** **

**WETUMPKA YOUTH BASEBALL & SOFTBALL PROGRAM OPERATION RULES**

**Baseball Rules**

Based on USSSA Baseball Rules with local league exceptions as determined by Parks and Recreation Baseball/Softball Coordinator

**Softball Rules**

Based on AAYS Softball Rules with local league exceptions as determined by Parks and Recreation Baseball/Softball Coordinator

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[Wetumpka Sports Complex - Home | Facebook](https://www.facebook.com/Wetumpkasportscomplex/)

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**Wetumpka Baseball & Softball Recreation League**

**2023 Spring Youth Baseball / Softball Program Operation Rules**

**(Developed by the Wetumpka Parks and Recreation Baseball/Softball Coordinator)**

# Section I – General Overview

## WETUMPKA PARKS AND RECREATION MISSION STATEMENT:

To provide recreational programs that offer a fun, safe learning environment for all children wishing to participate in baseball and softball activities. We strive to teach the integrity of the game of baseball/softball and help players understand the game's greatness while learning the life lessons associated with each. Our goal for each participant is to provide; the best learning atmosphere, increase the competitive level of play and enjoy the great attributes of fun the sport offers. We meet our mission objectives by; putting athletes first and establishing credibility with parents and volunteers. In addition, through a standards-based approach, we ensure volunteers receive training objectives and possess adequate knowledge and motivation to elevate every athlete's ability to play in their selected sports community.

## RULES GOVERNING PLAY

1. WBSRL Spring Youth Baseball league play shall follow USSSA Recreation Baseball Rules
2. WBSRL Spring Youth Softball League play shall follow AAYS Softball Rules
3. Local League Exceptions take priority over governing body rules during WBSRL regular season league play and local Tournament play.
4. **SPORTS COMPLEX RULES**

* The Smoking or tobacco use of any kind (including vaping and chewing tobacco) and consuming alcohol in all areas of the Wetumpka Sports Complex and City Park facilities by City Ordinance.
* No alcoholic beverage (This includes the parking lots)
* No pets; service dogs are allowed with a license provided by the (sports complex)
* No firearms or explosives are permitted within the sports complex
* No profanity or loud threatening language
* No loud music. Teams may use walk-up music played at a minimal level.
* No hitting into the fences
* Use only the designated area(s) for warm-ups
* In case of lightning, the on-duty Sports Complex Coordinator will signal play is stopped using an air horn. All fields and parks will immediately be cleared. Teams and parents can wait in their cars until signaled that play is resumed. Play will not resume until there has been a 30-minute interval since the last flash of lightning or sound of thunder

## Parks and Recreation Policy

1. Wetumpka Parks and Recreation has a ***zero-tolerance policy***; any violation of the following could result in an indefinite suspension or lifetime ban from Parks and Recreation activities.
2. It includes, but is not limited to: fighting, profanity, physical contact or aggressive behavior towards an individual, and belittlement of players.

## Coaches Code of Conduct

1. Be a positive role model.
2. Remain sensitive to the physical and emotional well-being of the players on my team.
3. I will display and instill in my players the principles of good sportsmanship and team play.
4. Do my best to provide a positive experience for all players.
5. Ensure my team always displays respect and good sportsmanship towards other players.
6. Treat all players, parents, spectators, and league officials with respect.
7. Provide instruction in a manner that is constructive and supportive.
8. Never ridicule or demean players on my own or other teams, officials, parents, or other program participants.
9. Not tolerate behavior that endangers the health or well-being of a child.
10. Complete all required training, including concussion recognition education.
11. Comply with the decisions of league officials and observe all rules, policies, and procedures as established or endorsed by Wetumpka Parks and Recreation (WPR).
12. Teach the sport to the best of your ability.
13. Be drug and alcohol-free while at any WPR sporting events.
14. Refrain from using any tobacco products during a WPR activity.

## AGE ELIGIBILITY / PLAYING REQUIREMENTS

1. **Baseball**
   1. Players' age determines the division in which a player will participate. For Spring 2023, A player's age determines the division in which a player will participate. For Spring 2023, the Age Determination Date under USSSA Baseball Rules is the actual age of a child as of 30 April 2023 of the current season.
      1. Example: For the 2023 Spring Season, if a player's date of birth is 4/30/2018, the player is considered (5) years old and would play in the 6U League. If a player's date of birth is 5/1/2018, the player would be regarded as (4) years old and not eligible.
   2. Parents may request their child be allowed to play in an older division. Submit requests in writing to the RLC, which will make the final decision.
   3. Players may only compete for 1 team in the WBSRL Regular Season.
   4. Girls may participate on boys' baseball teams.
2. **SOFTBALL**
3. Players' age determines the division in which a player will participate. For Spring 2023, the Age Determination Date under AAYS Softball Rules is the actual age of a child as of 1 January 2023 of the current season.
4. Example: For the 2023 Spring Season, if a player's date of birth is 1/1/2018, the player is considered 5 years old and would play in the 6U League. If a player's date of birth is 1/2/2019, the player would be regarded as 4 years old and not eligible.
5. Parents may request their child be allowed to play in an older division. Submit requests in writing to the Recreation League Coordinator (RLC), which will make the final decision.
6. Players may only compete for 1 team in the WBSRL Regular Season.
7. Boys may not participate in girls' teams.

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# Section II – Volunteer Coach Program Guidelines

## COACH SELECTION/TEAM ASSIGNMENT

1. **VOLUNTEER COACH PROGRAM SELECTION**
2. REGISTRATION IS NOT A GUARANTEE OF A COACHING POSITION. TEAMS ARE FORMED BASED ON THE NUMBER OF PLAYERS REGISTERED, AND POSITION AVAILABILITY DETERMINES ASSIGNMENT REQUIREMENTS! WE STRIVE TO HAVE BETWEEN TEAM SIZES BETWEEN 9-11 BUT NO HIGHER THAN TWELVE EXCEPT IN THE OLDER AGE GROUPS.
3. **Coach Assignment Criteria**
   1. Priority One: All persons wishing to coach as a volunteer for WPR must be of good moral character and agree to represent the ideals outlined in the WPR Mission statement. All Managers, Assistant Coaches, and Dugout Assistants must represent WPR positively and place each player and the team's development ahead of any personal goals related to achievement (win-loss records, tournament standings, etc.). Individuals who have demonstrated behavior contrary to these ideals will be evaluated and considered accordingly.
   2. Priority Two: Coaching experience within WPR Baseball and Softball programs. Note: New coaches with experience gained outside the WPR program must provide the RLC league president references to substantiate coaching experience. Returning coaches are evaluated before receiving a team assignment.
4. Factors that influence coaching assignments are:
   1. Change in the background check information
   2. Previous season ejections or umpire/parent incidents
   3. Training or skill development methods contrary to WPR mission statement
   4. Demonstrated lack of willingness to support or enforce WPR objectives and standards
   5. Failure to complete all required training and certifications
   6. Coaches who historically create drama or dysfunction with other coaches, umpires, or WPR officials/staff.
   7. Priority Three: Participate in all training received commensurate with the age group that the candidate desires to coach.
5. **Managers/Coach Selections**
   1. The RLC makes all coaching team assignments based on the priorities outlined above.
   2. The RLC must approve all coaches.
   3. The general sequence is:
      1. 1st priority - Fall season Managers in good standing receive their choice of division and team assignment.
      2. 2nd priority - Former assistant coaches requesting to become managers will receive team assignments.
      3. 3rd priority - New coaches to the WPR Volunteer Coaches Program with more than five years of coaching experience will receive team assignments once references are verified.
      4. 4th priority – The RLC will coordinate and select the most highly qualified assistant coaches available if additional coaches are required to fill formed teams.
   4. Managers must identify their first assistant coach before evaluations. After that, all other assistant coaches are secured through the drafting of their child.
   5. Managers can only Head Coach one team during the season. However, they may assist one other team if it does not detract from their head coaching responsibilities.
   6. Assist coaches may only assist one team during the season.

## COACH REMOVAL

* 1. Wetumpka Parks and Recreation reserves the authority to suspend or remove any team manager, coach, or dugout assistant.
     1. Removal may be for cause, demonstrated unsportsmanlike behavior or instruction, or repeated violation of WPR mission goals and objectives.

## COACH SCREENING, TRAINING REQUIREMENTS/PROCESS

* 1. **VOLUNTEER COACH BACKGROUND CONSENT/RELEASE FORM:** ***Every volunteer must submit and pass a national background check before assuming their prescribed role as Team manager, coach, or dugout assistant.*** Additionally, each volunteer must accomplish and provide proof of completion for all required training. Wetumpka Parks and Recreation Director must approve all volunteer coaches. No contact with registered youth will occur until the RLC provides notification of final approval. Email your completion certificate to the RLC ([rbass@cityofwetumpka.com](mailto:rbass@cityofwetumpka.com)) before practice or regular season games begin. Team Managers will ensure all their assistants have completed the volunteer certification process.
  2. **Mandatory Training and Consent**
  3. **First Aid/CPR/AED Training**: ([Youth Sports Injury Prevention & Education | CoachSafely Foundation](https://app.coachsafely.org/course)) Coaches are encouraged to receive education and training and become certified in case of an emergency.
  4. **COACHES CODE OF CONDUCT** [**Coach Code of Conduct.pdf (recdesk.com)**](https://wetumpka.recdesk.com/RecDeskPortal/Portals/1061/Coach%20Code%20of%20Conduct.pdf)
  5. **COACHES CONCUSSION TRAINING** [CoachesConcussionForm.docx (live.com)](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwetumpka.recdesk.com%2FRecDeskPortal%2FPortals%2F1061%2FCoachesConcussionForm.docx&wdOrigin=BROWSELINK)
  6. **Bullying Prevention Training Certification (**[**www.nays.org/resources/bullying.cfm**](http://www.nays.org/resources/bullying.cfm)**)**

