

SERRA MESA LITTLE LEAGUE

LOCAL RULES

Approved by the Board of Directors on January 28, 2026

Tracking Table of Proposed Local Rules Changes

Section	Change	Date Approved
N/A	N/A	January 16, 2026
1.6; 5.6	Amended to update playing rules	January 28, 2026

Table of Contents

SECTION 1 — GENERAL RULES	3
1.1 Little League Rulebook Precedence	3
1.2 Registration Requirements	3
1.3 Conduct Requirements	3
1.4 Player Equipment	3
1.5 Dugout Rules	3
1.6 Minimum Play	3
1.7 Borrowed Players	4
1.8 Chain of Communication	4
SECTION 2 — GAME PROCEDURES	4
2.1 Game Start Times	4
2.2 Game Cancellations	4
2.3 Field Preparation & Breakdown	4
2.4 Scorekeeping & Pitch Count	5
2.5 Warm-Ups & Safety	5
2.6 Umpire Authority	5
2.7 Board Member On Duty (BMOD) Authority	5
SECTION 3 — SAFETY REGULATIONS	5
3.1 General Safety	5
3.2 Lightning Protocol	5
3.3 Air Quality Policy	5
3.4 Injury Return-to-Play	5
3.5 Mandatory Volunteer Training	5
SECTION 4 — PRACTICES & DIVISION STRUCTURE	6
4.1 Practice Frequency	6
4.2 Practice Progression Standard	6
4.3 Approved Practice Facilities	6
4.4 Supervision	6
4.5 Communication Platforms	6
4.6 Division Leadership & Conflict of Interest	6
SECTION 5 — DIVISION PLAYING REGULATIONS	6
5.1 Player placement	6
5.2 Tee Ball Division	6
5.3 Rookies Division	7

5.4	<i>Caps Division</i>	7
5.5	<i>Minors Division</i>	7
5.6	<i>Majors Division</i>	7
5.7	<i>Intermediate Division (50/70)</i>	7
5.8	<i>Juniors Division</i>	8
5.9	<i>Division Playoffs</i>	8
5.10	<i>Division Pitching Rules</i>	8
SECTION 6 — ALL-STARS & TOC.....		8
6.1	<i>Tournament of Champions (TOC)</i>	8
A.	<i>Representation</i>	8
B.	<i>Manager & Coach Eligibility They must:</i>	8
C.	<i>Team Volunteer Requirements</i>	9
6.2	<i>All-Star Player Selection The committee may include:</i>	9
6.3	<i>All-Star Manager & Coach Selection Managers must:</i>	9
SECTION 7 — ADDITIONAL LEAGUE POLICIES.....		10
7.1	<i>Travel Ball Field Use</i>	10
7.2	<i>Zero Tolerance for Harassment</i>	10
7.3	<i>Social Media Policy</i>	10
7.4	<i>Draft Integrity</i>	10
7.5	<i>Manager Scorecard (Internal)</i>	10
7.6	<i>Dog Policy</i>	10
7.7	<i>Service Road & Parking Policy — Cabrillo Heights</i>	10

SECTION 1 — GENERAL RULES

1.1 Little League Rulebook Precedence

If the official Little League® Rulebook updates or changes a rule that conflicts with these Local Rules, the Little League Rulebook prevails.

SMLL always defaults to the most current Little League rules and regulations.

SMLL, its Board, managers, coaches, volunteers, and members shall act in accordance with both the letter and the spirit of Little League rules, Bylaws, and values. No individual shall manipulate, circumvent, or exploit any rule, placement, policy, or process for personal, competitive, or team advantage.

1.2 Registration Requirements

All players must complete registration, medical release forms, and proof-of-age documentation before participating in any League activity.

1.3 Conduct Requirements

- All participants must follow the League Code of Conduct.
- Only the Manager may address the umpire.
- Verbal or physical abuse of umpires results in immediate removal.
- Managers may not approach umpires after games for any reason.
- Parents may not confront coaches after games; a 24-hour cooling-off period applies.
- Spectators may not stand directly behind the backstop or behind home plate.
- No warm-up swings outside the batter's box; only the current batter may hold a bat.

