

Coach, Player or Parent Issues

Any behavior by any coach, player or parent that in the judgment of the umpire or LNAL (Little North Attleboro League) member is a violation of acceptable conduct established by the LNAL (see

LNAL Code of Conduct), the umpire (or LNAL member) shall report the incident to the LNAL Board of Directors. The LNAL Board of Directors (BOD) shall reserve the right to act necessary to eliminate behavioral problems on the part of any coach, player or parent participating in the LNAL. All league actions will be communicated through the respective division director of the offending coach, player or parent.

Regarding grievances from the Board of Directors or to the Board of Directors, the following procedures will be followed:

1. Any grieving party will respond in writing to the Board of Directors within 24 hours of the grievance.
2. Written responses from the accused party will also be submitted to the Board of Directors with the possibility of all participants being asked to appear in front of the board to discuss the problem.
3. Any decision about disciplinary action will be communicated to the division director who will carry out the decision made by the board. All decisions will also be communicated in writing to the grieving party, the accused party and the division director.

LNAL Team Managers are permitted to manage or coach in other non-league teams or sports that run parallel with the LNAL season; however, LNAL must be the priority of the Manager. The Manager must be present or ensure coverage by registered coaches at all scheduled games and practices for the team. Under no circumstances will a game or practice be cancelled due to a conflict with a non-LNAL team. Rescheduling with another team is allowed but must be done in collaboration with the scheduler and cannot be rescheduled on their own.

Violation of this could result in the removal of the Manager from consideration in the future, and possibly even his immediate removal as Manager of the team.

Disciplinary Infractions

Any coach or player ejected from a LNAL game will be forced to sit out the next game. If the same coach or player is ejected from another game, their ability to coach the team is over **immediately**.

Equipment

Each team manager will be responsible for keeping their equipment bags in order (including turning them in to the league equipment manager on the scheduled dates), providing league issued baseballs, and helping keep the fields in playing condition (i.e. rake pitcher's mound and batter's box after each game).

Baseballs

- All baseballs for the T-Ball Division shall be soft baseballs DFX or equivalent
- All baseballs for the 7 and 8 Yr. Old Divisions shall be Diamond DLL1 or equivalent

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- All baseballs for the 9-11 Yr. Old Divisions shall be DLL1 or equivalent
- All baseballs for the 12 Yr. Old Divisions shall be DLL1 or equivalent
- All baseballs for the Babe Ruth Prep and Babe Ruth Divisions shall be DBR or equivalent
- All baseballs for the Senior 16–18-year-old spring league will be D1 Pro or equivalent •
Summer All Stars

All small diamond teams will use the DLL model

13- and 14/15-year-old groups will use the DBR
baseball Diamond will use D1 Pro or equivalent

Baseball Bats

Divisions	Bat Rule Specifications
All Divisions American 11 -12 and under	USA Baseball Marking 2 5/8" Barrel Maximum NO BBCOR BATS
Babe Ruth Prep and Babe Ruth	USA Baseball Marking or BBCOR .50 2 5/8" Barrel
Diamond League 16-18yr olds	All Bats Must Be BBCOR .50 No Greater Than -3

Cleats

Metal cleats will not be allowed to be worn, until the player enters the Babe Ruth division.

Players Age

Age of players shall follow the guidelines from USA Baseball which is the governing body for all amateur baseball.

Player Rosters

Only players that have been officially rostered to play in the LNAL can play in LNAL sponsored games.

To participate and be eligible for any LNAL sponsored all-star team (LNAL all-star season typically runs from 3rd week in June to 1st week in August):

- A player must have played in at least 75% of the regular LNAL spring season games including playoffs (LNAL spring season typically runs from 3rd week in April to 3rd week in June)
- A player cannot be double rostered (for that year) on any other team during the all-star season

Injury exceptions will be at the BOD discretion. Also, any eligibility exceptions will be decided by the LNAL BOD.