## CONCUSSION & SUDDEN CARDIAC ARREST TRAINING (FOR PARENTS, PLAYERS, & COACHES)

1. The Alabama State Government law requires all youth athletic activities to establish guidelines to inform and educate coaches, youth athletes, parents/guardians, and other adults involved in youth athletics about the nature, risk, and symptoms of concussion, head injuries, and sudden cardiac arrest. In accordance with the law, the following are required:
2. **Coaches** – Prior to the first practice or competition, all coaches (Head & assistant, volunteer or paid) must review and sign a concussion, head injury, and sudden cardiac arrest information sheet.
3. **Parents/Guardians & Youth Athletes** – Before the first practice or competition, all youth athletes and the athlete's parent/guardian shall review a concussion, head injury, and sudden cardiac arrest information sheet. The youth athlete's parent/guardian will sign and return a form confirming this review.
4. **"When in doubt, sit them out"** – Any youth athlete who shows signs, symptoms, and behavior consistent with a concussion or sudden cardiac arrest shall immediately be removed from the activity or competition for evaluation by the coach, licensed health care professional, if available, or other designated person.
5. No athlete who has been removed from play due to a suspected concussion or sudden cardiac arrest shall return to practice or competition until the youth athlete is evaluated by a healthcare provider and receives written clearance from the healthcare provider before returning to play. (Health care provider shall be a certified athletic trainer, licensed nurse practitioner, physician's assistant, medical doctor, or osteopathic physician) More information can be found in the Youth Sports Concussion Policy and the Sudden Cardiac Arrest Policy. ([Youth Sports Injury Prevention & Education | CoachSafely Foundation](https://app.coachsafely.org/course))
6. **WPR CONCUSSION RULE** 
   1. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) must be immediately removed from the game, practice, or scrimmage by the player's coaches, the Umpire, or by WRBSL officials and shall not return to play that day. Further, the player shall not return to play until cleared with written authorization by a licensed physician, which must be provided to the RLC.
   2. When a player is removed from a game, practice, or scrimmage due to signs, symptoms, or behaviors consistent with a concussion, the team's Head Coach, or Assistant Coach acting as the Head Coach, will notify the Program Coordinator on the date of the occurrence. A Concussion Incident Report must be submitted within 24 hours to the RLC. If a player is removed during a game, the umpires shall note the player removed on the umpire card and notify the Umpire In Charge, who will notify the RLC on the date of the occurrence.

# Section III – Registration / Evaluation / Team Formation

1. **Registration**
   1. Registrations that occur after the closing date will have players waitlisted. Extension of the registration deadline will only happen if the number of players needed to complete a division has not been achieved.
   2. Players registered after the evaluation period will be assigned to the first team short of a complete-player roster. Should multiple teams be short of a full roster, the RLC will utilize the draft sequence to assign players to the short teams.
   3. Should a team fall below the required number of players, the RLC will find an equitable and satisfactory solution if necessary.
   4. Parents may request up to one Manager to which the player does not wish to be assigned. The request must be made in writing to the RLC at the time of registration. This option is unavailable if there are fewer than four (4) teams and only applies to Head coaches.
2. **PLAYER EVALUATION (TRYOUTS)**
   1. The RLC will schedule and arrange player evaluations for each age group.
   2. Each age group Manager and Assistant coach must attend evaluations. Managers that cannot participate in the evaluation will notify the RLC and communicate which assistant coach will serve as the Manager for evaluation scoring.
   3. Only the Manager's ratings will count in the player's rating.
   4. Assistant managers assist the RLC in running the evaluations.
   5. Every player present must receive a player rating from every coach.
   6. Team managers will turn their score sheets into the RLC once evaluations are completed. Each Manager can snapshot their sheet before turning it in. For 12U/14U and 15U, evaluations will include an independent evaluator (IE) with High school coaching or collegiate-level playing experience. The IE will score every player, and their evaluation rating will be incorporated into each player's overall rating.
   7. The Consolidated Player rating sheets will be distributed to each Manager at the player draft. In addition, upon draft completion, all evaluation sheets will be collected by the RLC. The purpose of the ratings is to help ensure a fair and equitable draft.
   8. A separate **"Pitch and Catch look"** station will be available for players in the 10U, 12U, 14U Baseball, and 15U Softball Divisions. Players must be "warm" in advance of their turn in the pitch and catch situations.
3. **PLAYER SELECTION GUIDELINES**
   1. The draft process will select all individuals participating in 6U, 8U, 10U, 12U, 14U, and 15U Divisions (exceptions to 14U/16U Division player selection are noted in Section IV (G).
   2. All players in 6U, 8U, 10U, 12U, 14U, and 15U must participate in a scheduled player evaluation (exceptions to 14U/15U Division player evaluation participation are noted in Section IV (G). Those players not attending player evaluations will have their names selected in a blind draw during the supplemental round. Players participating in the 14U/15U division that do not attend the player evaluation will be placed in a blind random draw for team assignment.
   3. All evaluators must participate in the entire player evaluation and score players using a scale of 1 to 5 in 1-point increments. Each player's high and low scores will be thrown out, and the remaining score sheets will be tallied. Players are to be assessed on this grading scale irrespective of age.

# Section IV – Player Draft Rules /Exceptions

1. **TEAM FORMATION (DRAFT)**
   1. Managers only will be a part of the official player draft. Should a manager not be able to make the draft, they can designate one assistant to serve in their capacity for the draft.
   2. A random draw will establish the draft position. This position will be held throughout the entire draft.
   3. The draft process will utilize a "Snake Draft." Each team has one pick per round, and the picks go in a predetermined order. After a round, the following round is in reverse order. So, for example, if you pick first in an odd-numbered round, you pick last in the even-numbered rounds.
   4. Only evaluated players will be part of the initial draft. Note: Players that did not attend the evaluation will have their names placed in a blind draw for selection during a supplemental draft round. Selection will occur after all evaluated players are chosen, and the draft rounds have concluded. Only teams with incomplete rosters may select players during the supplemental round. Order for the supplemental draft will remain consistent with the regular draft minus teams with complete rosters. *Note: If the draft has an odd number of rounds, or there are insufficient players to complete the last round evenly, the players available in the previous round will still be drafted in the order of the draft previously determined by the team domino draw.*
   5. **No team may have more than three (3) travel players assigned. For example, suppose a manager and their assistants combine for a total of (3) travel players. In that case, no other travel players can be selected during the draft.**
   6. The draft begins with the first pick and continues until all players are selected.
2. **DRAFT RULES:**
3. **There are no freezes.** 
   1. It is assumed that all managers/coaches' children will be drafted to the team coached by their parents. Exception: Managers/Coaches who choose not to have their child drafted to their team must notify the RLC before the draft begins. They will not be able to draft the child to their team, nor can they arrange an exchange. Note: The Managers must notify the RLC of their primary and secondary assistant coaches before the draft, and the RLC must be notified in writing by the Manager.
4. Managers and assistant coaches' children will be placed in appropriate evaluation groups based on their evaluation ratings and drafted according to draft grouping rules.
5. Sibling Rule: Managers who select a child with a sibling(s) must choose the sibling in the first available round associated with their grouping. Ex. Sibling A (8) is a group A player, but sibling B (7) is a group B player. Manager 1 chooses sibling A (8) in the first round, then Manager 1 must choose sibling B as their first pick in Group B with the seven-year-old group.
6. Only players who participated in evaluations can be drafted during the primary draft rounds. Players who did not attend evaluations will be drafted in the supplemental round using a blind draw. If one sibling attended evaluations and the other did not, the player attending will move to the supplemental round.
7. **DRAFT GROUPING/PROCESS RULES:**
8. **Using the player's evaluation ratings**, the RLC will distribute players into draft groupings based on the number of teams formed in each league as follows: (Note: Ex; is a 6 team league/60 players)
9. Group One (12) players: Top (6) oldest age group players and top (6) lower age group players with the highest evaluation ratings. EX. (6) 8-year-olds and (6) 7-year-olds. Each Manager gets one of each in the first round of selection.
   1. For 10U/12U/14U/15U, Boys and Girls **(Group One)** are all Pitchers and Catchers.
10. Group Two (24) players: Next (24) highest evaluated players are split between (12) oldest aged players and (12) younger age group players.
11. Group Three players: All remaining evaluated players are divided into older and younger age groupings.
12. In each selection round, managers will choose older then younger players regardless of grouping.
13. Supplemental players: These are all players who did not attend evaluations. These players are selected using a blind draw method. RLC controls the name of the child until their number is selected.
14. Teams with incomplete rosters after the draft's conclusion will be filled as each new player registers using the previously determined draft order. Acceptance of new player registrations will be allowed until the 3rd week of spring practice.
15. Before the draft concludes and at the discretion and approval of the RLC, managers may exchange players from one roster to another (by mutual agreement of the managers present). Note: The purpose of this rule is to accommodate players with special requests and/or circumstances. For requested exchanges to be considered and approved, the roster composition of each team involved in the exchange must remain such that at least THREE players from the older age group in the division and TWO players from the younger age group in the division are on the final roster.
16. After all, exchanges have been approved and finalized, the **"ROSTER"** is frozen, and the draft is concluded.
17. **Hardship assignment exception**. Due to hardship, parents may request to have their child paired with another rostered player. The request must be submitted in writing to the RLC before the draft occurs.
18. **TEAM NAME SELECTIONS (DRAFT)**
    1. The RLC will provide managers with a list of team name options.
    2. Managers will select team names using the same draft draw sequence.
    3. Managers may propose alternative names, but the RLC must approve all team names.
19. **14U Boys and 16U Girls DIVISION (DRAFT RULES)**
    1. 14U & 16U teams will generally be formed through player evaluations.
    2. All players will be drafted. Evaluations will occur before the middle school season begins. The draft or player assignment will occur shortly after that.
    3. No coach may practice any player that is a middle school or junior varsity team member. However, coaches may practice players who are not part of these teams.
    4. A Manager may bring up to 6 players, including the assistant coaches. (as long as the player's parents have agreed in writing to play for the Manager before the draft). Registered players who have not agreed to play for a manager will participate in a player evaluation.
    5. The number of registrants determines whether a draft will occur. The objective when forming teams is to create competitively balanced teams. In most cases, this will entail treating the players who have agreed to play with a manager as freezes. However, in some cases, the RLC may place certain players on a different team for competitive balance.
    6. Players may be assigned to teams based on input from middle school and junior varsity coaches. Each team will receive an equal distribution of pitchers and catchers to the maximum extent possible.