1.4 Player Equipment

- Helmets must be worn by batters, runners, and base coaches.
- Catchers must wear full protective gear, including a throat guard and cup.
- Metal cleats are permitted only in the Juniors division.

1.5 Dugout Rules

- The home team uses the first-base dugout.
- Only the Manager, two Coaches, and rostered players may be in the dugout.
- One approved adult must be present in the dugout at all times.
- No food, gum, or seeds allowed inside the dugout.
- Electronics are limited to GameChanger scoring devices.
- No climbing fences, benches, or engaging in horseplay.
- Dugout gates must remain closed and latched during play.

1.6 Minimum Play

a. Minors Division and below:

Minors, Caps, Rookies, and Tee Ball divisions shall follow the League's minimum play requirements as established in the prior season.

b. Majors Division:

The Majors Division shall use continuous batting and shall also follow Little League International's minimum play rule as defined in the Official Playing Rules.

c. Intermediate and Juniors Divisions:

Intermediate and Juniors divisions shall follow Little League International's standard minimum play rule as defined in the Official Playing Rules.

Managers must report any violations to the Player Agent. Failure to comply may result in disciplinary action.

Players must meet all Little League minimum play requirements.

1.7 Borrowed Players

- Borrowed players must bat last and may not pitch.
- They may not displace rostered players from their normal batting order positions or mandatory fielding positions.

1.8 Chain of Communication

To resolve concerns, families must follow this order:

- First, Manager;
- Second, Division Coach Coordinator;
- Third, Player Agent;
- Fourth, President.

Skipping steps is not permitted except in emergencies.

SECTION 2 — GAME PROCEDURES

2.1 Game Start Times

Games may start at 4:30 PM before the start of Daylight-Saving Time and at 5:00 PM after the start of Daylight-Saving Time, unless interleague requirements dictate otherwise.

2.2 Game Cancellations

Before the first pitch, only the President or Vice President may cancel a game.

After the first pitch, the umpire has full authority over cancellations or suspensions.

2.3 Field Preparation & Breakdown

- Field prep and breakdown are required responsibilities for each game and do not count toward volunteer hours.
- The home team is responsible for field prep
- The visiting team is responsible for the cleanup & breakdown

- 2.4 Scorekeeping & Pitch Count
- The home team keeps the official scorebook.
 - Visiting team tracks pitch count.
 - Managers must ensure a trained GameChanger scorekeeper is assigned.
- 2.5 Warm-Ups & Safety
- No live-bat warmups near bleachers or spectators.
 - No swinging bats outside the batter's box.
- 2.6 Umpire Authority
- Umpires maintain authority over all gameplay and safety decisions.
 - Only the Manager may address the umpire.
 - Recording umpires for critique, dispute, or social media use is prohibited.
- 2.7 Board Member On Duty (BMOD) Authority
- The Board Member on Duty may remove spectators or halt play when:
 - Enforcing any safety or conduct rules.
 - Providing harassment/ threat protection to umpires

SECTION 3 — SAFETY REGULATIONS

3.1 General Safety

Play must stop immediately if conditions become unsafe.

3.2 Lightning Protocol

Suspend play for 30 minutes after each lightning strike within 10 miles.

3.3 Air Quality Policy

- AQI >150: no practices or games
- AQI 100–150: modified activities only

3.4 Injury Return-to-Play

Players removed due to injury must be cleared by a parent/guardian or medical professional before returning to play.

3.5 Mandatory Volunteer Training

All managers, coaches, and on-field volunteers must complete all Little League–required trainings, including:

- Abuse Awareness for Adults
- Concussion Training
- Sudden Cardiac Arrest Training (if required)
- Coaching for Winning and Life Lessons (via Positive Coaching Alliance)

Proof of completion must be submitted before the first practice.

