

Center Grove Youth Baseball

Fall Ball League 2024 Guidelines and Rules

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Center Grove Youth Baseball
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General League Guidelines

I. Facilities

A. Parking is allowed in all designated areas. Parking is at your own risk.

B. Obey a maximum speed limit of 10 miles per hour throughout the ballpark.

C. Please help keep the park clean for everyone, Trash cans are available at every diamond and throughout the ballpark. Remember that we are a volunteer organization. We ask all parents, coaches, and players to clean up trash from all dugouts, under bleachers, and around the ballpark.

D. After each game, all teams are responsible for keeping the park looking great. Home teams should rake the diamond after each game, and visiting teams should collect trash. If the trash cans are full, please place trash in the dumpsters near the concession stand.

II. Field and Game Preparation

A. Both teams are responsible for preparing the field for games. This may include lining the diamond and grooming the diamond upon completion of the game. Infield practice is not guaranteed, but when available, it will begin 15 minutes before the start of the game. Each team gets approximately 7 minutes of infield practice with the visiting team going first and then the home team.

B. All games will begin as close to the scheduled time as possible, which may limit the time available for infield practice. Infield practice between games will depend upon available time. Any available time will be divided equally between the two teams.

C. Coaches should not assume that any game has been rained out. Your team is responsible for reporting to the field at the scheduled time unless otherwise instructed. The CGYB Officer of the Day will make the final decision about canceling or postponing games. Updates will be sent out via email, posted on cgyouthbaseball.com, and updated on Facebook (Center Grove Youth Baseball) and Twitter (@cgyouthbaseball).

D. The home team occupies the third base dugout and is responsible for the scorebook or GameChanger.

III. Weekly Activities

A. One optional practice is allowed per week at the coach's discretion.

IV. Accidents

A. All accidents or injuries must be reported immediately to the CGYB Officer of the Day. If the injury appears to be serious, keep the player still and contact the CGYB Officer of the Day. An accident/injury report must be completed by the team coach for all injuries sustained during a game or practice requiring medical attention. This report should be submitted to the CGYB Safety Officer.

V. Sportsmanship

A. Coaches are responsible not only for their own conduct but the conduct of their players and fans as well. Please take notice of the following rules:

   i. There shall be no jeering or distractions involving players, whether in the dugout or in the field.

   ii. No profanity or obscene language will be tolerated.

   iii. Smoking is prohibited throughout the ballpark.

   iv. No foreign objects shall be thrown onto the field.

   v. Do not question an umpire's call or any decision made by CGYB personnel.

   vi. All coaches, parents, and fans are expected to set a positive example for their teams.

   vii. Poor sportsmanship issues will be reviewed as needed by the CGYB executive board and can result in suspension and/or removal from CGYB.

Single A League Rules

The Single A League is an instructional/recreational league that focuses on building players' fundamentals while introducing the competitive aspect of baseball. The league is geared to first and second graders. Emphasis should be on having fun while teaching baseball fundamentals, team play, and good sportsmanship.

I. Games

A. Games consist of six innings unless the time limit is met first. A new inning will not start if 1 hour and 30 minutes have passed since the start of the game. Games will be stopped after the current batter completes the at-bat at 1 hour and 45 minutes. A new inning begins when the third out is made in the previous inning. Games may be shortened on account of darkness if, in the opinion of the CGYB Officer of the Day, it is too dark for play to continue safely. The CGYB Officer of the Day also has the authority to end any game.

B. A maximum of six runs may be scored in each of the first five innings. Unlimited runs may be scored in the sixth inning.

C. The mercy rule is 15 runs after 4 innings or 12 runs after 5 innings.

D. Coaches will pitch for the entire game.

E. During coach pitch, batter gets 6 pitches to hit the ball. If they foul off the 6th pitch, they get another pitch, etc. Batters can strike out before the 6th pitch. Swinging strikes and foul balls count as strikes. No called strikes on coach pitch.

