



**2019**  
Baseball/Softball

SFLL RULE GUIDEBOOK

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## GENERAL RULES FOR SFL

- 1) Game time – All umpires are REQUIRED to be at fields 15 minutes before game time, they are to be ready and dressed to meet with managers at home plate 5 minutes before game time.
- 2) Time and length of games –When a timed league starts, time will start after the first pitch has been thrown, the umpire is to record the time. When determining if a new inning will begin, the time of the last recorded out in the BOTTOM of the inning is used as the official time. This is when the umpire will determine if time has been reached and if the game is over.  
**Example: It's the bottom of the inning, the Yankees ground out to pitcher and the 3<sup>rd</sup> out is made. The time is 7:48, a new inning can start.**
- 3) Game Lengths:
  - a. 8U Baseball – 6 innings OR NO TIME LIMIT
  - b. 9U Baseball - 6 innings OR 2 hours, no new inning after 1:50
  - c. Minors Baseball - 6 innings OR 2 hours, no new inning after 1:50
  - d. Majors Baseball – 6 innings with NO TIME LIMIT
  - e. Juniors Baseball – 6 innings with NO TIME LIMIT
  - f. 8 U Softball - 6 innings OR 2 hours, no new inning after 1:50
  - g. 10 U Softball - 6 innings OR 2 hours, no new inning after 1:50
  - h. 12U/14U Softball - 6 Innings with NO TIME LIMIT
- 4) Last Inning Rule: The 2 managers will meet as close as possible to the 30 minutes point, before the no new inning time. This meeting will be at the start of a new inning. The team that is behind in the game will be the team that declares the LAST inning. In the event of a tie, BOTH managers MUST agree on last inning, or game is under time limit if no agreement is made. Once LAST inning is CALLED, it cannot be changed; even if the inning can be completed before the end of game time. The start of a new inning will be the last recorded out of the previous inning. After the declared last inning of the game the following will occur:  
If the visiting team is **WINNING**, they will be limited to the capped number of runs the division allows or 3 outs, whichever occurs first. The home team will then bat to win the game. If the home team is **WINNING** by 4 or more runs (5 for the Junior division), the visiting team will be allowed to score only as many runs to tie the game plus 1 run or 3 outs. The half inning ends at this point. The home team then bats to win the game. If the game is tied, both teams are limited to the capped number of runs during their at bats. If the game ends up tied, no extra innings will be played.
- 5) Bats – In baseball ALL bats in 8U, 9U, Minors and Majors must display a USA Bat sticker. Without a USA Bat sticker, the bat is not legal.  
For Softball NO TAPE IS NEEDED. Managers are responsible for Bat rules. There is no use of a

batter's warm up circle, if player swings their bat outside of the home plate batter's box, they will be called out.

- 6) Sliding – SFLL expresses to managers that players must slide on all close plays. Sliding should be done when necessary to avoid collisions during a play however, there is risk involved, players should be aware of this risk. This is a JUDGEMENT CALL on behalf of the umpire. If the player DID NOT SLIDE and it resulted in either a collision or the threat of a collision, the player will be called out for violating the rule. Umpire calls are final and are based on reasonable actions and their circumstances.
- 7) Games – If SFLL cancels a game due to weather, it will be announced by 5 PM on weekday games, and 9 AM on Saturday mornings. If the game is not cancelled by SFLL, you are expected to be at the fields to play. If the fields are not suitable for play, due to weather, the umpire will confer with the 2 managers and after agreement, will decide to cancel or play the game.  
**When lightning is seen OR thunder is heard, all games are IMMEDIATELY suspended.** All managers, coaches, players, fans and umpires are to take shelter in a building or vehicle. **Under no circumstances are the players to be outside of vehicles.** Do not take shelter in unsafe areas including picnic shelters, canopies or under trees. All activities shall be suspended for 30 minutes after the last observed lightning or thunder is heard. If the lightning lasts 30 minutes, the game is cancelled. **If a tornado siren sounds, all games are to be suspended IMMEDIATELY.** Leave equipment and find shelter in the nearest substantial building. Games will be suspended until the “all clear” has been issued by the National Weather Service.
- 8) In the event that a player is injured and cannot continue with the game or the practice, a SFLL incident report must be completed by the coach and given to the **Safety Officer within 48 hours of the incident.**

## DEFINITIONS

**Infield Fly Rule** – The infield fly rule applies only when there is fewer than two outs and there is a force play at third (runners on first and second, or bases loaded). If a fair, fly ball is hit that in the umpire's judgment could be caught by an infielder with **ordinary** effort, the batter is out regardless if the ball is caught or not. The runners may run at their own risk, but if the ball is caught, they must tag up.