# Section V – Practice Dates / Game Schedules / Times

## PRACTICE SCHEDULES

* 1. The RLC will establish each division's practice schedule. Managers must coordinate changes to scheduled times with the RLC 24 hours in advance.
  2. After the 3rd week of practice, Managers can coordinate practice games against other teams and combine practice times. The practice length will not exceed the time initially allocated by the schedule. Managers will notify the Recreation League Coordinator.
  3. Practices will occur both on-field and in the batting cages on Monday/Tuesday/Thursday and Fridays. After 28 Feb there will be no on field practices on Fridays. However, managers can use the batting cages during daylight hours on weekends.
  4. Teams are encouraged to utilize batting cages to develop offensive skills and pitching form.
  5. Practices will occur as follows:
  6. Monday 5:30-8:30 pm
  7. Tuesday 5:30-8:30 pm
  8. Wednesday (No Practice)
  9. Thursday 5:30-8:30 pm

1. **GAME SCHEDULES AND TIMES**
   1. Games shall be played according to the schedule developed by the Recreation League Coordinator.
   2. Teams will play a minimum of 12 regular season games, (1) a mid-season tournament, and a league championship tournament.
   3. All games will be played at the Wetumpka Sports Complex. Exception: Leagues with two (2) or fewer teams may incorporate an interlock game schedule with teams from the surrounding area leagues, such as; Tallassee, Eclectic, Millbrook, Prattville, and Holtville. This could require travel to their parks as a home-and-home play situation. We will work hard to minimize the travel and to ensure a balanced number of games and competitions for all teams and players.
      1. Spring Season Start/End Dates (***tentative schedule: may change based on the number of teams formed***)
   4. Spring Season League Play begins on 27March 2023 and concludes by 04 May 2023.
   5. League play occurs on Mon/Tues/Thurs. Based on the number of teams formed, Friday may be utilized as a regular game night or flex day to support rain-outs.
   6. Spring Break: 20-24 March 2023 (No Games will occur this week. Managers may utilize batting cages from 09:00 am -5:00 pm).
   7. Pictures: Week of 27 March, Teams will receive a schedule with their date/time.
   8. Baseball will have a mid-season Spring tournament from 24-29 April 2023. This will involve playing at other Region 7 parks during the week and concludes with the Championship round on 29 April at Wetumpka Sports Complex.
   9. Softball will have a mid-season Spring tournament April TBD. This may involve playing at other parks within Elmore County during the week and concludes with the Championship round on 21 April at Wetumpka Sports Complex.
   10. League Championship week is 1-4 May. This week all divisions will play single elimination tournament bracket culminating in a tournament champion.
   11. Closing Ceremonies will be on 6 May 2023 at 0830 am. Regular season and League tournament champions are recognized, and each age group's All-Star team members, managers, and coaches are announced.
2. **LENGTH OF GAMES** 
   1. **Innings / Time Limits for Baseball & Softball**

|  |  |  |
| --- | --- | --- |
| **Age Group** | **Max Innings** | **OR Time Limit/No Innings Starts After** |
| 6U Coach Pitch | 6 | 60 Minutes/no new inning may begin after 55 minutes |
| Boys 8U | 6 | 60 Minutes/no new inning may begin after 55 minutes |
| Boys 10U | 6 | 75 Minutes or 6 innings whichever comes first  /no new inning may begin after 70 minutes |
| Boys 12U | 6 | 85 Minutes or 6 innings whichever comes first  /no new inning may begin after 80 minutes |
| Boys 14U | 7 | 90 Minutes / no new inning may begin after 85 minutes |
| Girls 6U Coach Pitch | 6 | 60 Minutes/no new inning may begin after 55 minutes |
| Girls 8U | 6 | 60 Minutes/no new inning may begin after 55 minutes |
| Girls 10U | 7 | 75 Minutes/no new inning may begin after 70 minutes |
| Girls 12U | 7 | 75 Minutes/no new inning may begin after 70 minutes |
| Girls 15U | 7 | 90 Minutes / no new inning may begin after 85 minutes |

1. **Mercy Rules for Baseball will follow USSSA rule 7.03.B and chart 7.03.B-1.**
2. **Mercy Rules for Softball** **will be 12 runs after 3 completed innings or 10 runs after 4 completed innings.**
3. **Tie Games for Baseball & Softball**
   1. International Tie-Breaker will be used.
      1. International Tie-Breaker – The last player to have an official at-bat in the previous inning shall be placed on 2nd base to start the new inning.
   2. Spring season games shall play 1 extra inning if the game is tied at the end of regulation time/innings, whichever occurs first. If the teams are tied after 1 extra inning, the game will be recorded as a tie.
   3. In Tournament play, the game shall be played until a winner is determined.
4. No new inning shall begin after time has expired. The bottom half of the inning will not be played if the home team is ahead after time has expired.
5. No new inning shall begin after 8:45 pm local time. For games Monday through Friday, the game shall end promptly at 9:00 pm regardless of the game's status. If the game ends in any portion of an inning due to the time curfew and the home team is ahead, the home team wins. Suppose the home team is behind at the conclusion of play. In that case, the score reverts to the previously completed full inning, and a winner is declared. Should the score be tied at the conclusion of play, the game will be declared a tie and reflected in the standings.
6. A new inning begins immediately after the third out is recorded in the bottom half of the current inning. The game shall be called if the game clock has less than five minutes or less remaining when the third out is recorded in the bottom half of the inning. This excludes games that have played the maximum number of innings or games that have ended because of the run rule.
7. Should the game be tied after the completion of the maximum number of innings, **rule C5** above will be enforced. Only one extra inning will be played during the regular season.
8. All games will start as scheduled. If games are behind schedule, no field warm-up is permitted before the start of the applicable scheduled game. The Umpire shall signal start of the game at the scheduled time unless otherwise instructed by the RLC. The RLC is the only person who may authorize a start after the officially scheduled game time or reduce the game's length to get games back on schedule. Any decision to reduce the game length shall be made before the start of the game, and the reduction shall not exceed 10 minutes.
9. Rained-out games are rescheduled in the order they were rained out. The RLC will notify both managers once the new date and time are determined. The number of games each team is scheduled to play in the week must be considered when rescheduling the games.

## 

## GAME OFFICIALS / MANAGEMENT

1. **UMPIRES**

1. **Training.** Mandatory training will be provided for umpires.
2. **Rate of Pay/Number per Game.** Umpires' rate of pay and number per game will be as negotiated by WBSRL with Umpire Association. The RLC will provide all league and tournament schedules to the Umpire Coordinator, who will schedule umpires.
3. 6U & 8U – 1 umpire.
4. 10U, 12U, & Girls 15U – 1/2 umpires. Games shall begin if only 1 umpire is present.
5. Umpires and coaches are responsible for maintaining the pace of play.
6. No player or coach shall intentionally slow play to run remaining time off the clock. Instead, it shall be the Umpire's responsibility to maintain the "normal" pace of the game.
7. Teams shall be allowed no more than 2 minutes between innings, with the pitcher receiving no more than five (5) warm-up pitches.
8. **Scorekeepers/Pitch Count Tracker.**
   1. For the Spring league season, each team will keep their scorebook. However, the home team maintains the official scorebook of record.
   2. Managers in 10U/12U/14U Boys Divisions are responsible for tracking the number of pitches thrown by their pitchers using the provided pitch count form. (see division rules for certifying counts).
   3. For Tournament games, the RLC will schedule and arrange payment through Parks and Recreation budget to pay an official scorekeeper. WPR will set the rate of pay.
9. **Background Checks.**
   1. Managers, Coaches, Dugout Assistants, Officials, and Scorekeepers must complete a Volunteer screening application and pass a background check to be eligible to work with the City of Wetumpka Parks and Recreation Department. The City of Wetumpka Parks and Recreation has the final authority on a person's acceptance to work as a volunteer or game management staff.

# Section VI – Baseball Age Group Playing Rules /Exceptions

## BASEBALL AGE GROUP PLAYING RULES

* 1. SPRING Season will follow USSSA Rec League rules except where local league rules are designated.
  2. Order of authority is 1) Local League rules; 2) USSSA REC League Rules; 3) The 2022 Official MLB Rules of Baseball and any MLB rules modifications in 2023.

|  |  |  |
| --- | --- | --- |
| **DIVISION OF PLAY** | **BASE PATHS** | **PITCHING DISTANCE** |
| **6U** | **60'** | **>25'** |
| **8U** | **60'** | **>32'** |
| **10U** | **65'** | **46'** |
| **12U** | **70'** | **50'** |
| **14U (60/90)** | **90'** | **60' 6** |

1. **LEAGUE CHAMPION SCORING**
   1. **A point system will determine the league champion/playoff seeding. A team will receive two (3) points for a win, one (1) point for a tie and no (0) points for a loss.**
   2. **Head to Head competition is used as the tiebreaker, 1) runs allowed, vs runs scored. If still tied then coin toss.**
2. **Player Equipment Requirements**
   1. **Players Equipment**
      1. must have fielding glove, rubber cleats, individual bat, and helmet w/facemask. All payers are encouraged to wear proper protecetive equipment.
   2. **Bats**
      1. All bats for age divisions 14U and younger must be permanently stamped with the new USSSA 1.15 BPF Mark (Chart 7.01.C), or BBCOR.50 Certified Mark or made of wood and manufactured by a licensed USSSA manufacturer. Bat cannot be on the USSSA banned list, parents are responsbile for ensuring compliance. Managers are responsible for ensuring all player bats are legal.
   3. **Balls**
      1. USSSA licensed baseballs must have a USSSA Mark, must weigh between 5 and 5.25 ounces, must have a circumference of between 8.95 and 9.25 inches, have a COR of between .5 and .555 and have an ASTM standard compression of between 200 and 350 pounds. LEAGUE EXCEPTION: The RLC determines ball to be used during regular season. Ball must meet weight, circumference, COR, and compression requirements similar to USSSA. Ball does not require USSSA markings. ALL tournament play will use USSSA licensed baseballs.