II. Defensive Alignment

A. Ten defensive players are allowed in the game at the same time. The defensive team shall use four outfielders equally spaced apart. Outfielders must play halfway between the edge of the infield and the fence except on Fields 1 and 2. If playing on Fields 1 or 2, the center field player should be no closer than 40 to 45 feet away from second base. All coaches, whether on defense or offense, should make sure that all outfielders are positioned properly each inning. The pitcher's helper must stand even with or behind the rubber.

B. In an attempt for all players to experience as many positions as possible, we encourage rotating positions in the field with each new inning.

C. A minimum of eight players must be present for each team to begin the game. But a team must take an out for the ninth spot in the batting order.

D. After the start of the game, if a team is unable to play the game with a minimum of eight players, then the game cannot continue.

E. Players must play at least four defensive innings per game and may not sit consecutive innings. Players must play one inning in the infield each game. During the regular season, we encourage coaches to move players' positions frequently despite their skill levels. Please give players the chance to play multiple positions during the regular season.

III. Base Running

A. Runners can advance one base on an overthrow, even if the defense throws the ball again.

B. Runners cannot advance if the ball is under control in the infield. Under control does not necessarily mean that the ball is in a player's glove. If a player would not run in a high school game, players should not run in this game. Do not make young players look bad.

C. Head-first slides are not permitted unless returning to a base.

D. Lead-offs and steals are not permitted.

E. Outfielders are not allowed to field the ball and run it into the infield and call time-out. The ball must be thrown to an infielder who is in the infield.

F. Runners cannot advance to the next base or home plate once timeout has been called unless the runner has passed the halfway point between the two bases or home plate. If the runner has not passed the halfway point, he must return to his most recent base.

IV. Coaching

A. Both teams are required to keep a scorebook. The home team keeps the official book (GameChanger) and must report scores. Each team's scorekeeper should confirm the score with the opposing team's scorekeeper after each inning.

B. The home team will occupy the third base dugout.

C. Defensive coaches are not permitted on the playing field. Defensive coaches may position themselves inside the dugout or along the dugout fence out of the flow of play. Offensive coaches will be the base coaches and pitcher when applicable. All other offensive coaches will remain in the dugout.

D. Coaches should not argue with or harass umpires about calls. Please explain this expectation with your team's parents and coaches. If there are any issues, please notify your director immediately.

V. Special Notes

A. The time between innings is limited to 2 minutes.

Minor League Rules (46/65)

The Minor League is a fun but competitive league designed to advance players' skills and introduce them to a more complete game of baseball. The league is geared to third and fourth graders.

I. Games

A. Games consist of six innings unless the time limit is met first. A new inning will not start if 1 hour and 30 minutes have passed since the start of the game. Games will be stopped after the current batter completes the at-bat at 1 hour and 45 minutes. A new inning begins when the third out is made in the previous inning. Games may be shortened on account of darkness if, in the opinion of the CGYB Officer of the Day, it is too dark for play to continue safely. The CGYB Officer of the Day also has the authority to end any game.

B. A maximum of six runs may be scored in each of the first five innings. Unlimited runs may be scored in the sixth inning.

C. The mercy rule is 15 runs after 4 innings or 12 runs after 5 innings.

II. Defensive Alignment

A. Players must play at least three of the first four defensive innings. No player may sit more than two innings of a six-inning game. During the regular season, please give players the chance to play multiple positions, including infield. The tournament is the opportunity to play more competitively.

B. There are no infield or outfield playing time requirements. Coaches may use their own discretion about positions as long as playing time is equitable.

C. Ten defensive players are allowed in the game at the same time. The defensive team shall use four outfielders equally spaced apart. Outfielders must play halfway between the edge of the infield and the fence. All coaches, whether on defense or offense, should make sure that all outfielders are positioned properly each inning.

D. A minimum of eight players must be present for each team to begin the game. But a team must take an out for the ninth spot in the batting order.

E. After the start of the game, if a team is unable to play the game with a minimum of eight players, then the game cannot continue.

F. If for some reason a team has to change its lineup from nine players to eight, that team will take an out for the ninth spot in the batting order.