Governing Rule Book

The governing rule book for LNAL play at the Junior (TBall – 12 Yr Old) and Senior (13 – 18 Yr)

Old) Divisions will be the *Babe Ruth Rule League, Inc Baseball Rules and Regulations and Official Playing Rules Book* (which includes Cal Ripken rules for the Junior Division).

Diamond league will continue to be governed by the MIAA rules. Exceptions to these rules are listed in the following pages of the LNAL Rules

Protest / Disciplinary / Operating Committee (3 Members)

Vice President	Operations Director	President
Chris Bickford	Nick Goodwin	Zach Johnson

Night Games

Night game time limits are set by local LNAL rules (i.e. no inning shall be allowed to start after 9:45pm).

Scores

All scores must be entered into the LNAL website by managers or their division directors, within

24 hours

Climate / Suspended Games

If lightning is visible, thunder, or rain is moderately too heavy, the game shall be delayed immediately for no less than 30 minutes from last observation.

The umpire may wait a reasonable time before terminating the game. The umpire or upon agreement by the two coaches has the discretion to terminate any game if weather has created unplayable or dangerous conditions.

If a game is suspended after a game is considered a regulation game, the score will revert to the last complete inning.

Playoff games that are not considered a regulation game (as defined by *Babe Ruth Rule League, Inc Baseball Rules and Regulations and Official Playing Rules Book*) will be rescheduled and will be replayed as a new game. Innings pitched in the “no game” WILL be counted.

Chanting

Chanting or singing of cadence of any kind is prohibited.

1st time – Warning to offending team manager (opposing manager will also be informed at the same time)

2nd time - Offending team manager is ejected

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3 time – Forfeit game

Playing Time

Players may not sit out a second time until ALL players on the roster have sat down at least one inning. The only exception to this would be the starting pitcher if they are pitching multiple innings.

Scoring

Although all divisions (7/8 – Babe Ruth) have a run limit each inning, play will continue until the ball is “dead”.

LNAL RULES

4 -5 YEAR OLD T-BALL DIVISION AND CHALLENGER DIVISION

Line Up / Start of Game

Every player bat in the line-up. Late arriving players will be placed at the end of the line-up.

See LNAL official schedule for all starting times. A grace period of 20 minutes will be allowed. A game may start when each team has eight players.

Warm up time prior to the games should not exceed 15 minutes.

Each game will last **one hour or four (4) innings** – whichever comes first.

Coaches and Managers are allowed and expected in the field to provide instruction

Bat through all players each inning with the last batter clearing all the bases (home run). This will keep the game moving.

While at bat ALL players must sit in the bench area except the batter and on-deck hitter. Both players MUST wear helmets as well as all base runners. No one else is allowed to touch a bat beside the batter and the on-deck hitter. Also, be sure the on-deck hitter is far enough away from the bench area.

Free Substitution

Unlimited (free) field substitutions are allowed throughout the game. All players will bat and the batting order remains fixed for the duration of the game. Two caveats to this are as follows:

- If a player is injured and out for the game, then when that player comes to bat in the lineup, it is NOT an out. You simply go to the next player.
- If a player shows up after the game has started, then that player goes to the end of the lineup (i.e. if 10 players in the batting order, the late player becomes the 11th player to bat in the order).

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Fielding

The bases should be 45 feet apart.

All kids will play in the field at the same time. Every effort will be made to limit the number of kids per T-Ball team to less than 10 players. Each player **MUST** play a different position each inning so that the kids learn the game. Managers and coaches are asked to keep enforcing the need to stay in position to avoid all players chasing the ball and wrestling for it.

Outs – The coach who is pitching in the field will make any calls (out or safe). **If a player is called out, the player will go back to the bench and sit down.** Coaches are asked to explain to all the players why it was an out. This will enforce the basic rules of the game as well as rewarding the kids who made the play. No outs will be tracked. If there are 3 outs made in one inning, team hitting will continue until all players have hit that inning.