## 6U – Coach Pitch Baseball

1. **Field Dimensions.** 
   1. Bases: 60 feet
   2. Fair Ball Arc: There shall be a twenty (20) foot arc drawn from the first (1st) baseline to the third (3rd) baseline in front of home plate. A batted ball must go past this line to be a fair ball.
   3. Safety Arc: 30 feet
   4. Pitcher's Plate: There shall be a ten (10) foot diameter circle with the front edge at forty-two (42) feet from the rear point of home plate.
   5. Outfield Arc: 10 feet behind the baseline.
2. **Required Players for Game & Late Arriving Players.** If a team is short of players at game time, the game can begin with a minimum of 8 players. When the vacant and 9 & 10 spots in the batting order come up, they will be recorded as outs until/if those players arrive. All late players will be added to the bottom of the batting order.
3. **Coaches**
   1. Each team is encouraged to have 4 coaches per game.
   2. Coaches may change defensive positions during an inning.
   3. Two coaches may be positioned in **"FOUL TERRITORY"** along the outfield foul lines while their team is on defense—no more than one coach on each foul line.
   4. No coach is to be on the playing field within the chalked lines except for the coach pitcher. Umpires will 1st provide a defensive warning to the Manager and then restrict the offending coach to the dugout for a 2nd offense.
   5. Interference with the flow of the game and/or any unsportsmanlike conduct will result in the coach being ejected from the game.
   6. On offense, one coach will pitch to their team. The coach should position themself during an active play, so he does not disrupt the play or the players. Any interference during a play by the pitching coach will result in the batter being called out and all runners returning to their originating base. There should be one first-base coach and one third-base coach. There should be one coach in the dugout to control the players and ensure that the batting order is maintained so as not to delay the game.
4. **Defense.** 
   1. A maximum of 10 players may play in the field.
   2. If a team has 9 or fewer players, then a catcher is optional, and the coach has discretion on the number of outfielders to play.
   3. Using a catcher is the coach's choice. If used, the player must wear catcher protective gear and stand at the fence until the ball is put in play.
   4. The infield will consist of a Pitcher, a Catcher, 1B, 2B, SS, and 3B. All Infielders must be positioned on the dirt prior to a ball being batted.
   5. Outfielders may not be on the infield dirt prior to the ball being hit.
   6. The remaining players must be in the outfield. Outfielders must stay behind the outfield arc until the ball is hit.
   7. It is the Umpire's discretion to award a base if infielders or outfielders do not abide by rules (D/4-6) or replay the previous play.
   8. Should a defensive player(s) be out of position based on rule (4)/(5) or (6), the Umpire will call timeout, notify the defensive and offensive coach of the violation and give the offensive team a choice to take the result of the play or redo the play.
   9. There are no requirements on the position players must play during a game; however, coaches are encouraged to remember that all players enjoy seeing action regardless of perceived skill level. Coaches are encouraged to rotate players around the diamond throughout the season and to rotate their batting lineups.
   10. If a team has fewer than 8 players at the start of a game, coaches can arrange to share a player so the game can be played. The shared player will bat with their team in the lineup position turned in by the Manager at the start of the game. For example, a team with 8 players will bat 8 and record an out for the 9th position in the batting lineup. Teams may have up to 10 players in the field on defense.
   11. Teams shall have players in standard infield positions. The player in the pitching position may move back behind the pitching area but must remain within the infield lines.
       1. **A Batted Ball is to be thrown**, **not rolled to first base.**
       2. If a team runs their pitcher or player to any base instead of throwing the ball, the runner will be ruled safe. **Exception:** is fielder making a normal instinct baseball play.
          1. Example: The pitcher makes a play down the first base line, and he/she fields the ball close enough to first base that the normal baseball play is for the pitcher to tag the base or the runner. The same holds true for a ball fielded by the pitcher with a runner on 1st base. The pitcher must turn and posture to make a throw to 2nd base. If the base is uncovered and the runner has delayed their break for 2nd the pitcher can run to the bag or the runner and tag them out in a normal instinct baseball play.
   12. Outfielders must throw the ball to an infield player rather than running the ball into the infield. The lone exception is when an outfielder can make a play on a ball and tag second base.
   13. ***For overthrows to first base, the runner is allowed no more than one extra base.*** The Umpire will call time-stopping play and ensure runners are correctly positioned before play is resumed.
   14. Play will be stopped when an infield player controls the ball in front of a baserunner, or the ball is controlled inside the pitching circle. Runners who have advanced past the halfway mark between bases will be awarded the next base. If, when time is called, the runner has not reached the halfway point between bases, the Umpire will send the runner back to the previous base.
   15. Players must play their defensive position outside or inside the base paths (particularly 1st base with a runner on first) to clear the base path once the ball is hit if they are not making a play on the ball.
   16. Players must stand off the bag if a play is not being made to a respective base so that runners can make a proper turn at the base.
   17. Players are encouraged to use protective equipment when they deem it appropriate, according to Section 7 of the USSSA rulebook.
   18. The Player pitcher must start with at least one foot on the 40-foot rubber (furthest from the plate) before the ball is put in play. If a player cannot see the batter because of the pitching coach, they can slide to play 3 feet in either direction of the back rubber. The player must remain behind or even with the back rubber.
   19. The Manager may change a player's defensive position once during an inning. Managers are encouraged not to sit any player out in 2 consecutive defensive innings. Any error by a team regarding playing time shall be corrected immediately once noticed.
5. **Offense.** 
   1. The batting order shall constitute all present players on the team roster at the beginning of the game. Late arrivals shall be inserted at the bottom of the batting order. All players on the roster shall bat before returning to the top of the batting order. ***Coaches are encouraged to rotate their batting order each game, so the same players are not batting at the bottom or top of the lineup for every game.***
   2. The last batter clears the bases.
   3. Teams with more players at a game may bat "***player for player***." Ex. If Team A has (9) players and Team B has (10) players, each team will bat their whole team each half inning.
   4. All bats for age divisions 14U and younger must be stamped with the new USSSA 1.15 BPF Mark (Chart 7.01.C) or BBCOR.50 Certified Mark, made of wood and manufactured by a licensed USSSA manufacturer.
   5. No stealing – Players who leave the base early shall be called "out."
   6. No intentional walk!
   7. No infield fly rule
   8. No head-first slides into a base.
   9. Each player is allowed up to (5) pitches. Players have (4) pitches to put the ball in play before using a tee to assist the batter. A batting tee can only be used the first time through the lineup to keep the pace of play moving. The batters at bat ends with a swing and miss or ball in play. An at bat cannot end on a foul ball.
      1. A team may score a ***maximum of 7 runs*** per inning (including the last inning) or record 3 outs for the side to be retired.
      2. A player may advance more than one base at their own risk unless the advance results from an overthrow. (see defensive rule 13 above). Then, the play is dead, and the runner must stop once the ball crosses into the infield, i.e., once the ball is inside the basepath of the lead or trailing runner, the runner may continue to the base they were advancing but must stop at that point. After that, they may not advance any further. ***Umpires will call "time" when the defensive team possesses the ball in the infield and no attempt on the lead or trailing runner is made. Once time is called, the Umpire will check the trailing base runners' position to see if they have crossed the halfway hash. If the trailing player does not reach the halfway hash, they will return to the previous base.***
   10. All other rules are as outlined in the USSSA Rec League Rulebook.