G. Catchers are required to wear protective cups.

H. The infield fly rule is not in effect.

I. The defense must stop the lead runner to halt play.

III. Batting

A. All players will bat. A batting order that includes all team members present will be established prior to the game and will be followed throughout the game regardless of whether the player is in the game defensively. If a player arrives after the start of a game, he must go to the end of the lineup, and the opposing coach must be notified.

B. There is no on-deck circle. All players must remain in the dugout prior to batting.

C. Big barrel bats are allowed, provided a USA or USSSA stamp is visible and intact.

D. Hands are considered part of the bat. If a pitched ball hits the batter's hand when no swing is attempted, it is a foul ball.

E. Batters may not advance on dropped third strikes.

F. Fake bunts are not permitted.

IV. Pitching

A. There is no coach pitching. Players will pitch all innings. Umpires will use an expanded strike zone. The strike zone is "chin to shin" and "white to white," the plate edge of the batter's box.

B. The pitching rubber is to be 46 feet from home plate.

C. If five batters reach base without a hit (walks plus hit-by-pitch) in an inning, then the pitcher must be replaced.

D. Workload limits for pitchers will limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of keeping track of workload limits. Players are limited to pitching three full innings per game and a maximum of 75 pitches per day (finishing the current batter). No pitcher may pitch again once removed from the position in the same game. Players may pitch in both games of a doubleheader but must not exceed the total daily pitch limit between the two games. Any pitcher found to pitch outside of these limits will result in a forfeit of the game.

E. A second mound visit to a pitcher in the same inning, requires a pitching change.

V. Base Running

A. Head-first slides are not permitted unless returning to a base.

B. Players may lead off and/or steal second base and third base once the ball crosses home plate. Runners are permitted to advance only to the base they are attempting to steal. No runner may advance past third base without a hit ball or a walk that forces in a run.

C. For the following rules, a passed ball will be defined as a pitch that has exited the dirt area surrounding home plate, including any pitch where the ball is blocked by the catcher but goes into the grass area surrounding home plate.

D. Base runners may advance, at their own peril, one base on a passed ball.

E. Base runners shall not advance to home plate by reason of a passed ball.

F. If a base runner decides to return to his original base during play, he must continue back to the base. Base runners cannot create an intentional pickle. One warning will be issued per game. Subsequent instances will be deemed a delay of game, and the runner will be out.

G. The courtesy base runner rule is in effect. If there are two outs, you may pinch run for the player who played catcher in the previous inning. The pinch runner must be the last player who recorded an out, and the player who is being run for must return to the catcher's position in the next inning.

H. A batter who has been walked may only advance to first base.

I. For any ball that is put in play, the defense must stop the lead runner to halt the play. Runners may advance at their own peril until they are stopped by the defense.

VI. Coaching

A. A maximum of five coaches per team are permitted on the field, including the scorekeeper.

B. Both teams are required to keep a scorebook. The home team keeps the official book (GameChanger) and must report scores and pitch counts. Each team's scorekeeper should confirm the score and pitch counts with the opposing team's scorekeeper after each inning.

C. The home team will occupy the third base dugout.

D. Coaches should not argue with or harass umpires about calls. Please explain this expectation with your team's parents and coaches. Please reiterate that an expanded strike zone is in effect.

Major League Rules (50/70)

The Major League is a fun but competitive league designed to advance players' skills and prepare them for the next level. The league is geared to fifth and sixth graders. For this league, the pitching distance is 50 feet, and the base path distance is 70 feet.

I. Games

A. Games consist of six innings unless the time limit is met first. A new inning will not start if 1 hour and 30 minutes have passed since the start of the game. Games will be stopped after the current batter completes their at bat past 1 hour and 45 minutes. A new inning begins when the third out is made in the previous inning. Games may be shortened on account of darkness if, in the opinion of the CGYB Officer of the Day, it is too dark for play to continue safely. The CGYB Officer of the Day also has the authority to end any game.