Pitching

Managers and coaches can pitch to batters they feel are ready for it. Each child will get six pitches from their manager / coach. **NO MORE** than six pitches (When pitching to the kids on your team, kneel on one knee so you won't be pitching down at them).

Pitching – Playoffs

N/A

Run Limitations / Starting New Innings

N/A

Batting

Although this is called T-Ball, many kids can hit a pitched ball from the manager / coach. Each child will get six pitches from their manager / coach. **NO MORE** than six pitches. If the child does not hit the ball in play, then they need to hit off of the tee to keep the game moving and build confidence.

Base Running

One base at a time (except for the final hitter who will clear the bases). No extra bases on hits to the outfield or on overthrows.

6-7 YEAR OLD DIVISION

Line Up / Start of Game

Every player bats in the line-up.

See LNAL League official schedule for all starting times. A grace period of 20 minutes will be allowed. A game may start when each team has eight players. Seven players or less will constitute a forfeit.

Games will be six (6) innings in length or 1 hour and 30 minutes whichever comes first. Teams should complete the inning they are in once 90 minutes is reached

Coaches and Managers are allowed and expected in the field to provide instruction

Each team will provide a **new** game ball for each game.

Free Substitution

Unlimited (free) field substitutions are allowed throughout the game. All players will bat and the batting order remains fixed for the duration of the game. Two caveats to this are as follows:

- If a player is injured and out for the game, then when that player comes to bat in the lineup, it is NOT an out. You simply go to the next player.
- If a player shows up after the game has started, then that player goes to the end of the lineup (i.e. if 10 players in the batting order, the late player becomes the 11th player to bat in the order).

Fielding

All players on the roster will play the field each inning.

Each player will play an infield position and an outfield position every game. Infield is defined as pitcher, catcher, 1st base, 2nd base, 3rd base and shortstop. Outfield is defined as left field, left center field, right center field and right field.

Each player will play a minimum of one (1) inning in the infield and one (1) inning in the outfield in each game as defined above

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No player will play the same position for more than two (2) innings per game. Each manager should attempt to have each player play every position during the season (including catcher).

Pitching

Only managers or coaches are allowed to pitch. Managers/Coaches pitch to their own team (overhand pitching is recommended). Each batter is entitled to approximately ten (10) good pitches as determined by his manager.

Batting

Bunting is not allowed.

Stealing / Base Running

On an overthrow, a player **cannot** advance. No exceptions.

There will be no runner advancement on errors. When an outfielder or infielder has possession of the ball, runners cannot advance. **No overrunning!** (Taking extra bases).

No stealing or leading from base. If a player violates this rule, it should be explained to him/her. If they continue to violate the rule, they should be called out.

Slide Rule

The runner must either slide into the base or veer away from the base fielder to avoid contact with the base fielder. If a base runner does not slide or avoid contact with the base fielder, the runner shall be declared out.

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LNAL RULES
7 and 8 YEAR OLD DIVISION

Line Up / Start of Game

Every player bats in the line-up. **No line up cards need to be issued.**

See LNAL official schedule for all starting times. A grace period of 20 minutes will be allowed. A game may start when each team has eight players. Seven players or less will constitute a forfeit.

Games will be six (6) innings in length where no inning will start after 1 hour and 45 minutes

Each team will provide a **new** game ball for each game.

Free Substitution

Unlimited (free) field substitutions are allowed throughout the game. All players will bat and the batting order remains fixed for the duration of the game. Two caveats to this are as follows:

- If a player is injured and out for the game, then when that player comes up to bat in the lineup, it is NOT an out. You simply go to the next player.
- If a player shows up after the game has started, then that player goes to the end of the lineup (i.e. if 10 players in the batting order, the late player becomes the 11th player to bat in the order).

Umpires.

1 Junior ump will be used behind the plate through the season. Coaches will call outs in the field.

Fielding

Four outfielders are allowed. None may be in the infield.