## 8U Coach Pitch Baseball

1. **Field Dimensions.** 
   1. Bases: 60 feet
   2. Foul Ball Arc: 20 feet
   3. Safety Arc: 30 feet
   4. Pitcher's Plate: 42 feet from the rear point of the plate.
   5. Outfield Arc: 10' behind the baseline.
2. **Required Players for Game & Late Arriving Players.** If a team is short of players at game time, the game can begin with a minimum of 8 players. When the vacant 9 & 10 spots in the batting order come up, they will be recorded as outs until/if those players arrive. All late players will be added to the bottom of the batting order.
3. **Coaches**
   1. Each team is encouraged to have 4 coaches per game.
   2. Two coaches may be positioned in "FOUL TERRITORY" along the outfield foul lines while their team is on defense—no more than one coach on each foul line.
   3. No coach is to be on the playing field within the chalked lines except for the coach pitcher. Umpires will 1st provide a defensive warning to the Manager and then restrict the offending coach to the dugout for a 2nd offense.
   4. Interference with the flow of the game and/or any unsportsmanlike conduct will result in the coach being ejected from the game.
   5. On offense, one coach should pitch to their team. The coach should position himself during an active play, so he does not disrupt the play or the players. Any interference during a play by the pitching coach will result in the batter being called out and all runners returning to their originating base. There should be one first-base coach and one third-base coach. There should be one coach in the dugout to control the players and ensure that the batting order is maintained so as not to delay the game.
4. **Defense.** 
   1. A maximum of 10 players may play in the field.
   2. If a team has 9 or fewer players, using a catcher is optional, and the Manager has discretion on the number of outfielders to play.
      1. If a team has fewer than 9 players at the start of a game, coaches can arrange to share a player so the game can be played. The shared player will bat with their team in the lineup position turned in by the Manager at the start of the game. For example, a team with 9 players will bat 9 and record an out for the 10th position in the batting lineup. Teams may have up to 10 players in the field on defense. ***Note – teams are not required to have the same number of players in the field (i.e., if one team has 9 and one team has 10, then the team with 10 is not required to sit one player per inning)***
   3. Infield will consist of a Pitcher, Catcher, 1B, 2B, SS, 3B. All Infielders must be positioned in the dirt prior to a ball being batted.
   4. The catcher must wear a helmet with a face mask, chest protector, and shin guards. In addition, a personal cup is recommended, but not required, for the catcher.
   5. The catcher must be in a squatted position prior to the pitch being delivered. The catcher does not have to be in line with the pitcher.
   6. Outfielders may not be in the infield dirt prior to the ball being hit.
   7. There are no requirements on the position(s) players must play during a game; however, coaches are encouraged to remember that all players enjoy seeing action regardless of perceived skill level. Coaches are encouraged to rotate players around the diamond throughout the season and to rotate their batting lineups.
   8. **A Batted Ball is to be thrown, not rolled to first base.**
   9. **If a team runs their pitcher or player to any base instead of throwing the ball, the runner will be ruled safe. *Exception: is the player making a normal instinct baseball play.* Example: The pitcher makes a play down the first base line, and he/she fields the ball close enough first to base that the normal baseball play is for the pitcher to tag the base or the runner. The same holds for the ball fielded by the pitcher with a runner on 1st base. The pitcher must turn and posture to make a throw to 2nd base. If the base is uncovered and the runner has delayed their break for 2nd, the pitcher can run to the bag or the runner and tag them out in a normal instinct baseball play.**
   10. Outfielders must throw the ball to an infield player rather than running the ball into the infield. The lone exception is when an outfielder can make a play on a ball and tag second base.
   11. ***For overthrows to first base, the runner is allowed no more than one extra base.*** The Umpire will call time-stopping play and ensure runners are correctly positioned before play is resumed.
   12. Play will be stopped when an infield player controls the ball in front of a baserunner, or the ball is controlled inside the pitching circle. Runners who have advanced past the halfway mark between bases will be awarded the next base. If, when time is called, the runner has not reached the halfway point between bases, the Umpire will send the runner back to the previous base.
   13. Play will be stopped when the ball is controlled in front of the lead runner and time is called, or when the play is dead.
   14. Pitchers may wear a facemask and are encouraged to wear a heart guard, (heart guards built into under shirts are acceptable).
   15. Players must play their defensive position outside or inside the base paths (particularly 1st base with a runner on first) to clear the base path once the ball is hit if they are not making a play on the ball.
   16. Players must stand off the bag if a play is not being made to a respective base so that the runners can make a proper turn at the base. Umpires can award a base if infielders do not abide by this rule or replay the previous play.
   17. The pitcher must start even with or behind the 40-foot rubber (furthest back white line).
   18. If a player cannot see the batter because of the pitching coach, they can slide 3 feet in either direction of the 40-foot rubber. The player must remain behind or even with the 40-foot rubber
   19. The Manager may change a player's defensive position once during an inning. Managers are encouraged not to sit any player out in 2 consecutive defensive innings. Any error by a team regarding playing time shall be corrected immediately once noticed.
5. **Offense.** 
   1. The batter shall receive a maximum of five (5) pitches or three (3) swinging strikes. If the last pitch is fouled, the batter gets an additional pitch. An "at bat" ends when a 3rd strike is called, a fair ball is hit. An at bat cannot end on a foul ball.
   2. A player is out if they strike on three pitches.
   3. Pitching coaches must release the ball overhand with both feet behind the line designating 30 feet from home plate (the first white rubber on the fields)
   4. The same Coach must pitch to all batters in one-half inning. Managers must wait until the next inning to change a pitching coach unless there is an injury or emergency.
   5. There will be three outs per half inning with a continuous batting line up.
   6. The maximum number of runs that can be scored by one team in a half-inning is (7). Once the 7th run is scored, the play is dead and the teams alternate batting.
   7. If three outs are achieved before the batting team scores 7 runs, then the batting team will bat its next player in a continuous batting line up format at the beginning of the next inning.
   8. All batters and runners must wear a helmet at all times outside of the dugout.
   9. Players will not take off their helmets until they are back in the dugout. The Umpire can call a player out if the coaches do not enforce this rule. For example, a base runner may not take their helmet off.
   10. Batters will be warned once per game for throwing or slinging their bats. On the next occurrence, the Umpire will call a batter out. If the Umpire does not see this, it is the responsibility of either or both coaches to issue the warning.
   11. No Bunting.
   12. Head first sliding into an advancing base is an automatic out.
   13. Players can dive head-first back into the base they just vacated.
   14. A runner must slide feet first into the advancing base if a play is being made on them. Failure to slide is an automatic out if contact is made with another.
   15. Good sportsmanship towards the opposing team is required. Do not intentionally run up scores. ***PLAY THE GAME, NOT THE SCOREBOARD!***
   16. Coaches may not touch active base runners. Any contact by a coach with an active base runner will result in the runner being called out. A coach may touch the player only after the play has been called dead by the Umpire.
   17. If a batted ball hits the pitching coach and, in the Umpire's judgment, the coach made no effort to avoid contact, a no-pitch will be declared. The batter will return the plate and resume the count of the last pitch before the interference occurred. All runners will return to their previously occupied base.
   18. No stealing – players who leave the base early shall be called "out."
   19. No intentional walks.
6. **Pitching Rules.** 
   1. There will be 5' x 5' D-box with the front edge set at 42 feet from the rear point of home plate.
   2. A pitcher's line will be drawn through the D-box to the fair ball arc. The coach will pitch with one foot on or straddle the pitcher's line. The coach may move in or back as needed.
   3. The coach pitching may instruct the batter during their at bat. However, they must move to foul territory immediately to coach base runners.
   4. The player in the pitching position may move back behind the pitching area but must remain within the infield lines.
   5. Each at-bat ends on 3 outs or 7 runs scored.
   6. Umpires will call "time" when the defensive team possesses the ball in the infield and the lead runner has stopped advancing. The defense must stop the base runner. The Umpire will call "time" and check the trailing base runners. If trailing base runners have reached the halfway hash, they can advance to the base they were going to. If the trailing player does not reach the halfway hash, they will return to the previous base.
   7. All other rules are as outlined in the USSSA Rulebook.

## 10U Baseball

1. **Field Dimensions.** 
   1. Bases: 65 feet
   2. Pitcher's Plate: 46 feet from rear point of the plate.
   3. Outfield Fence: 180 feet w/Center Field Fence at behind baseline.
2. **Required Players for Game & Late Arriving Players**. Teams may start a game with 8 players. The 9th position in the batting order will be declared an out each time at bat until the 9th rostered player arrives.
3. **Defense.** 
   1. Up to 9 defensive players may play in the field.
   2. Coaches are encouraged not to sit any player out in 2 consecutive defensive innings. Any error by a team regarding playing time shall be corrected immediately once noticed.
   3. A player removed from the pitching position may not return to the mound during that game.
   4. A Pitcher, if changed, cannot be moved to the catching position.
4. **Pitching Regulations: Managers will utilize the following pitching guidelines. Wetumpka Recreation League Pitching rules are designed for player safety. Therefore, managers and coaches will not use USSSA Rule 7.05.B 1-4 at any time during league, tournament or All-Star participation.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | **Daily Max (Pitches in Game)** | **0 Days Rest** | **1 Days Rest** | **2 Days Rest** | **3 Days Rest** | **4 Days Rest** | **5 Days Rest** |
| **9-10** | **75** | **1-20** | **21-35** | **36-50** | **51-65** | **66+** | **N/A** |

Note: A player who pitches three (3) consecutive days must rest on the 4th day.

* + 1. Managers are responsible for tracking pitches. The number of pitches thrown should be compared between each inning to confirm counts. (Use the pitch log form provided)
    2. Each team's Manager will co-sign the Player Pitch logs and turn them into the RLC after each game.
    3. **CURVE BALLS are PROHIBITED! Coaches should focus on having pitchers establish their form, location and control. Fastballs 2-seam/4-seam, and change-ups are extremely effective when coupled with location and control. (RLC Note: Pitchers are learning the complexities of being a pitcher for the first time. Therefore all efforts should focus on developing the skill!)**

1. **Offense.** 
   1. The batting order shall consist of all players on the roster at the beginning of the game.
   2. Players arriving late shall be added to the bottom of the batting order.
   3. All batters on the roster shall bat before returning to the top of the batting order.
   4. Teams with more players present may bat player for player.
   5. Each at-bat ends on 3 outs or 7 runs scored.
   6. **Baserunning Rule:** The base runner cannot lead off any base. **LEAGUE RULE:** A base runner may not attempt to steal the next base until delivery of the 4th pitch to the batter. Runners may advance on past balls but may not leave the base until the pitch reaches home plate.
   7. If a base runner leaves early, the Umpire shall call the runner out and return other baserunners to their previous base.
   8. The batter may not advance on a dropped third strike. Batter is out!
   9. Fake bunts shall be prohibited. A batter that "shows" bunt is committed to an attempt to bunt or take the pitch. Rule 9.13.A Penalty: A batter who swings after "showing" bunt shall be called out and no runners may advance
   10. Catcher courtesy runner (Two outs only)
       * 1. Teams will use a courtesy runner for the scheduled catcher if on base with two outs. NOTE: This allows the catcher to be in full gear and ready to take the field.
         2. The courtesy runner is to be the last batted out.

## 12U Baseball

1. **Field Dimensions.** 
   1. Bases: 65 feet
   2. Pitcher's Plate: 46 feet from rear point of the plate.
   3. Outfield Fence: 230 feet w/Center Field Fence at behind baseline.
2. **Required Players for Game & Late Arriving Players.** Teams may start a game with 8 players. The 9th position in the batting order will be declared an out each team at bat until the 9th rostered player arrives.
3. **Defense.**
4. Up to 9 defensive players may play in the field.
5. Coaches are encouraged not to sit any player out in 2 consecutive defensive innings. Any error by a team regarding playing time shall be corrected immediately once noticed.
6. A player removed from the pitching position may not return to the mound during that game.
7. A Pitcher if changed cannot be moved to the catching position.
8. **Pitching Regulations: Managers will utilize the following pitching guidelines. Wetumpka Recreation League Pitching rules are designed for player safety. Therefore, managers and coaches will not use USSSA Rule 7.05.B 1-4 at any time during league, tournament or All-Star participation.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | **Daily Max (Pitches in Game)** | **0 Days Rest** | **1 Days Rest** | **2 Days Rest** | **3 Days Rest** | **4 Days Rest** | **5 Days Rest** |
| **11-12** | **85** | **1-20** | **21-35** | **36-50** | **51-65** | **66+** | **N/A** |

Note: A player who pitches three (3) consecutive days must rest the 4th day.

* 1. Managers are responsible for tracking pitches. Number of pitches thrown should be compared between each inning to confirm counts. (use pitch log form provided)
  2. Each team's Manager will co-sign the Player Pitch logs and turn them into the RLC after each game.

1. **Offense.**
2. The batting order shall consist of all players on the roster and present at the beginning of the game.
3. Players arriving late shall be added to the bottom of the batting order.
4. All batters on the roster shall bat before returning to the top of the batting order.
   1. Teams with more players present may bat player for player.
   2. Each at bat ends on 3 outs or 7 runs scored.
   3. Catcher courtesy runner (Two outs only)
   4. If the player who is scheduled to play catcher, when the team next plays on defense, reaches base safely, a courtesy runner should be used. NOTE: This will allow the catcher to be in full gear and ready to take the field.
   5. The courtesy runner is to be the last batted out.
   6. A player removed from the pitching position but not from the game may not return to the pitching position.
5. All players on the roster must play at least (1) inning. This includes offense and defense.
6. Substitution rules to accomplish the playing time rule will be as follows:
   1. Any player may be substituted for or replaced and re-entered once, provided the players occupy their same batting position in the batting order.
   2. The starting player and their substitute may not be in the lineup at the same time.
   3. If a player re-enters the game a second time or re-enters the game in a position in the batting order other than their original starting or substitute position, it is considered an illegal re-entry. The illegal player shall be disqualified.
   4. **Fake Bunts: Local League Rule:** Fake bunts are prohibited. A batter that "shows" bunt is committed to an attempt to bunt or take the pitch. Rule 9.13.A Penalty: A batter who swings after "showing" bunt shall be called out and no runners may advance
7. All other rules are as outlined in the USSSA Rulebook.