**Intentional Walk** – An intentional walk is when the pitcher deliberately pitches the ball away from the batter in order to issue a walk. If in the umpire's judgment a pitcher is deliberately trying to walk a batter, a warning will be issued. If the pitcher continues the action, the umpire will award two bases for the first occurrence with all runners on base moving up the same amount. After the first incident, a home run will be awarded each time the same team attempts an intentional walk in the same game. This call is **NOT SUBJECT** to Discussion.

**Hit by Pitch** – Batters must attempt to get out of the way of a pitched ball. Batters that are hit by a called strike are not considered hit by a pitch. If a batter is swinging at a pitched ball and is hit by a pitch, it is not considered “Hit by pitch”. A pitched ball that hits the ground then hits the batter is considered hit by pitch, but only if an attempt is made to get out of the way.

**Home Plate-** Home plate is in fair territory. Balls that hit the plate and bounce into fair territory are fair balls. A ball is fair or foul based on where it comes to rest, not where it initially hits the ground, unless it is beyond the first or third bases or when touched.

**Balk Rule** – Only applies in Juniors (15U).

**Interference/Obstruction** – It is the runner's responsibility to avoid defensive players when involved in a play. Defensive players that are not involved in a play must not obstruct the base runner. There is no blocking of a base.

**Dropped third strike** – A dropped third strike occurs when the catcher fails to cleanly catch a pitch for the third strike. A pitch is considered uncaught if the ball touches the ground, or the ball is dropped after being caught. A dropped third strike does not exist if first base is occupied with less than two outs. If there are two outs, it does not matter if first base is occupied or not. The batter becomes a runner and must be tagged or thrown out at first base. If the play is not made, the runner is safe at first and becomes an active base runner.

#### **PENALTIES:**

The intentional walk penalty is explained under intentional walks.

The penalty for the illegal use of a pitcher, either age/count rule is an automatic forfeiture of any game(s) the player was involved in.

Interference by the runner in the umpire's judgment will result in the runner being called out. Interference by the defensive player in the umpire's judgment was intentional will result in the runner being awarded as many base(s) as the umpire deems necessary.

Any manager or coach ejected from a game will result in an automatic one game suspension and forfeiture of the game. See Umpires section for a more detailed description of this rule.

Batting out of turn **not related to an injury** will not result in a penalty. But a team will not gain an advantage from batting out of order. Therefore, a player who bats out of order is recorded as out. The out will stand and play will continue. If batting out of order results in a hit, walk or hit by pitch, the play will not count and the order will be reset. This must be caught in the inning it occurs in, and cannot be more than 1 batter past the out of order, otherwise lineup continues.

Leaving a base early when stealing will result in an out.

**Throwing a bat while batting will result in one warning per game, not team.** After the warning, any bat thrown will result in an out.

## UMPIRES

Umpires should arrive 15 minutes before the scheduled game time. You should have your meeting at the plate 10 minutes before game time. If an umpire is not present, both teams should ask for volunteers from the bystanders. Substitute umpires will be paid. Please report the name and phone number to the league director. The director will pass the information on to the Umpire Director.

Questions regarding a clarification of the rules must involve the other manager. A manager should ask the umpire for a time out and call the other manager over for a consultation. All conversations with the umpire will be in a normal tone of voice and controlled emotion.

If a manager believes the umpire has misinterpreted a rule or otherwise erred in the application of a rule, the manager can confer with the umpire to clarify the ruling. If the ruling is to be overturned, the opposing manager is to be informed. Judgment calls are not to be changed. Sometimes it is best to let the umpire's decision stand during the game, and then talk to the umpire after the game.

You are NOT to question balls and strikes, nor make comments regarding these calls. Please share this philosophy with your fans as well.

