

LOCAL RULES & LEAGUE OPTIONS:

T-Ball Division

- A.** The T-Ball division shall be a non-competitive instructional division.
- B.** Players of ages 4, 5 & 6 shall be eligible for T-Ball.
- C.** There are no strikeouts in T-Ball.
- D.** The inning is completed after each player on the roster has batted in that inning. Players should be taken off of the base when an out is made.
- E.** A game shall consist of 3 innings or 1 hour
- F.** A manager will have a minimum of 2 coaches / parent volunteers to help them on the field. At the manager's discretion they may have up to 4 coaches / parent volunteers. All Coaches and Parent Volunteers must pass a background check.
- G.** Teams will automatically be assigned by league. Coach/ player requests are only requests.
- H.** All players must use a batting tee when batting.

Rookie Division (Coach Pitch)

The SHLL Rookie Division is a non-competitive, instructional division of Little League Baseball. The first half of the season (7-8 games) should be used as a learning tool by the coaches in order to prepare the players for competitive baseball. The league will not provide umpires. Coaches from each team must umpire the bases. The score will be kept for the purpose of playoffs. All teams must use the gamechanger app. Home Team is the official score book.

- A.** The Rookie division shall be a non-competitive instructional division.
- B.** Coaches will receive 8 player holds based on coach being requested or player teammate request. All other players will be automatically assigned.
- C.** Players of ages 6, 7, & 8 shall be eligible for the Rookie Division. 6-year olds must have had one season of T-ball.
- D.** If a portable pitching mound is present on the field of play, the coach may pitch from the very front of said mound. His/her back foot will be at the very front of the pitching mound when pitch is released. If no mound is provided by the league, the coach will pitch from the front white plate, or 30ft from home plate. The defensive pitcher position must be within 18 inches on either side adjacent to the pitching mound, if mound is present. Players must be even or behind the coach who is pitching. If a chalked circle is provided, the player can have one foot in the circle and one foot out. However, they must be even with or behind the pitcher (coach) throwing. If no mound or circle is present by the league, the defensive player will play within one arm's length from the coach. To be clear this is the coach's arm's

length, not the player. Same rules apply if no mound or circle is present, the defensive player must play even with or behind the pitcher (coach). **Coach must stay in circle while pitching.**

E. The inning is completed after 3 outs, 5 runs, or each player on the roster has batted in that inning.

F. There is a 8 pitch maximum per batter. If the 8th pitch is hit foul, then there will be an additional pitch.

The at-bat will not end on a foul ball.

G. Play is dead when the pitcher or coach has control of the ball on the pitcher's mound. If the runner is past half way, then he may continue to the next base. If the runner is not yet halfway to the next base, the runner will be returned to the previous base. A trailing runner, even though more than half way, may not force a leading runner who is not more than half way. This rule is intended to restrict over aggressive base running. The pitching coach is there to pitch to their team, **not coach**. It is imperative that the pitching coach pay attention to the defense while on the mound.

H. Players who intentionally remove their helmet while running the bases shall be called out.

I. Before the game begins both coaches must agree whether to play 3 or 4 outfielders during the entire game. If 3 is decided, you must only play 3 for the entire game, no changes can be made during the game.

J. A game shall consist of 6 innings with a kill time (all play will stop) of 1 hour and 45 minutes. If a drop dead time is met, the score will revert back to the last completed inning score.

K. A total of 4 coaches per team will be allowed, including the pitcher. At least 1 coach must be in the dugout at all times. If there is no dugout coach, the game will be stopped until a coach has been provided with the appropriate background check. The dugout coach is there to ensure that all players are engaged with the game, prepared to play and to supervise the overall safety in the dugout. The dugout coach is not there to coach the players on the field.

L. The defensive team will provide an approved adult volunteer to back-up the catcher.

M. The Home team is the official scorekeeper. All scores must be put into GameChanger. Southern Highlands little league has its own league GameChanger where your team will be entered. Please use this system for all scores. Pitch counts will be monitored through this app. Head coaches must assign a parent or assistant coach to GameChanger responsibilities for each game. As stated before, the home team is ultimately responsible for official results of the game, but we highly recommend that the visiting team keeps score as well, in case of any discrepancy. The umpires will defer to the home team for any questions about scores but can ask the visiting score keeper questions if needed.

Minor Division

A. Players of ages 8-10yrs old shall be eligible for the Minor Division. (6-7yr old must have board approval)

B. Coaches will draft using option A in the rule book. Coaches will have one hold and a sponsor hold. All holds must be in writing to the Player Agent before the first tryout. All Coaches must agree on teams prior to coaches leaving the meeting.

C. Teams taking the field in between innings will have 2 minutes to take the field and complete all warmup pitches. After 2 minutes the umpires will put the ball into play.

D. Minors Division AA/AAA game shall consist of 6 innings or 1 hour 45 minutes. NO NEW INNING WILL START AFTER THE 1:30 MINUTE MARK. Game will be called at 1:45 Minutes. At the drop-dead time the score will revert back to the last completed inning. If the game is tied at the drop-dead time of 1:45 minutes the game ends in a tie (does not revert). If the home team takes the lead in the final inning and time is called the home team wins (does not revert back).

E. All SHLL Minor Division teams will bat their entire team.

F. 3rd base is unlocked in the minors' division. The runner may advance by a passed ball, a ball put in play, walk, or hit by a pitch (automatic base).

G. There will be a 5 run maximum in each inning. Once a team has scored 5 runs the inning is over for that team. However, if the Visiting team is down by more than 5 runs going into the 6th inning, they will still get their at bat as long as the time limit has not expired. Home team will not get at bat if ahead in last inning.