## 14U Baseball

1. **Field Dimensions.** 
   1. Bases: 90 feet
   2. Pitcher's Plate: 60' 6" from rear point of the plate.
   3. Outfield Fence: 375 feet at Center Field Fence
2. **Required Players for Game & Late Arriving Players.** Teams may start a game with 8 players. The 9th position in the batting order will be declared an out each team at bat until the 9th rostered player arrives.
3. **Defense.** 
   1. Up to 9 defensive players may play in the field.
   2. Coaches are encouraged not to sit any player out in 2 consecutive defensive innings. ***Any error by a team regarding playing time shall be corrected immediately once noticed.***
   3. A player removed from the pitching position may not return to the mound during that game.
   4. A Pitcher if changed cannot be moved to the catching position.
4. **Pitching Regulations: Managers will utilize the following pitching guidelines. Wetumpka Recreation League Pitching rules are designed for player safety. Therefore, managers and coaches will not use USSSA Rule 7.05.B 1-4 at any time during league, tournament or All-Star participation.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | **Daily Max (Pitches in Game)** | **0 Days Rest** | **1 Days Rest** | **2 Days Rest** | **3 Days Rest** | **4 Days Rest** | **5 Days Rest** |
| **13-14** | **85** | **1-26** | **26-50** | **51-75** | **76+** | **N/A** | **N/A** |

Note: A player who pitches three (3) consecutive days must rest the 4th day.

* 1. Managers are responsible for tracking pitches. Number of pitches thrown should be compared between each inning to confirm counts. (use pitch log form provided)
  2. Each team's Manager will co-sign the Player Pitch logs and turn them into the RLC after each game.

1. **Offense.**
   1. The batting order shall consist of all players on the roster and present at the beginning of the game.
   2. Players arriving late shall be added to the bottom of the batting order.
   3. All batters on the roster shall bat before returning to the top of the batting order.
      * 1. Teams with more players present may bat player for player.
        2. Each at bat ends on 3 outs or 7 runs scored.
        3. Catcher courtesy runner (Two outs only)
        4. If the player who is scheduled to play catcher, when the team next plays on defense, reaches base safely, a courtesy runner should be used. NOTE: This will allow the catcher to be in full gear and ready to take the field.
        5. The courtesy runner is to be the last batted out.
   4. A player removed from the pitching position, but not from the game, may not return to the pitching position. limitations.
   5. All players on roster must play at least 1 inning. This includes offense and defense.
   6. Substitution rules to accomplish the playing time rule will be as follows:
      * 1. Any player may be substituted for or replaced and re-entered once, provided the players occupy their same batting position in the batting order.
        2. The starting player and their substitute may not be in the lineup at the same time.
        3. If a player re-enters the game a second time or a player re-enters the game in a position in the batting order other than their original starting or substitute position, is considered an illegal re-entry. The illegal player shall be disqualified.
   7. All other rules are as outlined in the USSSA Rulebook.

## Section VII – Softball Age Group Playing Rules /Exceptions

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## BASEBALL AGE GROUP PLAYING RULES

* 1. WBSRL Spring Youth Softball League play shall follow AAYS Softball Rules.
  2. Local League Exceptions take priority over governing body rules where identified during WBSRL regular season league play, and local Tournament play.

|  |  |  |  |
| --- | --- | --- | --- |
| **DIVISION OF PLAY** | **PITCHING DISTANCE** | **BASE PATHS** | **FENCE DISTANCE** |
| **6U** | **30'** | **60'** | **150-200** |
| **8U** | **35'** | **60'** | **150-200** |
| **10U** | **35'** | **60'** | **180-200** |
| **12U** | **40'** | **60'** | **200'** |
| **15U (60/90)** | **43'** | **60'** | **200-225'** |

1. **LEAGUE CHAMPION SCORING – LEAGUE CHAMPIONSHIP TOURNAMENT SEEDING**
   1. **A point system will determine the league champion/playoff seeding. A team will receive two (3) points for a win, one (1) point for a tie and no (0) points for a loss.**
   2. **Teams tied in point values will use 1) head to Head competition as the tiebreaker, 2) then average runs allowed, 3) then average runs scored. If still tied then coin toss.**
2. **Players Equipment**
   * 1. Each player must have fielding glove, rubber cleats, individual bat, and helmet w/facemask. All batting helmets shall be equipped with a NOCSAE-approved face protector. The phrase "Meets NOCSAE Standard" must be permanently affixed to the face protector
     2. All payers are encouraged to wear proper protective equipment.
   1. **Bats**
      1. Bats for 8U and up must be approved for play by ASA or USSSA. For 6U, players may use a "T-ball" bat that does not have the AAYS, ASA or USSSA thumbprint. However, the barrel must not exceed 2 ¼ inches. Bats must not be on the banned list which is provided on the teamAAYS.org website. The gray and yellow Easton Ghost is not allowed. The blue and gray Easton Ghost is allowed.
   2. **Balls**
      1. For 6U an 11-inch ball (COR .47 and maximum compression of 375 pounds) and 60-foot bases will be used in all regular season, area, regional and state tournament games.
      2. For 8U-15U a 12-inch ball (COR .47 and maximum compression of 375 pounds) and 60-foot bases will be used in all regular season, area, regional and state tournament games.
   3. **Jewelry**
      1. (Youth only – 18 & under and younger) - Players in the game are prohibited from wearing jewelry such as rings, watches, earrings whether covered with tape or not, bracelets, necklaces (Including cloth and string type), or other hard decorative items. Un‐adorned devices with no sharp edges or points, such as bobby pins, barrettes and hair clips, no longer than 2 inches, maybe worn to control a player's hair are permitted. Medical alert bracelets or necklaces 10 are not considered jewelry. If worn they must be taped to the body, so as to remain visible. If jewelry is not removed, that player will not be able to play until the jewelry is removed.

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| 6U Softball |

1. **Field Dimensions.** 
   1. Bases: 60 feet
   2. Pitching distance will be 30 feet.
   3. Radius Circle: 8 feet circle will be placed around the pitching plate.
   4. A line bisecting the pitching circle will be drawn starting on the first base side of the circle and ending on the third base side of the circle. .
   5. A halfway line will be drawn between bases for runner placement when the ball is ruled dead ball
2. **Required Players for Game & Late Arriving Players.**
3. A minimum of **7 players** are required to be present for a game to begin. If a 7th player has not arrived by **10 minutes** after the game's scheduled start, the game will be canceled. Games that have started shall not be continued if, for any reason, either team has less than 6 players.
4. If a team has fewer than 8 players at the start of a game, coaches can arrange to share a player so the game can be played.
5. **Coaches**
6. Each team is encouraged to have a minimum of 4 coaches per game.
7. Two coaches may be positioned in "FOUL TERRITORY" along the outfield foul lines while their team is on defense. No more than one coach on each foul line.
8. No coach is to be on the playing field within the chalked lines except for the coach pitcher. Umpires will 1st provide a defensive warning to the Manager and then restrict the offending coach to the dugout for a 2nd offense.
9. Interference with the flow of the game and/or any unsportsmanlike conduct will result in the coach being ejected from the game.
10. On offense, one coach will pitch to their own team. The coach should position himself during an active play so he does not disrupt the play or the players. Any interference during a play by the pitching coach will result in the batter being called out and all runners returning to their originating base. There should be one first-base coach and one third-base coach. There should be one coach in the dugout to control the players and ensure that the batting order is maintained so as not to delay the game.
11. **Defense**
12. A maximum of 10 players may play in the field.
13. If a team has 9 or fewer players, then a catcher is optional, and the coach has discretion on the catchers of outfielders to play. Using a catcher is the coach's choice. If used, the player must wear full catchers gear. The catcher shall wear a NOCSAE approved 22 head protector (with dual ear flaps), an approved mask with throat protector, a body chest protector, and shin guards. If a hockey-style NOCSAE approved catchers’ helmet is used, a separate throat protector is not needed.
14. Teams shall have players in standard infield positions. The player in the pitching position may move back behind the pitching area, but must remain within the infield lines.
15. The remaining players must be in the outfield. Outfielders must stay behind the outfield arc until the ball is hit.
    1. Teams are not required to have the same number of players in the field (i.e., if one team has 9 and one team has 10, then the team with 10 is not required to sit one player per inning)
16. If a player(s) is out of position based on 3 and 4 above, the offensive team may choose to take the result of the play or redo the play.
17. Managers will not sit any player out in 2 consecutive defensive innings. Any error by a team regarding playing time shall be corrected immediately once noticed.
18. There are no requirements on the position(s) players must play during a game; however, coaches are encouraged to remember that all players enjoy seeing action regardless of perceived skill level. Coaches are encouraged to rotate players around the diamond throughout the season and to rotate their batting lineups.
19. **Ball is to be thrown** unless a normal softball play would indicate otherwise.
20. If a team runs their pitcher or player to any base instead of throwing the ball, the runner will be ruled safe. The exception is normal softball play would indicate otherwise.
21. There will be no rolling of the ball. Throws are to be overhand unless the fielding player is too close to toss the ball overhand. If the ball is thrown overhand and the ball bounces toward first baseperson, this is permitted. If an out is made by rolling the ball, the batter/runner or the baserunner will be called safe. The lone exception is when the pitcher makes a play down the first base line or he/she fields the ball close enough to first base that the normal softball play is for the pitcher to tag the base or the runner.
22. The outfielders must throw the ball to an infield player rather than running the ball into the infield. The lone exception is when an outfielder can make a play on a ball and tag second base.
23. ***For overthrows to first base, the runner is allowed no more than one extra base.*** The Umpire will call time-stopping play and ensure runners are correctly positioned before play is resumed. The ball must go past the 3-foot running lane line to be considered an overthrow. The 3-foot running lane should be run 10 feet past the bag.
24. Play shall stop when any defensive player has possession AND control of the ball in front of the lead runner AND time is awarded by the Umpire. The ball is dead and all base runners must stop at the base that the umpire rules they are entitled. \*Any Defensive Player has possession and CONTROL of a ball inside the 8 ft. radius circle and time is awarded. The ball is dead. If the runner has passed the half-way line advancing to the next base, then it shall be awarded to them at the judgment of the Umpire The coach-pitcher must make every effort to avoid interfering with any ball put into play by either being hit by a batter or thrown by a defensive player. NOTE: If in the judgment of the Umpire, a coach pitcher intentionally interfered with the play, The batter is out, and the ball is dead.
25. Play shall stop when any defensive player has possession AND control of the ball in front of the lead runner AND time is awarded by the Umpire. After that, the ball is dead, and all base runners must stop at the base the umpire rules they are entitled.
26. Any defensive player or offensive player may wear a face mask/guard. Face masks/guards that are cracked, deformed, or if padding has deteriorated or is missing, are prohibited.
27. Players must play their defensive position outside or inside the base paths (particularly 1st base with a runner on first) to clear the base path once the ball is hit if they are not making a play on the ball.
28. Players must stand off the bag if a play is not being made to a respective base so that runners can make a proper turn at the base.
29. All Infielders must be positioned in the dirt prior to a ball being batted.
30. It is the Umpire's discretion to award a base if infielders do not abide by this rule or replay the previous play.
31. If the player in the pitching position cannot see the batter because of the pitching coach, she can slide to play 3 feet in either direction of the back rubber. The player must remain behind or even with the back rubber.
32. Coaches may change defensive positions during an inning.
33. **Offense**
34. Teams may bat a maximum number of (10) batters per half inning or until the defense records (3) outs, whichever occurs first. The batting order shall be a revolving batting order consisting of ten - (10), eleven - (11), or twelve - (12) batters according to the team's roster size. Coaches will rotate the batting order each game, so the same players are not batting at the bottom or top of the lineup every game.
35. Teams with more players at a game may bat "player for player." Ex. If Team A has (9) players and Team B has (10) players, each team will bat their full team each half inning.
36. No stealing – Players who leave the base early shall be called "out"
37. No intentional walks.
38. No infield fly rule
39. Each batter will get 5 pitches to put the ball in play. If the Batter fouls the 5th pitch she will get another pitch until she hits the ball in fair territory or swings and misses the pitch. LOCAL LEAGUE RULE: The 1st time thru the batting order; the batter has 4 pitches to put the ball in play. Teams will use a tee for the batters 5th attempt and beyond until the ball is put in play. The tee may only be used the 1st time thru the batting order.
40. There are NO automatic outs with the last batter. There must be an out on the lead runner. Touching home plate constitutes getting the lead runner out.
41. A team may score a maximum of 7 runs per inning (including the last inning) or record 3 outs for the side to be retired.
42. For 6U & 8U, a team can use a courtesy runner for a catcher if a catcher is being utilized. A player not in the game, a substitute, may be used to run for the catcher if used once the offensive team has two outs. No courtesy runner may be utilized for the pitcher. If a substitute is unavailable, the player with the last completed at bat, not on base may run.
43. No DP/FLEX in 8U.
44. All other rules are as outlined in the AAYS Rulebook.
45. **Pitching Rules.**
46. There will be a 16-foot circle around the pitcher's plate
47. The coach pitching may instruct the batter but must move to foul territory immediately to coach base runners.
48. The player in the pitching position may move back behind the pitching area, but must remain within the infield lines.