DO NOT intimidate, disrespect or argue with an umpire. No verbal abuse or physical contact in any form will be tolerated. Umpires are instructed to eject all violators of this rule, whether it is a manager, coach, player or spectator. Fans (parents and friends) that are seated behind the backstop must refrain from calling balls and strikes and from trying to persuade the umpire. Umpires may ask the manager to clear the area behind the backstop if there is a problem.

If an umpire ejects a manager or coach for any reason, that manager or coach's team will forfeit the game. A manager will be given one warning prior to ejection. It is the manager's responsibility to control the behavior of all coaches, players and themselves. A coach will be anyone who assists in the dugout or on the field regardless if in uniform or not. In addition to the team, TEAMS' spectators will be given one warning if their behavior is unacceptable to the umpire. If a second warning is given, the team associated with the spectator(s) will forfeit the game.

If ejected, a manager or coach will be suspended for the next game. If a second violation occurs, the manager will be suspended for the remainder of the season. The league director will investigate all complaints involving managers, coaches and umpires. If the investigation finds any of the rules were violated, the manager or coach could be suspended for the remainder of the season, depending on the severity of the incident.

## **T-Ball**

**Base length:** 50 Feet **Home to 2<sup>nd</sup> Base:** 70 Feet 8 Inches **Pitching Mound:** 40 Feet

**Game Length:** 3 innings      Time Limit: 1 1/2 hours

**Official Game:** No official Scorekeeping, No umpires, No Forfeits

**Bat Restrictions:** 2 ¼ Barrel, there is no drop limit. All bats must be in good condition with no dents or cracks. All bats must be SFLL approved prior to use.

**Safety:** Cages are required on batting helmets. All Pitchers, Catchers and First Base players are required to wear a helmet with cage.

### **GENERAL RULES**

The entire roster of players on each team, regardless of the number, shall bat each inning.

When everyone has batted the inning is over.

All players in attendance shall bat throughout the game.

All players play the field, with a pitcher, catcher and 5 infielders. Everyone else shall be in the outfield.

Each player must play at least a minimum of 1 inning in the infield.

Teams may have 3 adult coaches stationed in the field to provide direction.

The official ball will be a vinyl covered Incrediball. The home team should supply the ball.

There are no strikeouts. Players may take as many swings as necessary to hit the ball.

A double first base will be used.

The focus of Tee Ball is to teach the players the game without pressures of winning or losing.

Enjoy the game, have fun, let the players have fun.

### **FIELD**

The batting tee should be set on home plate.

The home team should draw an arc that reaches from the first base line to the third base line approximately 10 feet from home plate. Any batted ball that stops within the arc is to be considered a foul ball.

The tees are adjustable and should be adjusted as necessary to match height of batter. Dish soap can be used to make them adjust easier. Batting order should be set by height, so tees are not adjusted as often.

### **SAFETY**

Only one player should have a bat in their hands. Warm up swings are to be taken when it is time to bat. The on-deck batter should not have a bat.

The catcher must wear a helmet and shall take position in the backstop. Once a fair ball is hit, the catcher may move up into position to make a play.

The pitcher must stay in the mound area until the batter hits the ball. The pitcher must also wear a helmet.

The manager should warn the other team when a “hard” hitter is up.

Throwing the bat after hitting the ball is dangerous. If it happens, the play should be stopped and the batter should be shown the correct way to drop the bat. The player may bat again after this happens.

Both teams should have a manager at home plate for every batter. The offensive manager should work with the batter. The defensive manager may hold the ball until the team is placed properly, then places the ball on the tee.

### **BASE RUNNING**

If a player is called out as a base runner or batter, they are to return to the bench. Please explain why the player was called out. This rule is typically enforced for the 2<sup>nd</sup> half of the season.

There is no stealing or leadoffs. Player must stay on base until the ball is hit.

If a base becomes dislodged, the runner is safe. The coach/manager should fix the base.

If the base runner runs more than 6 feet from a direct line between the two bases to avoid a tag, he will be deemed out. Please explain to your player why he/she was called out.

With the last batter, ALL runners including the hitter will run all the bases.

During the first 5 games, the batter may advance only one base. Starting with the 6<sup>th</sup> game, runners may advance until the ball is thrown back into the infield.

## **Minors 8 (7 & 8)**

**Base length:** 55 Feet

**Home to 2nd Base:** 77 Feet 9 Inches **Pitching Mound:** 40 Feet

**Game Length:** 6 Innings OR NO TIME LIMIT.

Scores will be recorded at completion of game and standings will be kept.