Each player will play an infield position and an outfield position every game. Infield is defined as pitcher, catcher, 1st base, 2nd base, 3rd base and shortstop. Outfield is defined as left field, left center field, right center field and right field.

Each player will play a minimum of one (1) inning in the infield and one (1) inning in the outfield in each game as defined above

Players may not sit out a second time until ALL players on the roster have sat down at least one inning.

No player will play the same position for more than two (2) innings per game. Each manager should attempt to have each player play every position during the season (including catcher).

Pitching

The distance of the pitching rubber will be 43 feet. **For kids that cannot reach, there will be a portable rubber available that must be installed on the pitcher's mound and not the grass. 38' would be a good standard to use.** When players are pitching, the team who is **hitting** will have their manager or coach standing behind the pitcher calling balls, strikes and outs. **(Division Directors will meet with managers at the beginning of the season to discuss ways to keep play moving)**

When a kid is pitching, the batter will have 4 balls and 3 strikes. If the batter walks, instead of taken first, they will then have a new count and face a coach pitch. If they get 3 strikes from a coach pitch, they are out. (This also stands with kids' pitch. If a kid gets 3 strikes on a batter, they will be out and a coach will not have to jump in.) There will be no walking by coaches.

2 buckets to be placed on the mound and behind the catcher for every at bat. This will keep the game moving in lieu of the catcher chasing every ball down and throwing it back.

2 Inning Max per game with 1-day mandatory rest.

No curve balls are allowed.

Balks will not be called

A manager or coach is allowed two (2) trips to the mound per inning. On the third trip, the pitcher must be removed from the mound. Calling a pitcher or catcher to the sideline will be considered a trip to the mound.

Once a pitcher is removed from the mound they can be re-entered at any position, except pitcher

Pitching week starts on Monday and ends on Sunday.

Hit by Pitch

No rule on number of batters hit. However, coaches should use discretion if one of their pitchers start to become wild. If a coach hits a batter he will remain at bat.

Pitching – Playoffs

Same as regular season rules

Equipment

Helmet cages are required for all players **NO exceptions.** This is the first introduction to pitching and the league is concerned about the safety of our players. Each team will be provided with 2 caged helmets per team. Parents who wish to use their own equipment must provide a caged helmet.

Run Limitations / Starting New Innings

Four (4) run rule applies except for the 6th or last inning. A total of ten (10) runs can be scored in the 6th or last inning.

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Games will be six (6) innings in length where no inning will start after 1 hour and 45 minutes. The opposing managers will consider light available, weather, and the safety of the players.

Batting

Bunting is not allowed.

Slashing will not be allowed. A player who slashes will be called out. The ball is dead. No runners may advance.

Stealing / Base Running

Stealing / leading is not allowed

On an overthrow of any base a player can advance only one (1) base. **On an overthrow as noted above, I would use smart baseball judgement. If it's a bad overthrow that goes into the outfield you could advance from 1st to 3rd but let's avoid the tee ball method of just running base to base. Coaches should use their baseball knowledge on this.**

Base running and advancing are an important part of the game to learn. Let's not take this as a coach trying to "run the score up" There are run limits per inning already in place. Having the kids in the field identify live game situations and where to throw the ball will be a great learning experience.

No stealing or leading from base. If a player violates this rule, it should be explained to him/her. If they continue to flagrantly violate the rule, they will be called out.

Headfirst slides are not allowed. A runner who slides headfirst will be called out. A player may dive back to a base.

Slide Rule

The runner must either slide into the base or veer away from the base fielder to avoid contact with the base fielder. If a base runner does not slide or avoid contact with the base fielder, the runner shall be declared out.

Tie Games

Teams tied at the end of regulation play, may play extra innings if weather and time permit. Extra inning play shall continue to either; (a) a winner is determined or (b) the opposing managers call the game due to darkness or inclement weather. In the case of event (b) the score will revert to last completed full inning and will be recorded as a tie. Games recorded as a tie shall **not** be continued at any future date.