B. A maximum of six runs may be scored in each of the first five innings. Unlimited runs may be scored in the sixth inning.

C. The mercy rule is 15 runs after 4 innings or 12 runs after 5 innings.

II. Playing Time

A. Every player must play equitably in all games with consideration given to players' abilities. This is recreational baseball, and we want all players to have similar opportunities in all games. No player may sit for consecutive innings, and no player may sit more than two innings of a six-inning game.

B. There are no infield or outfield playing time requirements. Coaches may use their own discretion about positions as long as playing time is equitable.

C. Because we desire for all players to experience as many positions as possible, we encourage coaches to rotate positions for each new inning. Please give players the chance to play multiple positions.

D. A minimum of eight players must be present for each team to begin the game. But a team must take an out for the ninth spot in the batting order.

E. After the start of the game, if a team is unable to play the game with a minimum of eight players, then the game cannot continue.

III. Batting

A. All players will bat. A batting order that includes all team members present will be established prior to the game and will be followed throughout the game regardless of whether the player is in the game defensively. If a player arrives after the start of a game, he must go to the end of the lineup, and the opposing coach must be notified.

B. If a team bats out of order and the opposing coach appeals, the batter who should have hit is deemed out.

C. There is no on-deck circle. All players must remain in the dugout prior to batting.

D. Big barrel bats are allowed, provided a USA or USSSA stamp is visible and intact.

E. Hands are considered part of the bat. If a pitched ball hits the batter's hand when no swing is attempted, it is a foul ball.

IV. Pitching

A. Workload limits for pitchers will limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of keeping track of workload limits. Players are limited to pitching four full innings per game and a maximum of 85 pitches per day (finishing the current batter). No pitcher may pitch again once removed from the position in the same game. Players may pitch in both games of a doubleheader but must not exceed the total daily pitch limit between the two games. Any pitcher found to pitch outside of these limits will result in a forfeit of the game.

B. Balks will be called by umpire discretion. If deemed to be an intentional act there will be no warning and bases awarded. If deemed to be unintentional, one warning shall be issued, subsequent occurrences shall result in bases being awarded.

C. A second mound visit to a pitcher in the same inning, requires a pitching change.

V. Base Running

A. Lead-offs and steals are allowed. The league has a gentleman's agreement that there are no open steals if a team is up by eight or more runs.

B. Runners may advance on passed balls no matter the score.

C. The following rules apply to dropped third strikes and walks:

   i. If there is a runner on first base and there are less than two outs, the batter is out. The play is live, and the runner on first base can advance at their own peril.

ii. If there is no runner on first base and there are less than two outs, the batter may attempt to reach first base. The defense must throw the ball to first base or tag the batter to record the out. Base runners are live at the time of the dropped third strike.

iii. If there are two outs, regardless of base runners, the catcher must throw the ball to first base or tag the batter to record the out. The batter and the base runners are live.

iv. If the batter makes any movement towards the dugout, he will be called out at the umpire's discretion.

v. Batters may not advance past first base on a walk unless the catcher and/or pitcher make an attempt (a throw) to put out an advancing runner at any other base. Any other live ball situation still applies.

D. The following rules apply to sliding.

i. Feet-first sliding is a requirement.

ii. If a play at a base other than first base is imminent, runners must slide.

iii. Runners must avoid contact with the catcher at home plate. Running into the catcher at home plate is not permitted.

iv. The only exception to feet-first sliding is when a runner leads off and the pitcher attempts to pick off the runner, then the runner may slide head-first back into the bag.

v. Umpires shall warn the coaches before the game about head-first sliding. Any head-first slide unless as excepted above will result in the runner being out.

VI. Coaching

A. Both teams are required to keep a scorebook. The home team keeps the official book (GameChanger) and must report scores and pitch counts. Each team's scorekeeper should confirm the score and pitch counts with the opposing team's scorekeeper after each inning.