**Maximum Run limit per inning:** 4 runs per inning

**Safety:** Cages required on helmets, All Bats MUST have the new USA logo and will be required to be league taped.

No ON DECK HITTERS allowed. Player comes from dugout to plate. NO Batting Warm ups allowed (including outside the fence area) once game starts, all practice swings will occur when player approaches plate.

All players are REQUIRED to wear an athletic supporter including a cup. A player not wearing a cup will be allowed to play, but cannot pitch or catch. Cages are required on batting helmets. All pitchers are required to wear a helmet when the coach is pitching. If the player is pitching, they are not required to wear a helmet.

### **GENERAL RULES**

An inning is 3 outs or 4 runs. Follow last inning rules for the 6th.

All players in attendance shall bat throughout the game.

A Five-foot arc in front of home plate and extending to the fences on either side denotes the dead ball zone. Any ball hit which does not travel out of the dead ball zone will be considered a foul ball.

Teams must have at least 8 players to start a game. Teams may borrow a player from the other team to play OF only. The player borrowed will be the last recorded out from previous inning.

### **PITCHING RULES**

Coaches will pitch Innings 1, 3, 4, 6. Players will pitch Innings 2 & 5.

Coaches must pitch from 40 feet.

Umpire is placed behind the catcher all game. When coach pitches, the pitcher will play on either side, but has to be placed behind the coach.

When the coach pitches, the batter will get 5 pitchers with only swinging strikes called by umpire, there will be NO called strikes. Batter will be called out after 3 strikes or 5 pitches. A foul Ball on last pitch will result in another pitch. There is no hit by pitch called.

When player pitches, balls and strikes are called, walks are allowed, hit by pitch is allowed.

There is no limits on hit by pitch.

Players can only pitch 1 inning per game. All players must be given the opportunity to pitch, if demonstrated they can get the ball to the plate area.

### **BASE RUNNING RULES**

Timeout will be enforced on a ball hit to the outfield, when the outfielder gets control of ball, all runners will be available to advance to next base only.

No leadoffs, No stealing bases. No head first sliding.

No leadoffs allowed– One warning per player, 2nd – Called Out

Secondary leads allowed after ball crosses plate, runners cannot advance until ball is put in play (even on overthrows on throw downs from catcher)

Runners must attempt to slide to avoid contact (except 1st base) - One warning per player, 2nd warning the player will be called out

Infielder cannot block baselines- One warning per player, 2nd – Awarded the next base

One base awarded on overthrow at bases, runners run at own risk on balls in play.

### **FIELDING RULES**

Four outfielders are used in the game. All Outfielders MUST play on the grass. All players must play two innings in the infield.

Two coaches only are allowed in the field for defensive coaching, along with one at mound when player is pitching.

On Offense, one coach is allowed in on deck circle, along with two base coaches.

### **BASEBALL RULES NOT USED IN 8U**

Infield Fly, Dropped 3rd strike, Bunting, Intentional walk, Balks

## **MINORS (9)**

**Base length:** 60 Feet     **Home to 2nd Base:** 84Feet 10inches     **Pitching Mound:** 44 Feet

**Maximum run limit per inning:** 4 runs per inning, see game length for last inning rules.

Cages are required on batting helmets.

### **GENERAL RULES**

An inning is 3 outs or 4 runs maximum. In the last inning, the maximum run rule is waived. Three outs must be recorded. The last inning must be decided by the managers before the expiration of the time limit of the game.

All players in attendance shall bat throughout the game.

Catchers on base with 2 outs are eligible to have a pinch runner in order to get ready for the next inning. The runner shall be the player that made the last recorded out.

Teams must have at least 8 players to start a game. Teams may borrow a player from the other team to play RF only. The player borrowed will be the last player up in that inning.

Only 3 outfielders

Minors (9) will be a 3 ball 2 strike league. (Batters will start with a 1-1 count)

A complete inning is defined as 3 outs or 4 runs.

### **PITCHING**

If a pitcher hits 2 batters in a game, he shall be removed from pitching in that game.

Managers are allowed 1 visit to the mound per pitcher per game. The 2nd visit requires removing the pitcher from the game.

Relief pitchers will be given seven pitches for warm-up.