H. During the regular season every team will bat their entire lineup and you can make free defensive substitutions. Each player must play at least 2 consecutive defensive innings (6 outs).

I. After entering the batter's box, the batter must remain in the box with at least one (1) foot throughout the at-bat.

EXCEPTIONS:

1. On a swing, slap, or check swing.
2. When forced out of the box by a pitch.
3. When the batter attempts a "drag bunt".
4. When the catcher does not catch the pitched ball.
5. When a play has been attempted.
6. When time has been called.

7. When the pitcher leaves the dirt area of the pitching mound or takes a position more than five (5) feet from the pitcher's plate after receiving the ball or the catcher leaves the catcher's box.

8. On a three (3) ball count pitch that is a strike that the batter thinks is a ball.

PENALTY: If the batter leaves the batter's box or delays play and none of the exceptions apply, the umpire shall warn the batter. After one (1) warning on a batter, the umpire shall call a strike. Any number of strikes can be called on each batter. No pitch has to be thrown, the ball is dead, and no runners may advance.

NOTE: The batter may return their position in the batter's box and assume the new count at any time during the at-bat, unless such enforced penalty is the third strike.

J. The Home team is the official scorekeeper. All scores must be put into GameChanger. Southern Highlands little league has its own league GameChanger where your team will be entered. Please use this system for all scores. Pitch counts will be monitored through this app. Head coaches must assign a parent or assistant coach to GameChanger responsibilities for each game. As stated before, the home team is ultimately responsible for official results of the game, but we highly recommend that the visiting team keeps score as well, in case of any discrepancy. The umpires will defer to the home team for any questions about scores but can ask the visiting score keeper questions if needed.

K. Stealing. Players may steal but cannot lead off. Player's foot must remain on the bag until the pitch has crossed home plate, NOT when the pitch has left the pitchers hand. If player leaves early, they may be called out. (Umpires discretion as to call them out or simply send them back to the bag.)

L. Courtesy runner can be used for the player that is currently in the line-up as catcher prior to two outs . The last batted out will be the courtesy runner without exception. Courtesy runner is mandatory with two outs with the last batted out running.

M. Mercy Rule

- The game ends if a team is ahead by 15 runs after 3 innings.
- The game ends if a team is ahead by 10 runs or more after the 4th inning.
- The game ends if a team is ahead by 10 runs or more at the end of any inning after the 4th.

N. Baseball pitchers league age 14 and under. (75 Pitches max) For the safety of all players, pitch counts will be strictly adhered to.

- [1-20 Pitches = 0 Days Rest](#)
- [21-35 Pitches = 1 Day Rest](#)
- [36-50 Pitches = 2 Days Rest](#)
- [51-65 Pitches = 3 Days Rest](#)
- [66+ Pitches = 4 Days Rest](#)

N. Drop third strike is in effect starting week of April 13th 2026 spring season.

Major Division

A. Players of ages 9-12yr old shall be eligible for the Major Division.

B. Majors players will draft using First Option plan A

C. The Home team is the official scorekeeper. The Home team is the official scorekeeper. All scores must be put into GameChanger. Southern Highlands little league has its own league GameChanger where your team will be entered. Please use this system for all scores. Pitch counts will be monitored through this app. Head coaches must assign a parent or assistant coach to GameChanger responsibilities for each game. As stated before, the home team is ultimately responsible for official results of the game, but we highly recommend that the visiting team keeps score as well, in case of any discrepancy. The umpires

will defer to the home team for any questions about scores but can ask the visiting score keeper questions if needed.

D. A game shall consist of 6 innings. There will be a time limit of 2 hours (drop dead) with no new inning after 1:45 minutes. Games can end in a tie. At the drop dead time the score will revert back to the last completed inning. If the game is tied at the drop dead time of 2:00 hours the game ends in a tie (does not revert). If the home team takes the lead in the final inning and time is called the home team wins (does not revert back).

D. During the regular season every team will bat their entire lineup and you can make free defensive substitutions. Each player must play at least 2 consecutive defensive innings (6 outs).

Tournament play will go back to tournament rules.

E. Courtesy runner can be used for the player that is currently in the line-up as catcher prior to two outs. The last batted out will be the courtesy runner without exception. Courtesy runner is mandatory with two outs with the last batted out running.

F. Drop third strike in effect.

G. After entering the batter's box, the batter must remain in the box with at least one (1) foot throughout the at-bat. EXCEPTIONS:

1. On a swing, slap, or check swing.
2. When forced out of the box by a pitch.
3. When the batter attempts a "drag bunt".
4. When the catcher does not catch the pitched ball.
5. When a play has been attempted.
6. When time has been called.
7. When the pitcher leaves the dirt area of the pitching mound or takes a position more than five (5) feet from the pitcher's plate after receiving the ball or the catcher leaves the catcher's box.
8. On a three (3) ball count pitch that is a strike that the batter thinks is a ball.

PENALTY: If the batter leaves the batter's box or delays play and none of the exceptions apply, the umpire shall warn the batter. After one (1) warning on a batter, the umpire shall call a strike. Any number of strikes can be called on each batter. No pitch has to be thrown, the ball is dead, and no runners may advance.

NOTE: The batter may return their position in the batter's box and assume the new count at any time during the at-bat, unless such enforced penalty is the third strike.

Mercy Rule

I. 15 Run rule: If, after 4 innings (3½ if home team leads) one team has a lead of fifteen (15) runs or more, the manager of the team with the least runs shall concede the victory to the opponent.

10 Run rule: If, after 5 innings (4 ½ if home team leads) one team has a lead of ten (10) runs or more, the manager of the team with the least runs shall concede the victory to the opponent.

Updated: 10/17/2025