Umpires will call "time" when the defensive team possesses the ball in the infield, and the lead runner has stopped advancing. The defense must stop the base runner. The Umpire will call "time" and check the trailing base runners. If trailing base runners have reached the halfway hash, they can advance to the base they were going to. If the trailing player does not reach the halfway hash, they will return to the previous base.

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| 8U Softball |

1. **Field Dimensions.**
2. Bases: 60 feet
3. Pitcher's Plate: Coach Pitchers will pitch from 35 ft. with one (1) foot in contact with the rubber or pitching line.
4. Preferred Outfield Fence Distance: 150'
5. **Required Players for Game & Late Arriving Players.**
6. The game can begin with a minimum of 8 players. When the vacant and 9 & 10 spots in the batting order come up, they will be recorded as outs until/if those players arrive.
7. All late players will be added to the bottom of the batting order.
8. **Coaches**
9. Each team is encouraged to have a minimum of 4 coaches per game.
10. Two coaches may be positioned in "FOUL TERRITORY" along the outfield foul lines while their team is on defense. No more than one coach on each foul line.
11. No coach is to be on the playing field within the chalked lines except for the coach pitcher. Umpires will 1st provide a defensive warning to the Manager and then restrict the offending coach to the dugout for a 2nd offense.
12. Interference with the flow of the game and/or any unsportsmanlike conduct will result in the coach being ejected from the game.
13. On offense, one coach will pitch to their team. The coach should position himself during an active play, so he does not disrupt the play or the players. Any interference during a play by the pitching coach will result in the batter being called out and all runners returning to their originating base. There should be one first-base coach and one third-base coach. There should be one coach in the dugout to control the players and ensure that the batting order is maintained so as not to delay the game.
14. **Defense.**
15. 10 defensive players will play in the field, with 4 players in the outfield.
16. No outfielder may assume an infield position. Therefore, all outfielders must be in the outfield when the ball is batted.
17. If a player(s) is out of position based on item 2 above, the offensive team may take the result of the play or bat that pitch over.
18. Two coaches may coach on the field behind the defensive players. Interference with the flow of the game and/or any unsportsmanlike conduct will result in the coach being ejected from the game.
19. Managers are encouraged not to sit any player out in 2 consecutive defensive innings. Any error by a team regarding playing time shall be corrected immediately once noticed.
20. There are NO automatic two-outs with the last batter. There must be an out on the lead runner. Touching home plate constitutes getting the lead runner out.
21. Each at-bat ends on 3 outs or 7 runs scored.
22. Play shall stop when any defensive player has possession AND control of the ball in front of the lead runner AND time is awarded by the Umpire. After that, the ball is dead, and all base runners must stop at the base the umpire rules they are entitled.
23. **Offense.**
24. The batting order shall consist of all present players.
25. Teams with more players present may bat player for player. Late arrivals shall be inserted at the bottom of the batting order. All players on the roster and present shall bat before returning to the top of the batting order.
26. Each batter will get 5 pitches or 3 strikes. If the Batter fouls the 5th pitch, she will get another pitch until she hits the ball in fair territory or swings and misses the pitch.
27. Players must wear a batting helmet with a mask.
28. No stealing.
29. An "at bat" ends when a 3rd strike is called, a fair ball is hit, or a maximum of 5 pitches thrown.
30. No BUNTING (a drag bunt is a Bunt), Slappingis not a bunt.
31. No DP/FLEX in 8U.
32. All other rules are as outlined in the AAYS Rulebook.
33. **Pitching Rules.**
34. There will be a 16-foot circle around the pitcher's plate
35. The coach pitching may instruct the batter but must move to foul territory immediately to coach base runners.
36. The player in the pitching position may move back behind the pitching area, but must remain within the infield lines.
37. Umpires will call "time" when the defensive team possesses the ball in the infield, and the lead runner has stopped advancing. The defense must stop the base runner. The Umpire will call "time" and check the trailing base runners. If trailing base runners have reached the halfway hash, they can advance to the base they were going to. If the trailing player does not reach the halfway hash, they will return to the previous base.

## 10U, 12U, & 16U Softball

1. **Field Dimensions.**
2. Bases: 60 feet
3. Pitcher's Plate: Coach Pitchers will pitch from 35 ft. (10U) and 40 ft (12U) with one (1) foot in contact with the rubber or pitching line. 14U – 43 feet
4. Preferred Outfield Fence Distance: 150'
5. **Required Players for Game & Late Arriving Players.** Teams may start a game with (8) players. The 9th position in the batting order will be declared an out each time at bat until the (9th) rostered player arrives.
6. **Defense.**
7. Up to 9 defensive players may play on the field.
8. Managers are encouraged not to sit any player out in 2 consecutive defensive innings. Any error by a team regarding playing time shall be corrected immediately once noticed.
9. A player removed from the pitching position but not from the game may return to the pitching position after one batter or that player's sub has completed their turn at bat.
10. **Offense.**
11. The batting order shall consist of all players on the roster at the beginning of the game.
12. Players arriving late shall be added to the bottom of the batting order.
13. All batters on the roster shall bat before returning to the top of the batting order.
14. Teams with more players present may bat player for player.
15. **BASE RUNNING RULE:** A base runner may leave the base when the pitch leaves the pitcher's hand.
16. If a base runner leaves early, the Umpire shall call the runner out and return other baserunners to their previous base.
17. Teams shall use a pinch runner for the catcher and one other player each inning.
18. A player removed from the pitching position but not from the game may return to the pitching position after one batter or that player's sub has completed their at-bat.
19. Each at-bat ends on (3) outs or (6) runs scored.
20. No DP/FLEX, free defensive substitution.

## Section VIII – All-Star Manager / Player Selection Process

1. **DIVISIONAL REPRESENTATION**
   1. The number of All-Star Teams to be formed per division shall be determined based on the number of registered players according to the following guidelines:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Division** | **Number of Registered Players** | | **Number of All-Star Teams** | | **Competitive Team Rating** | |
| 6U BB | 40-60 | 80-120 | 1 | 2 | 4.0+ | 3.5+ |
| 8U BB | 40-60 | 80-120 | 1 | 2 | 4.0+ | 3.5+ |
| 10U BB | 44-66 | 88-122 | 1 | 2 | 4.25+ | 3.75+ |
| 12U BB | 44-66 | 88-122 | 1 | 2 | 4.25+ | 3.75+ |
| 14U BB | 44-66 | 88-122 | 1 | 2 | 4.25+ | 3.75+ |
| 6U SB | 40-60 | 80-120 | 1 | 2 | 4.0+ | 3.5+ |
| 8U SB | 40-60 | 80-120 | 1 | 2 | 4.0+ | 3.5+ |
| 10U SB | 44-66 | 88-122 | 1 | 2 | 4.25+ | 3.75+ |
| 12U SB | 44-66 | 88-122 | 1 | 2 | 4.25+ | 3.75+ |
| 15U SB | 44-66 | 88-122 | 1 | 2 | 4.25+ | 3.75+ |

Note: The "Number of All-Star Teams" is an estimate and does not represent the absolute quantity.

* 1. The RLC and WPR Director, with consultation from league division managers, will determine the final number of teams formed.

1. **Team Formation / Manager and Player Selection**
   1. The process of selecting All-Star Players and Managers consists of the following steps:
      * + 1. **Parent All-Star Consideration Agreement**

Parents must request their child be considered for All-Star participation. Given the time commitment required in the post-season, not all parents may be interested in having their child participate in All-Stars. Once signed, this form starts the All-Star observations by Managers of the league. The RLC is responsible for securing Parental agreements with managers' assistance.