New Pitchers will get 7 warm up throws to start an inning, returning pitchers to start an inning will receive 5 warm up pitches.

### **BASE RUNNING**

A runner must slide to avoid contact at all bases except first base. The fielder cannot block the base nor stand in the baseline. This ruling is the umpire's discretion whether contact could have been avoided. This call is NOT subject to discussion.

Stealing of 2nd & 3 Base will be allowed, AFTER the ball has crossed the plate. There will be no base advancements on overthrows, this includes base stealing. We want our young catchers to throw. There will be no stealing of home allowed.

Leading off the bases is not allowed in Minors (9). The runner cannot steal until the ball crosses the plate. There are NO leadoffs. A player stealing (leaving) early will be called out. This is the umpire's discretion and is NOT subject to discussion.

9u Infield Rules

When a ball is hit to the outfield with base runners on, as soon as the ball is in CONTROL by an INFIELDER the base runners will stop at the base they are heading to, no advancing to any additional bases, the key is control by an infielder.

No runner may advance on an overthrow, with the exception of first base, if the ball is thrown over the head of first base, runner may advance to second at his own risk, there still can be a play at second unless the ball is deemed out of play then it is a free base.

NO advancing on throw by catcher on attempted steals. Catchers are learning to throw to bases and we want that to happen so no advancing on an overthrow on a steal.

If a ball is hit into the outfield and the throw hits the cutoff (infielder) and control is established and then tries to make a play at a base and overthrows it, the runner may not advance, the cutoff is the infielder and runners must stop at the base they are headed too at their own risk.

Only ways for a runner to advance from 3rd to home is a hit ball or walk that forces run home.

SEE rule 6 for exception

Exception to overthrow and 3<sup>rd</sup> base advancement rules, scenario: man on second and ball hit to infielder and they try for a lead runner out at third and overthrow, runner may advance home, and runners can move up ONE base at own risk.

We are trying to make these kids swing and hit the ball to score runs, not look for a walk or punish a kid for trying to make a play. This is a learning league, we want to teach them to throw the ball and learn where to throw it and not punish them for doing so.

The key is infield control, yes, the catcher is an infielder and if a play is at home and he misses it, it's still a live ball until he gains control.

### **BASEBALL RULES ALLOWED**

Bunting

### **BASEBALL RULES NOT ALLOWED**

Intentional Walk, No Balk Rule, Dropped Third Strike, Infield Fly Rule

## **MINORS (9,10 & 11)**

**Base length:** 60 Feet

**Home to 2nd Base:** 84 Feet 10 inches  
feet

**Pitching Mound:** 46

**Maximum run limit per inning:** 4 runs per inning, see game length for last inning rules.

**Safety:** No head first slides, cages are required on helmets.

### **GENERAL RULES**

An inning is 3 outs or 4 runs maximum.

Teams must have at least 8 players to start a game. Teams may borrow a player from the other team to play RF only. The player borrowed will be the last player up in that inning.

### **PITCHING**

A pitcher MAY NOT pitch again once removed from the mound, a pitcher hits 2 batters in a game, shall be removed from pitching in the game. Managers are allowed 2 visits to the mound per pitcher per game. The 3rd visit requires removing the pitcher from the game. Relief pitchers will be given seven pitches for warm-up. New Pitchers will get 7 warm-up throws to start an inning, returning pitchers to start an inning will receive 5 warm-up pitches.

*\*THE FIRST INNING MUST BE PITCHED BY A 9 YEAR OLD PITCHER*

### **BASE RUNNING**

A runner must slide to avoid contact at all bases except first base. The fielder cannot block the base nor stand in the baseline. This ruling is the umpire's discretion whether contact could have been avoided. This call is NOT subject to discussion.

Stealing of all bases will be allowed, AFTER the ball has crossed the plate. There are NO leadoffs. A player stealing (leaving) early will be called out. This is the umpire's discretion and is NOT subject to discussion.

One base will be awarded on an overthrown ball that goes out of play. The ball is considered live at ALL times when the ball is in play. The fence off 1st base at CP#2 is considered in play.

