES | 1-20 | 21-35 | 36-50 | 51-65 | 66+ |
|---|---|---|---|---|---|
| DAYS OF REST | 0 | 1 | 2 | 3 | 4 |

Exception to above pitch counts – If a pitcher starts a batter under one threshold and advances to the next and the batter 1) makes an out 2) reaches base or 3) half inning ends, the pitcher can be removed from the game and returns to the lower threshold. Example – pitcher is at 33 pitches; new batter faces 5 pitches

putting pitcher at 38; batter hits 5th pitch and makes an out. If a pitcher is removed from the game, their count reverts to the lower threshold. If the pitcher faces the next batter the count continues. This is designed to assist coaches not having to switch pitchers in the middle of an at bat.

Coaches are responsible for emailing pitchers and their pitch counts to the league after the conclusion of each game (southcoastbaseball@gmail.com) Charts will be kept by the league and made available so coaches know the availability of players.

ATTENTION: This is an honor system and designed to protect arm health. It will be inconvenient, especially during the first year of implementation, but it is for player safety.

PITCHING AND CATCHING

It is discouraged to have players pitch and catch in the same game. While this is sometimes unavoidable, under no circumstances can a player catch 3 full innings and pitch in the same game.

Also any pitcher who reaches 41 pitches cannot catch in that game.

This is designed to have coaches develop more players capable of pitching and catching, while adhering to pitch count guidelines and protecting arm health.

NOTE FROM ABOVE – Studies mentioned above agree on most points, with the most important being total quantity of pitches and days of rest. However there are some differences. Cal Ripken pitch max for 11-12 is 75, but the other 2 have the 85 limit. Little League allows curve balls, but others do not.

LINK

http://m.mlb.com/pitchsmart/pitching-guidelines/