Individuals who do not complete all required training may not participate in practices or games until fully compliant.

SECTION 4 — PRACTICES & DIVISION STRUCTURE

4.1 Practice Frequency

- Preseason: up to 2 practices per week
- In-season: 1 practice per week (Tee Ball may vary)

4.2 Practice Progression Standard

All team managers and coaches are required to:

- Review the League's official practice progression each season
- Incorporate the minimum required elements into team practices
- Maintain warm-up, throwing, and safety routines aligned with League standards
- Participate in preseason training/briefing on the practice progression

Coaches retain flexibility in teaching style while adhering to the League's developmental and safety standards.

4.3 Approved Practice Facilities

Cabrillo, Juarez, Wegeforth, Serra Mesa Recreation Center, Angier, Kearny Mesa Recreation Center, plus any Board-approved location, including batting cages and indoor facilities.

4.4 Supervision

A Manager or approved adult must supervise all practices.

4.5 Communication Platforms

GameChanger and email are the official communication platforms for League business.

4.6 Division Leadership & Conflict of Interest

A Manager or Coach may not serve as the Coach Coordinator for a division in which their team or child participates. This applies to both:

- Upper Divisions Coach Coordinator (Minors–Juniors)
- Lower Divisions Coach Coordinator (Tee Ball–Caps)

SECTION 5 — DIVISION PLAYING REGULATIONS

These rules apply to all divisions unless superseded by the Little League® Rulebook (see Section 1.9).

5.1 Player placement

Shall be based strictly on Little League age, safety considerations, and demonstrated developmental readiness as outlined in Little League Regulation IV.

5.2 Tee Ball Division

- No official scores or standings
- No outs recorded

- All players bat each inning
 - Coaches may be on the field
 - Safety balls only
 - 1-hour time limit
- 5.3 Rookies Division
- Coach pitch
 - 3 strikes or 5 total pitches, whichever comes first
 - No walks
 - 3 outs or full lineup batting (League option)
 - 1 hr 15-min time limit
 - No base stealing
 - Coaches allowed on the field for defense
- 5.4 Caps Division
- Hybrid player-pitch / coach-pitch
 - No stealing home
 - Runners may steal only after the pitch crosses the plate
 - 1 hr 20-min time limit
 - 5-run limit per inning
 - Pitchers removed after hitting 2 batters in an inning
- 5.5 Minors Division
- Standard LL Minors rules
 - Stealing allowed; no leading off
 - Pitchers removed after 3 hit batters
 - 5-run maximum per inning (open final inning)
 - 6-inning regulation
 - No new inning after 1 hr 45 min
 - 10-run rule after 4 innings
- 5.6 Majors Division
- Standard LL Majors rules
 - Steals permitted; no leading off
 - Pitchers removed after 3 hit batters
 - 6-inning regulation
 - No run limit
 - No new inning after 1 hr 45 min
 - 10-run rule after 4 innings
 - Continuous batting shall be used for all games.
- 5.7 Intermediate Division (50/70)
- Standard Little League Intermediate (50/70) rules
 - 50-foot pitching distance and 70-foot base paths
 - Leading off and pickoffs permitted
 - 7-inning regulation

- No new inning after 2 hours
- No run limit
- 10-run rule after 5 innings
- Metal cleats permitted

5.8 Juniors Division

- Full baseball rules
- Leading off & pickoffs allowed
- 7-inning regulation
- No new inning after 2 hours
- 10-run rule after 5 innings
- Metal cleats permitted

5.9 Division Playoffs

Applies to Minors, Majors, Intermediate and Juniors. Tiebreakers:

- Head-to-head
- Runs allowed
- Runs scored
- Coin toss

5.10 Division Pitching Rules

- LL pitch count rules apply: In accordance with Pitch Smart guidelines
- Daily limits
- Rest days
- Catcher-to-pitcher restrictions
- Ineligible pitcher rules
- Players who assess down from Juniors may not pitch in Majors

SECTION 6 — ALL-STARS & TOC

6.1 Tournament of Champions (TOC)

Failure to meet these requirements will result in TOC ineligibility.