### **BASEBALL RULES ALLOWED**

Dropped third strike, Infield fly rule, Bunting

### **BASEBALL RULES NOT ALLOWED**

Intentional walk, Balk rule will be pointed out only, No lead offs

## **MAJORS (12)**

**Base length:** 60 Feet **Home to 2nd Base:** 84 Feet 10 inches **Pitching Mound:** 46 Feet

**Maximum run limit per inning:** 4 runs per inning, see game length for last inning rules.

**Safety:** Cages are required on batting helmets.

An inning is 3 outs or 4 runs maximum. 6<sup>th</sup> inning will automatically be the last inning. Follow last inning rule.

### **PITCHING**

A pitcher **MAY NOT** pitch again once removed from the mound.

If a pitcher hits 2 batters in a game, he shall be removed from pitching in the game. Managers are allowed 2 visits to the mound per pitcher per game. The 3rd visit requires removing the pitcher from the game. Relief pitchers will be given seven pitches for warm-up. New pitchers will get 7 warm-up throws to start an inning, returning pitchers to start an inning will receive 5 warm-up pitches.

### **BASE RUNNING**

A runner **must** slide to avoid contact at all bases except first base. The fielder cannot block the base nor stand in the baselines. This ruling is the umpire's discretion whether contact could have been avoided. This call is **NOT** subject to discussion. There are NO leadoffs. A player stealing (leaving) early will be called out. This is the umpire's discretion and is **NOT** subject to discussion. One base will be awarded on an overthrown ball that goes out of play. When the ball is live, it is always considered in play. The fence off 1st base at CP#2 is considered in play. Head first sliding is only allowed when returning back to a base.

### **BASEBALL RULES ALLOWED:**

Dropped third strike, Infield fly rule, Bunting

### **BASEBALL RULES NOT ALLOWED:**

Intentional walk, Balk rule will be pointed out only, No lead offs

## JUNIOR (15)

**Base length:** 90 Feet    **Home to 2nd Base:** 127 Feet 3 inches    **MOUND:** 60'

**Time Limit:** No time limit

**Mercy rule:** 12 runs after 5 innings, 4½ if home team is ahead. Team behind calls Mercy.

**Safety:** All players are **REQUIRED** to wear an athletic supporter including a cup. Cages are not required on batting helmets, but they are **strongly suggested**. Metal spikes are allowed. Flak jackets are allowed if fitted properly. Sports goggles are suggested for players with glasses.

An inning is 3 outs or 5 runs maximum. 6<sup>th</sup> inning will automatically be the last inning. Follow last inning rule. Players may coach the bases. They are required to wear a helmet. Only managers, coaches and players are allowed in the dugout.

### **PITCHING**

If a pitcher hits 3 batters in a game, he shall be removed from pitching in the game. Managers are allowed 2 visits to the mound per pitcher per game. The 3rd visit requires removing the pitcher from the game. Relief pitchers will be given a minimum of seven pitches for warm-up. Catchers must wear a cage helmet and chest protector when warming up a pitcher between innings. Each pitcher will be given 1 balk pitch warning per game.

### **BASE RUNNING**

A runner **must** slide to avoid possible contact at all bases except first base. The fielder cannot block the base nor stand in the baseline. This ruling is the umpire's discretion whether contact could have been avoided or intentional blocking has occurred. This call is **NOT** subject to discussion. Courtesy runners are allowed for injured players.

Head first sliding is NOT allowed except to go back to the base. (ie, pick off, stealing attempt) Sliding head first into an advancing base is an automatic out.

The home team has the discretion to start the game in case of questionable weather. After the start of the game, only the umpire can stop the game due to lightning, darkness, snow or severe weather. It is the managers responsibility to control the conduct of the players, parents and fans. The umpire has the right to call a forfeit after a warning (first step) to the manager for unruly behavior. If a game is called because of darkness, the score will revert to the last complete inning played. The umpire will have the sole discretion to stop a game after it has started. The game must have completed 5 innings to be a complete game. The umpire has the right to speed up the game if he feels a manager is deliberately slowing down a game. He may not allow a visit to the mound or the number of pre-inning warm-up pitches for a continuing pitcher.