The RLC will assemble a list based on forms returned and provide it to each Manager.

The compiled list serves as a **"watch list"** team managers will use for scouting purposes before the selection meetings.

* + - * 1. **Player Nominations**

Division Managers will make All-Star Player Nominations the week prior to the mid-season tournament but no later than 23 April 2023.

Nomination guidelines:

Team Managers may nominate no more than 45% of their team's roster.

Note: Experience has shown that almost all Teams will have between 2 and 5 legitimate nominees. Therefore, the nomination of < 2 or > 5 players will be a likely cause for questioning from the All-Star Committee.

Only nominated players are eligible for All-Star selection.

Note: Nomination does not ensure placement on any All-Star Team.

Note: In determining nominations, Managers should give players "benefit of the doubt." In other words, ***don't de-value or exclude potential candidates***. Players often improve at the end of the season. Also, each Manager may evaluate players differently; however, ideal attributes of an All-Star caliber player include the following:

Nominated players should represent the top 25 percent of the players in the league.

The nominated player must have participated in at least 80% of the league games.

Measure the nomination against your evaluation. Did the player live up to the evaluation score or improve?

All-Star Player attributes are:

Routinely exhibits characteristics of a good team player with better-than-average skills.

Does the player put team success ahead of individual success (teamwork)?

Does the player compete with honor and respect for the game and their fellow players (sportsmanship)?

Does the player work hard to improve abilities and to help the team's success?

Can the player equally play more than one position? Example: Are they a pitcher or catcher? Do they hit for power, or have above-average baserunning speed?

Don't forget Baseball IQ as a factor.

Managers will communicate their intent to nominate a player for All-Star consideration with the parent. This should be done the week of 10 April and completed no later than 14 April.

Note: Managers will provide the parents of the players they wish to nominate a Parent Consent form.

Parents must accept the nomination and be able to participate in the practice/tournament dates on behalf of their child by signing and returning the form to the Team Manager. **Note: If a player is a Travel team member, the parent must agree to suspend all participation with the travel team until the team's All-Star competition is completed. Failure to do so eliminates the player from nomination.**

Only players with signed Parent Consent forms are eligible for nomination. Note: Managers must inform parents that an All-Star nomination does not ensure selection to a Team. In doing so, Managers should convey to the parents that they are making the nomination in good faith but that there are a lot of good players and that the league will use the fairest possible method to select the Teams.

Managers may also communicate that Team rosters will be posted on the website as soon as the Team formation process has been completed.

* + - * 1. **Manager Nomination**

Selecting Team Managers is the first step in fielding a competitive All-Star team. Experienced managers are critical components in the All-Star process because the Managers will play key roles in Team formation, competitive success, and representation of the city and the League at All-Star Events. The All-Star Managers should be either a manager or a coach within the respective division during the regular season, but it is not absolute. The goal is to have the best tournament managers possible for All-Stars. Managers must be in good standing with the league and commit to being available for all practices, games, and activities during the All-Star Season.

Approved managers shall be selected using a voting process among peers. The initial step in the nomination process is:

The RLC will provide all Division Managers ballots to record their manager nomination candidate. (Note: A Manager may nominate themselves or other Managers/coaches as candidates.) Target Date for Completion: 1st Week of April

Manager candidates shall submit their completed applications to the RLC by the 2nd Week of April.

The All-Star committee shall rule on all Manager Nominations by the 3rd Week of April

* + - * 1. Player Workout (only applicable if more than one team is being formed).

Should more than one All-Star be planned for formation, the RLC will arrange for all division-selected players to participate in an All-Star evaluation tryout.

The evaluation aims to build the strongest teams based on player skills and managers/assistant coaches' assessments.

* + - * 1. **Team Formation.** Division All-Star selections begin on 23 April and conclude on 30 April.

The RLC will schedule a meeting with each division to select All-Star team players and managers.

Each Division All-Star selection will be conducted independently of other divisions.

Each Team manager has one vote. All Team Managers are expected to attend the All-Star selection meeting.

Team Managers will compile their preselection player ***"Top Ten"*** or ***"Top Twenty"*** list based on the number of All-Star teams being formed.

Rank each player in order from 10 or 20 to 1. These point values will be used to identify the top-ranked players quickly. ***Note: Managers may double-rank players. Ex. Player Able and Player Charlie are considered "A" list players equally in talent and skill level. Then a Manager could rank each player as 10 or 20.*** Managers will use the "watch list" provided by the RLC to assemble their lists.

Each Manager's list serves as their vote. ***Coordination between Division Managers is not to allowed.*** ***Team managers may only discuss their nominations and rankings with their assistant coaches. Discovered violations of this rule will result in the managers being disqualified for All-Star manager consideration.*** So, voting occurs before the group gets together. Note: There are obvious player choices in every league. These are the 5-10% of players in the league. So the selection meeting is designed to confirm the choices and work through the remaining players needed to complete the team. Managers will have the opportunity to revise their rankings during the negotiation phase of selection. The Target Date for Completing All-Star selections is 30 April. The RLC will use the following dates to complete selections: 22/23/26/29 April 2023.

* + - * 1. **Player selection is as follows:**

The Consolidated Managers list of nominees is displayed for all Team Managers/representatives present.

The RLC will use each Manager's preselection list to tabulate player totals and show rankings from high to low for managers to review.

Players with the highest number of points are automatically selected. Ex. The top 7 players have point values the same or within 1 point of each other. These players are automatically chosen unless there are objections. Players 8-12 have a 2-point gap in their point totals. These become the negotiable players that managers will discuss.

The RLC determines the first logical point break.

Team Manager/representatives have 1 minute per player to discuss their nominees, including questions/answers (if time permits at the discretion of the All-Star Committee Chair). Time limits shall be strictly maintained.

After the discussion, final votes are cast, and selections are concluded.

Each All-Star team will have 3 alternates identified.

All managers will certify the results and acknowledge the confirmation of the process. This closes the All-Star Selection process.

* + - * 1. **All-Star Player /Manager Announcement**

Closing ceremonies, selected players, and managers will be announced.

Immediately following, there will be a parent meeting with each team's Manager, Assistant Coaches, and Parents.

The All-Star preparation competition begins with practices, pictures, and any fundraisers the teams desire to initiate.

**APPENDIX A**

## Information on Pitching Recommendations for Youth Baseball Players

\*Information from USA Baseball Medical & Safety Advisory Committee with help by the American Sports Medicine Institute, USA Baseball News, Journal of Biomechanics, and The American Journal of Sports Medicine (2006)

\*Information also from an article on WebMD.com titled "Baseball Pitching Compared in Children and Pros" (2000)

\*The following recommendations are not specifically from Louisiana Youth Baseball. We simply compiled the information

and encourage each coach/parent to conduct further research and make the best decisions for their player. Always consult a

physician if you have a concern.

One of the missions of the USA Baseball Medical & Safety Advisory Committee is to provide scientifically based

information to youth baseball members decreasing the chance of injury and maximizing their ability to play at a higher level.

* Pitchers should be taken out of the game immediately if their arm is fatigued.
* If a pitcher complains about arm pain and it does not go away after 4 days or the same pain happens immediately when they pitch again, the parent should take their son/daughter to a physician.
* Pitchers who competitively pitch more than 85 pitches per game, more than 8 months out of a year, or with arm fatigue are several times more likely to require elbow surgery.
* Injuries that occur when pitchers are adults may have begun to develop during their youth level of Baseball.
* Once a pitcher leaves the game they should not come back in to pitch later in that game. The pitcher's tendons, muscles, and ligaments need time to "cool down" just as they needed time to "warm-up."
* The day after a start should be for rest, not participating in any drills that use an overhand movement.
* Throwing curveballs and sliders increase the chance of elbow and shoulder pain. If breaking balls are thrown, it is very important for the pitcher to have the proper mechanics.
* Developing the skills needed to play at a higher level is done through repetition, but a pitcher should not throw for more than one team per season. Performing drills to build strength and consistency is good, but the pitcher must find time to rest between starts. We encourage the player to only pitch for one team during the year.
* A pitcher should not compete in Baseball for more than 9 months out of the year. The pitcher will need those 3 other
* months for "active rest." Other physical activities are encouraged, but no other overhand activities should be done in
* these 3 months. (Javelin Throw, Football Quarterback, Swimming)
* Players should be taught proper pitching mechanics from an early age, and their pitches will get faster over time as joint force increases.
* A great way to prevent injury to a pitcher is to improve overall fitness. Athletes as a whole injure themselves much more
* frequently when they are fatigued. (WebMD)
* To prevent injuries to a pitcher's arm, have them work on strength and flexibility of their shoulder, wrist, and elbow.
* (WebMD)
* Parents should get to know their child's coach to ensure that they are teaching their child the proper mechanics of
* pitching. It is the coach and parent's responsibility to make sure the player is using the proper equipment, taking enough
* time to warm-up, and also enough time with stretching exercises. (WebMD)

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| USA Baseball Medical & Safety Advisory Committee Recommendations for Limits with Youth Pitchers | | | | | USA Baseball Medical & Safety Advisory Committee  Recommendations for Days of Rest After a Start | | | | |
| Age Group | Pitches  Per  Game | Pitches  Per  Week | Pitches  Per  Season | Pitches  Per  Year | Age  Group | 1 Day Rest | 2 Days  Rest | 3 Days  Rest | 4 Days  Rest |
| 9-10 | 50 | 75 | 1000 | 2000 | 9-10 | 21-33  Pitches | 34-42  Pitches | 43-50  Pitches | 50+  Pitches |
| 11-12 | 75 | 100 | 1000 | 3000 | 11-12 | 27-34  Pitches | 35-54  Pitches | 55-57  Pitches | 58+  Pitches |
| 13-14 | 75 | 125 | 1000 | 3000 | 13-14 | 30-35  Pitches | 36-55  Pitches | 56-69  Pitches | 70+  Pitches |
| 15-16 | 90 | 2 Games/Week | - - - - - - | - - - - - - | 15-16 | 30-39  Pitches | 40-59  Pitches | 60-79  Pitches | 80+  Pitches |
| 17-18 | 105 | 2 Games/Week | - - - - - - | - - - - - - | 17-18 | 30-39  Pitches | 40-59  Pitches | 60-89  Pitches | 90+  Pitches |