A. Representation

Regular-season champions represent SMLL, pending eligibility.

B. Manager & Coach Eligibility They must:

- Complete all required trainings
- Have no ejections
- Have no unresolved conduct issues
- Attend required practices/games
- Provide three (3) umpire assignments for the season
- These umpire assignments do NOT count toward the team's volunteer-hour requirement
- Any trained adult affiliated with the team may serve as the umpire for these assignments

C. Team Volunteer Requirements

Majors teams must complete 10 verified volunteer hours. Minors teams must complete 10 verified volunteer hours.

Volunteer hours must be logged and verified before final standings are posted. Teams that do not meet the required hours are ineligible for the Tournament of Champions (TOC).

Qualifying volunteer hours include:

- Concessions shifts
- Field maintenance or special-project workdays
- League special events
- Any other Board-approved volunteer service

Non-qualifying hours include:

- Manager, coach, or team parent time
- Scorekeeping
- Dugout duty
- Base coaching
- Field prep or breakdown
- Any required team role

6.2 All-Star Player Selection The committee may include:

- Player Agent (Chair)
- President (optional)
- 2–4 neutral, Board-appointed members
- Managers/coaches may not serve.

Eligibility shall be age-based in accordance with Little League International tournament rules. In addition, a player must demonstrate participation, commitment, and appropriate conduct during the regular season, regardless of regular-season division placement.

Evaluation includes: skill, Baseball IQ, coachability, attitude, effort, sportsmanship, attendance, conduct, and compliance.

Process:

- Midseason manager evaluations (input only)
- Committee review
- Ranking
- Board compliance review
- All records confidential

6.3 All-Star Manager & Coach Selection Managers must:

- Complete all required trainings
- Have no ejections
- Have no unresolved conduct issues

- Meet attendance/compliance expectations
- Provide umpire assignments
- Submit a written statement of interest

At no time will All-Star coaching positions be assumed or granted due to a team's record, division standing, or on-field success. Selection is not guaranteed and is determined only through the formal Board-approved process.

Committee reviews; Board approves by two-thirds vote. Assistant coaches are selected after the rosters are finalized.

SECTION 7 — ADDITIONAL LEAGUE POLICIES

7.1 Travel Ball Field Use

Requires Little League International approval, insurance, adherence to blackout dates, and fields left in good condition.

7.2 Zero Tolerance for Harassment

Any harassment or aggressive behavior toward volunteers, coaches, umpires, players, or Board members may result in immediate removal or suspension.

7.3 Social Media Policy

- No posting photos/videos of umpires
- No negative posts about players, coaches, or volunteers
- No dugout photos
- No livestreaming games or team activities without League approval
- Live game streaming through the official GameChanger platform is permitted by default

7.4 Draft Integrity

- No pre-draft agreements
- No discussing draft placement
- No influencing other managers
- Player Agent may impose penalties (including loss of picks)

7.5 Manager Scorecard (Internal)

Managers may be evaluated on attendance, communication, sportsmanship, compliance, conduct, and parent feedback.

7.6 Dog Policy

Dogs must be on a leash and under control at all times, are not allowed on the field or in dugouts, and handlers must comply with all City and League safety rules.

7.7 Service Road & Parking Policy — Cabrillo Heights

Parking along the Cabrillo Heights service road is strictly prohibited.

Permitted access is limited to:

- Drop-off of heavy equipment
- Delivery of official Little League supplies

Time Limit

- Vehicles may not remain longer than 30 minutes
- First offense → written warning
- Second offense → suspension review Authorized Vehicles (Up to 5 total)

The following may park on the service road only when performing official League or District duties:

- SMLL Board Members
- District 33 staff
- Umpires assigned to officiate games

Event Vendors

- May park temporarily when supporting an approved League event
- Subject to BMOD oversight

Misuse may result in loss of service-road access.