**BASEBALL RULES ALLOWED:**

Dropped third strike, Infield fly rule, Balk rule, after 1 warning, Bunting, Lead offs

**BASEBALL RULES NOT ALLOWED:** Intentional Walk

**8U Softball**

**Base length:** 60 Feet

**Home to 2nd Base:** 84 Feet 10 Inches

**Pitching:** 35 Feet

**Ball Size:** 11 Inches

**Bat Restrictions:** 2 ¼ barrel max, no longer than 33 inches.

**Safety:** Cages are required on batting helmets. All infielders must wear protective face masks.

An inning is 3 outs or 4 runs maximum. Four outfielders are used in a game. All outfielders **MUST** play on the grass. Teams must have at least 8 players to start a game. Teams may borrow a player from the other team to play RF only. The player borrowed will be the last player up in that inning.

**PITCHING**

This is a kid pitch teaching league with coach pitch assistance. The count starts at 1 - 1 , the player will pitch until the batter has received 4 balls, strikes out the batter or the ball is hit and put in play. If the batter receives a walk the coach enters the game and pitches the remaining strikes to the batter and either the batter strikes out or gets a hit. **NO WALKS** will be issued. Players can pitch 2 innings per game.

A couple of examples are:

1. Pitcher throws 3 balls to batter, coach now pitches remaining two strikes to either strike out batter or the batter gets a hit.
2. Pitcher throws one strike and three balls, the batter would have walked but instead the coach pitches remaining strike for an out or a hit.
3. Both feet must start out on the mound and one foot needs to stay in contact with the mound during the pitch. No backwards stepping, only forward movement.
4. **THE COACH OR APPOINTED PITCHING PARENT MUST BE SIGNED UP AS A VOLUNTEER IN SFLL SYSTEM AND A BACKGROUND CHECK MUST BE DONE/ NO EXCEPTIONS.** There are no rules to how the adult pitcher throws the ball.

**BATTING**

NO on deck circle is allowed, all bat swinging will be done in the batter's box.

The batter must keep one foot in batter's box at all times in between pitches. Exceptions to this include getting out of the way to avoid being hit by pitch, defensive play at home plate (cannot be impeding to the play).

**BASE RUNNING**

A runner is to slide to avoid collision at all bases except first base. The fielder cannot block the base nor stand in the baseline.

Stealing bases are not allowed.

On base runners are allowed to leave the base after the pitch crosses home plate or batters shoulder. Leaving the base before then will result in a warning. One warning will be granted per GAME. After one

warning is given, any runner leaving early will be considered out.

If any runner leads off the base farther than normal and the catcher wants to make a play and throw her out, this is legal and will result in a live ball.

There will be unlimited base advancement on overthrows at any base. Players should be learning defensive strategies at this level and players should be comfortable with aggressive base path running.

When the ball is hit to the outfield, runners may advance (take multiple bases) until the ball is thrown and given to the pitcher in the pitching circle, this ends the play. At that moment, any runner between two bases may proceed 'at risk' to the next base and must stop there. A double first base will be used. A fair ball will be called on any ball that crosses the white part of the base. If the ball goes over the orange portion of the base it will be called foul. The white part of first base is for the defensive player only. The orange part of the base is for the runner only. A runner will be called out if she does not touch the orange part of base. When a hit ball remains in the infield, runners may only attempt to advance one base.

#### **SOFTBALL RULES NOT ALLOWED**

Intentional walk, Balks, Dropped third strike, Infield fly rule, No bunting, stealing

## **10U Softball**

**Base length:** 60 Feet    **Home to 2nd Base:** 84 Feet, 10 Inches    **Pitching Mound:** 35 Feet  
**Ball Size:** 11 Inches    **Bat Restrictions:** 2 ¼ barrel max, no longer than 33 inches.  
**Safety:** Cages are required on batting helmets and all infield players must wear face protection.

An inning is 3 outs or 4 runs maximum. Teams must have at least 8 players to start a game. Teams may borrow a player from the other team to play right field only. The player borrowed will be the last player at bat in that inning.

### **BATTING**

The batter will begin with a 1-1 count.

There is no on deck circle, batter must keep one foot in the batter's box. Exceptions are avoiding being hit by pitch and avoiding defensive play at home plate.

### **PITCHER**

A pitcher may pitch 2 innings per game. However, they do NOT have to be consecutive innings. If a pitcher hits 2 batters in a game, she shall be removed from pitching in the game. One foot must be on the pitching rubber when the ball is released. No leaping. Managers are allowed 2 visits to the mound per pitcher per game. The 3rd visit requires removing the pitcher from the game. Relief pitchers will be given a minimum of five and a maximum of 7 pitches for warm-up. Pitchers will get 7 warm-up throws to start an inning.