Field Maintenance

After the last game/practice of the day, the coaches are responsible for the following:

- To drag the infield and rake the batter's box, pitcher's mound, and base lines.
- To tarp the pitcher's mound and batter's box.

LNAL RULES
9 YEAR OLD DIVISION

Line Up / Start of Game

Every player bats in the line-up. Line-up cards will be exchanged between managers prior to the games. Late arriving players will be placed at the end of the line-up.

See LNAL official schedule for all starting times. A grace period of 20 minutes will be allowed. A game may start when each team has eight players. Seven players or less will constitute a forfeit.

Games will be six (6) innings in length...No new inning may start after 1 hour and 45 minutes.

Each team will provide a **new** game ball for each game.

Free Substitution

Unlimited (free) field substitutions are allowed throughout the game (with the exemption of pitchers re-entering the game – see ***Pitching*** section). All players will bat and the batting order remains fixed for the duration of the game. Two caveats to this as follows:

- If a player is injured and out for the game, then when that player comes up to bat in the line up, it is NOT an out. You simply go to the next player.
- If a player shows up after the game has started, then that player goes to the end of the lineup (i.e. if 10 players in the batting order, the late player becomes the 11th player to bat in the order).

Fielding

Four outfielders are allowed. None may be in the infield.

Infield is defined as pitcher, catcher, 1st base, 2nd base, 3rd base and shortstop. Outfield is defined as left field, left center field, right center field and right field.

Each player will play a minimum of one (1) inning in the infield and one (1) inning in the outfield in each game as defined above

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Players may not sit out a second time until ALL players on the roster have sat down at least one inning.

No player will play the same position for more than three (3) innings per game. Each managers should attempt to have each player play every position during the season (including catcher), unless they feel it is a safety risk for them or their teammates.

No hidden ball tricks or deception plays will be allowed.

No Infield Fly Rule.

Pitching

1. Curve balls are not allowed.

Penalty:

1st time is a ball.

2nd time batter awarded first base.

3rd time batter awarded first base with pitcher and head coach ejected from the game.

The third time rule will be in effect throughout the remainder of the game with the acting coach being ejected etc.

2. No pitcher can re-enter the game as a pitcher

Daily Max	0 Days Rest	1 Day Rest	2 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
75	1-20	21-35	36-50	51-65	66+	N/A

Division directors will work with the Redhawk teams to determine their pitching rotation for a given weekend. RedHawks pitchers must follow the pitch smart rest rules before returning to LNAL pitching. Based on the schedule of their next AAU game no RedHawks pitcher can exceed the low limit of the rest period.

Balks will not be called

Warmups: 6 pitches at the beginning of an inning. If a new pitcher enters during an inning, then he/she shall get 8 warmup pitches

A manager or coach is allowed two (2) trips to the mound per inning. On the third trip, the pitcher must be removed from the mound. Calling a pitcher or catcher to the sideline will be considered a trip to the mound.

No hit batter rule. Coaches, please use your discretion.

Once a pitcher is removed from the mound they can be re-entered at any position, except pitcher

Pitching – Playoffs

Pitching rules will be determined before the start of the playoffs.

Run Limitations / Starting New Innings

Four (4) run rule applies except for the 6th or last inning. Unlimited number of runs can be scored in the 6th or last inning. The Umpire-in-Chief will be the sole determinant as to when a new inning may start. The Umpire-in Chief will consider light available, weather, and the safety of the players.

Batting

Bunting is allowed.

Slashing will not be allowed. A player who slashes will be called out. The ball is dead. No runners may advance.

Stealing / Base Running

Stealing is allowed. No stealing home.

There will be no leading off base.

On an overthrow (out of the playing field) a player can advance only one (1) base. Out of bounds must be determined before the start of the game. Overthrows from a batted ball, still in fair territory, are live balls and the runners can advance at will.