B. The home team will occupy the third base dugout.

C. We expect full sportsmanship from coaches, players, and fans. Coaches and fans should not argue with or harass umpires about calls. Coaches and fans also should not engage in negative dialogue with opposing coaches, players, or fans.

D. Only the head coach can ask the umpire for clarification on any call. The coach must do so by calling time and respectfully asking the umpire for clarification.

E. All decisions made by the league director (or league member if applicable) are final in all games.

F. Any disrespectful conduct by any coach, player, or fan will be reviewed by the league director and the CGYB executive board and could result in a suspension and/or removal from the league.

Senior League Rules (54/80)

The Senior League is a fun but competitive league designed to advance players' skills and move them one step away from a full-sized field. The league is geared to seventh and eighth graders. For this league, the pitching distance is 54 feet, and the base path distance is 80 feet.

I. Games

A. Games consist of seven innings unless the time limit is met first. A new inning will not start if 1 hour and 45 minutes have passed since the start of the game. Games will be stopped after the current batter completes the at-bat at 2 hours. A new inning begins when the third out is made in the previous inning. Games may be shortened on account of darkness if, in the opinion of the CGYB Officer of the Day, it is too dark for play to continue safely. The CGYB Officer of the Day also has the authority to end any game.

B. A maximum of six runs may be scored in each of the first six innings. Unlimited runs may be scored in the seventh inning.

C. The mercy rule is 15 runs after 4 innings or 12 runs after 5 innings or 10 runs after 6 innings.

D. "Full baseball"

II. Playing Time

A. Every player must play equitably in all games with consideration given to players' abilities. This is recreational baseball, and we want all players to have similar opportunities in all games. No player may sit for consecutive innings, and no player may sit more than two innings of a seven-inning game.

B. There are no infield or outfield playing time requirements. Coaches may use their own discretion about positions as long as playing time is equitable.

C. Because we desire for all players to experience as many positions as possible, we encourage coaches to rotate positions for each new inning. Please give players the chance to play multiple positions.

D. A minimum of eight players must be present for each team to begin the game. But a team must take an out for the ninth spot in the batting order.

E. After the start of the game, if a team is unable to play the game with a minimum of eight players, then the game cannot continue.

III. Batting

A. All players will bat. A batting order that includes all team members present will be established prior to the game and will be followed throughout the game regardless of whether the player is in the game defensively. If a player arrives after the start of a game, he must go to the end of the lineup, and the opposing coach must be notified.

B. If a team bats out of order and the opposing coach appeals, the batter who should have hit is deemed out.

C. There is no on-deck circle. All players must remain in the dugout prior to batting.

D. Big barrel bats are allowed, provided a USA or USSSA stamp is visible and intact.

E. Hands are considered part of the bat. If a pitched ball hits the batter's hand when no swing is attempted, it is a foul ball.

IV. Pitching

A. Workload limits for pitchers will limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of keeping track of workload limits. Players are limited to pitching five full innings per game and a maximum of 100 pitches per day (finishing the current batter). No pitcher may pitch again once removed from the position in the same game. Players may pitch in both games of a doubleheader but must not exceed the total daily pitch limit between the two games. Any pitcher found to pitch outside of these limits will result in a forfeit of the game.

B. A second mound visit to a pitcher in the same inning, requires a pitching change.

V. Coaching

A. Both teams are required to keep a scorebook. The home team keeps the official book (GameChanger) and must report scores and pitch counts. Each team's scorekeeper should confirm the score and pitch counts with the opposing team's scorekeeper after each inning.

B. The home team will occupy the third base dugout.

C. We expect full sportsmanship from coaches, players, and fans. Coaches and fans should not argue with or harass umpires about calls. Coaches and fans also should not engage in negative dialogue with opposing coaches, players, or fans.

D. Only the head coach can ask the umpire for clarification on any call. The coach must do so by calling time and respectfully asking the umpire for clarification.

E. All decisions made by the league director (or league member if applicable) are final in all games.

F. Any disrespectful conduct by any coach, player, or fan will be reviewed by the league director and the CGYB executive board and could result in a suspension and/or removal from the league.