Base runners may continue to advance until the play is “killed”. Play is “killed” by having the ball in control on the pitchers’ mound. (The objective is not to run a track meet around the bases) Managers / coaches should use your judgment when telling your players to advance.

Headfirst slides are not allowed. A runner who slides headfirst will be called out. A player may dive back to a base.

Slide Rule

The runner must either slide into the base or veer away from the base fielder to avoid contact with the base fielder. If a base runner does not slide or avoid contact with the base fielder the runner shall be declared out.

Tie Games

Teams tied at the end of regulation play, may play extra innings if weather and time permit. Extra inning play shall continue either; (a) a winner is determined or (b) the opposing managers call the game due to darkness or inclement weather. In the case of event (b) the score will revert back to last completed full inning and will be recorded as a tie. Games recorded as a tie shall **not** be continued at any future date (except playoff games).

LNAL RULES

NATIONAL DIVISION (10 /11yr)

Line Up / Start of Game

Every player bats in the line-up. Line-up cards will be exchanged between managers prior to the games. Late arriving players will be placed at the end of the line-up.

See LNAL official schedule for all starting times. A grace period of 20 minutes will be allowed. A game may start when each team has eight players. Seven players or less will constitute a forfeit.

Games will be six (6) innings in length. No new inning may start after 1 hour and 45 minutes.

Each team will provide a **new** game ball for each game.

Free Substitution

Unlimited (free) field substitutions are allowed throughout the game (with the exemption of pitchers re-entering the game – see ***Pitching*** section). All players will bat and the batting order remains fixed for the duration of the game. Two caveats to this as follows:

- If a player is injured and out for the game, then when that player comes up to bat in the line up, it is NOT an out. You simply go to the next player.
- If a player shows up after the game has started, then that player goes to the end of the lineup (i.e. if 10 players in the batting order, the late player becomes the 11th player to bat in the order).

Fielding

Infield is defined as pitcher, catcher, 1st base, 2nd base, 3rd base and shortstop. Outfield is defined as left field, center field, and right field.

Each player will play a minimum of one (1) inning in the infield and one (1) inning in the outfield in each game as defined above

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Players may not sit out a second time until ALL players on the roster, except for the **starting pitcher** while he continues to pitch, have sat down at least one inning.

No hidden ball tricks or deception plays will be allowed.

Infield Fly Rule will be in effect

Pitching

1. Curve balls are not allowed.

Penalty:

1st time is a ball.

2nd time batter awarded first base.

3rd time batter awarded first base with pitcher and head coach ejected from the game.

The third time rule will be in effect throughout the remainder of the game with the acting coach being ejected etc.

2. Pitching week starts on Monday and ends on Sunday.

3. No pitcher can re-enter the game as a pitcher

Daily Max	0 Days Rest	1 Day Rest	2 Days Rest	3 Days Rest	4 Days Rest
75	1-20	21-35	36-50	51-65	66+

Division directors will work with the Redhawk teams to determine their pitching rotation for a given weekend. RedHawks pitchers must follow the pitch smart rest rules before returning to LNAL pitching. Based on the schedule of their next AAU game no RedHawks pitcher can exceed the low limit of the rest period.

Balks will not be called

Warmups: 8 pitches at the beginning of an inning. If a new pitcher enters during an inning, then he/she shall get 10 warmup pitches

A manager or coach is allowed two (2) trips to the mound per inning. On the third trip, the pitcher must be removed from the mound. Calling a pitcher or catcher to the sideline will be considered a trip to the mound.

Once a pitcher is removed from the mound they can be re-entered at any position, except pitcher.

Pitching – Playoffs

Will be determined before the start of the playoffs

Run Limitations / Starting New Innings

Five (5) run rule applies except for the 6th or last inning. Unlimited number of runs can be scored in the 6th or last inning.

The Umpire-in-Chief will be the sole determinant as to when a new inning may start. The Umpire-in Chief will consider light available, weather, and the safety of the players.

Batting

Bunting is allowed.

Slashing will not be allowed. A player who slashes will be called out. The ball is dead. No runners may advance.

Stealing / Base Running

Stealing is allowed.

No leading off bases.

No stealing of home

The runner must either slide into the base or veer away from the base fielder to avoid contact with the base fielder. If a base runner does not slide or avoid contact with the base fielder, the runner shall be declared out.

Headfirst slides are not allowed. A runner who slides headfirst will be called out. A player may dive back to base.

Tie Games

Teams tied at the end of regulation play, may play extra innings if weather and time permit. Extra inning play shall continue either; (a) a winner is determined or (b) umpires call the game due to darkness or inclement weather. In the case of event (b) the score will revert to last completed full inning and will be recorded as a tie. Games recorded as a tie shall **not** be continued at any future date (except playoff games).

LNAL RULES

AMERICAN DIVISION (11 /12yr 70' Bases)

Line Up / Start of Game

Line-up cards will be exchanged between managers prior to the games.

See LNAL official schedule for all starting times. A grace period of 20 minutes will be allowed. A game may start when each team has eight players. Seven players or less will constitute a forfeit.

Games will be six (6) innings in length. No new inning may start after 1 hour and 45mins.

Each team will provide a **new** game ball for each game.

Free Substitution

Unlimited (free) field substitutions are allowed throughout the game (with the exemption of pitchers re-entering the game – see ***Pitching*** section). All players will bat and the batting order remains fixed for the duration of the game. Two caveats to this as follows:

- If a player is injured and out for the game, then when that player comes up to bat in the line up, it is NOT an out. You simply go to the next player.
- If a player shows up after the game has started, then that player goes to the end of the lineup (i.e. if 10 players in the batting order, the late player becomes the 11th player to bat in the order)

Fielding

Each player will play a minimum of one (1) inning in the infield and one (1) inning in the outfield in each game as defined above

Players may not sit out a second time until ALL players on the roster, except for the **starting pitcher** while he continues to pitch, have sat down at least one inning.

No hidden ball tricks or deception plays will be allowed.

Infield Fly Rule will be in effect

Pitching

1. Curve balls are not allowed.

Penalty:

1st time is a ball.

2nd time batter awarded first base.

3rd time batter awarded first base with pitcher and head coach ejected from the game.

The third time rule will be in effect throughout the remainder of the game with the acting coach being ejected etc.

2. Pitching week starts on Monday and ends on Sunday.

Daily Max	0 Days Rest	1 Day Rest	2 Days Rest	3 Days Rest	4 Days Rest
85	1-20	21-35	36-50	51-65	66+

Division directors will work with the Redhawk teams to determine their pitching rotation for a given weekend. RedHawks pitchers must follow the pitch smart rest rules before returning to LNAL pitching. Based on the schedule of their next AAU game no RedHawks pitcher can exceed the low limit of the rest period.

Balks will be called after 1 warning per pitcher/team

Warmups: 8 pitches at the beginning of an inning. If a new pitcher enters during an inning, then he/she shall get 10 warmup pitches

A manager or coach is allowed one (1) trip to the mound per inning. On the second trip, the pitcher must be removed from the mound. Calling a pitcher or catcher to the sideline will be considered a trip to the mound.

Once a pitcher is removed from the mound they can be re-entered at any position, except pitcher.

Run Limitations / Starting New Innings

During the regular season a five (5) run rule applies except for the 6th or last inning. Unlimited number of runs can be scored in the 6th or last inning. Rules may be modified for play-offs if approved by the Board.

Mercy Rule: 15 after 4 and 10 after 5 (this is on top of the run per inning limits)

The Umpire-in-Chief will be the sole determinant as to when a new inning may start. The Umpire-in Chief will consider light available, weather, and the safety of the players.

Batting

Bunting is allowed.

Slashing will not be allowed. A player who slashes will be called out. The ball is dead. No runners may advance.

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Stealing / Base Running

Stealing and Leading are allowed.

Batters will be allowed to run on dropped 3rd strike if (1) first base is un-occupied or (2) first base is occupied with two outs.

The runner must either slide into the base or veer away from the base fielder in order to avoid contact with the base fielder. If a base runner does not slide or avoid contact with the base fielder the runner shall be declared out.

No headfirst sliding

Tie Games

Teams tied at the end of regulation play, may play extra innings if weather and time permit. Extra inning play shall continue either; (a) a winner is determined or (b) umpires call the game due to darkness or inclement weather. In the case of event (b) the score will revert to last completed full inning and will be recorded as a tie. Games recorded as a tie shall **not** be continued at any future date (except playoff games).

LNAL RULES

PREP and BABE RUTH DIVISION

Line Up / Start of Game

Line-up cards will be exchanged between managers prior to the games.

See LNAL official schedule for all starting times. A grace period of 20 minutes will be allowed. A game may start when each team has eight players. Seven players or less will constitute a forfeit.

Games will be seven (7) innings in length. No new inning may start after 2 hours.

Each team will provide a **new** game ball for each game.

Free Substitution

Unlimited (free) field substitutions are allowed throughout the game (with the exemption of pitchers re-entering the game – see *Pitching* section). All players will bat and the batting order remains fixed for the duration of the game. Two caveats to this are as follows:

- If a player is injured and out for the game, then when that player comes up to bat in the lineup, it is NOT an out. You simply go to the next player.
- If a player shows up after the game has started, then that player goes to the end of the lineup (i.e. if 10 players in the batting order, the late player becomes the 11th player to bat in the order).

Fielding

Each player will play a minimum of one (1) inning in the infield and one (1) inning in the outfield in each game as defined above

Players may not sit out a second time until ALL players on the roster, except for the **starting pitcher** while he continues to pitch, have sat down at least one inning.

No hidden ball tricks or deception plays will be allowed.

Infield Fly Rule will be in effect

Pitching

Division director will check with local High School baseball coaches to determine which players can pitch (if players in that division also play on the local High School baseball teams). If no list is generated by the local High School baseball coaches, then the following rules apply:

Division	Daily Max	0 Days Rest	1 Day Rest	2 Days Rest	3 Days Rest	4 Days Rest
Babe Ruth Prep	85	1-20	21-35	36-50	51-65	66+
Babe Ruth	95	1-30	31-45	46-60	61-75	76+

Division directors will work with the Redhawk teams to determine their pitching rotation for a given weekend. RedHawks pitchers must follow the pitch smart rest rules before returning to LNAL pitching. Based on the schedule of their next AAU game no RedHawks pitcher can exceed the low limit of the rest period.

Balks will be called after 1 warning per team

Warmups: 8 pitches at the beginning of an inning. If a new pitcher enters during an inning then he/she shall get 10 warmup pitches

A manager or coach is allowed one (1) trip to the mound per inning. On the second trip, the pitcher must be removed from the mound. Calling a pitcher or catcher to the sideline will be considered a trip to the mound.

Once a pitcher is removed from the mound they can be re-entered at any position, except pitcher.

Run Limitations / Starting New Innings

During the regular season a Five (5) run rule applies except for the 6th or last inning. Unlimited number of runs can be scored in the 6th or last inning. Rules may be modified for play-offs if approved by the Board.

Mercy Rule: 15 after 4 and 10 after 5 (this is on top of the run per inning limits)

The Umpire-in-Chief will be the sole determinant as to when a new inning may start. The Umpire-in Chief will consider light available, weather, and the safety of the players.

4/6/2026

Batting

Bunting is allowed.

Slashing will not be allowed. A player who slashes will be called out. The ball is dead. No runners may advance.

Stealing / Base Running

Stealing is allowed.

The runner must either slide into the base or veer away from the base fielder to avoid contact with the base fielder. If a base runner does not slide or avoid contact with the base fielder, the runner shall be declared out.

Headfirst sliding is allowed

Tie Games

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