**BOTH FEET MUST START ON RUBBER AND ONE FOOT MUST REMAIN ON THE RUBBER DURING THE RELEASE OF THE PITCH, DRAGGING OF FOOT AFTER RELEASE IS APPROVED.** No stepping backwards, only forward movement.

### **RUNNERS**

A lead off is allowed after the pitched ball crosses home plate or the batters shoulder. If the runner is leaving early, the umpire will give one warning and after that the runner will be considered out. Runners may steal 2<sup>nd</sup> and 3<sup>rd</sup> base unlimited times during the game, home plate is able to be stolen ONE TIME per inning. Once the ball has been thrown, in attempts to get a runner out, the ball is live and the play does not end until it's in the hands of the pitcher. We want our young catchers to throw and learn offensive and defensive plays. The runner shall run at their own risk on overthrows at first base that stay in play.

### **INFIELD RULES**

When a ball is hit to the outfield with base runners on, as soon as the ball is in CONTROL by the PITCHER, the base runners will stop at the base they are heading to, no advancing to any additional bases. The ball in the pitcher's hands ends the play.

As soon as a ball is thrown or hit, the ball is live and any base runner may run the bases at their own risk.

Catchers are learning to throw to bases and we want throws to be accurate and show runners how the game is fast and strategic with their aggressive base running.

Runners may advance and score at home after one steal per inning, the pitcher walks batter when bases are loaded, the batter puts the ball in play or the catcher attempts to throw out the base runner. AS SOON AS THE CATCHER THROWS TO THIRD IN ATTEMPTS TO MAKE AN OUT, THE BALL IS LIVE, EVEN IN THE EVENT OF AN OVER THROW.

The key is infield control, yes, a catcher is an infielder if play is home and he misses it, it's still a live ball until the pitcher has the ball back in the circle.

#### **SOFTBALL RULES ALLOWED**

Bunting – NO SLAP BUNTING ALLOWED

#### **SOFTBALL RULES NOT ALLOWED**

Intentional walk, Balks, Dropped third strike, Infield fly rule

## **12U Softball**

**Base length:** 60 Feet   **Home to 2nd Base:** 84 Feet 10 Inches   **Pitching Mound:** 40 Feet

**Ball Size:** 12 Inches   **Bat Restrictions:** 2 ¼ barrel max, no longer than 33 inches

**Safety:** Cages are required on batting helmets

An inning is 3 outs or 4 runs maximum. See game length for last inning rules.

Teams must have at least 8 players to start a game. Teams may borrow a player from the other team to play right field only. The player borrowed will be the last player up in that inning.

12U Softball will be a 3 ball 2 strike league. A complete inning is defined as 3 outs or 4 runs. A pitcher may only pitch 3 innings in a game. However, they do NOT have to be consecutive innings. If a pitcher hits 2 batters in a game, she shall be removed from pitching in the game. Managers are allowed 2 visits to the mound per pitcher per game. The 3rd visit requires removing the pitcher from the game. Relief pitchers will be given a minimum of five and a maximum of 8 pitches for warm-up. Pitchers will get 8 warm-up throws to start an inning. Must start with two feet on the pitching mound, one foot must be on the pitching rubber, when the ball is released. No leaping. Foot dragging is ok and movement must be forward.

### **BASE RUNNING**

Runners may steal 2<sup>nd</sup>, 3<sup>rd</sup> and home. The runner may leave the base after the ball leaves the pitcher's hand. A player leaving early will be warned and on the second time, called out. This is the umpire's discretion and is NOT subject to discussion. If the catcher makes an attempt to catch a player stealing, the ball is live and there are no restrictions on bases. Stealing is allowed on passed balls.

The runner runs at their own risk on overthrows at first base that stay in play. The ball is considered live at ALL times when the ball is in play. The play ends when the ball is in the pitcher's possession within the pitcher's circle.

### **SOFTBALL RULES ALLOWED**

Infield fly rule, Bunting

### **SOFTBALL RULES NOT ALLOWED**

Intentional walk, Dropped 3rd strike, Balks

## **14U Softball and 12/14U COMBINED RULES**

**Base length:** 60 Feet      **Home to 2nd Base:** 84 Feet 10 Inches      **Pitching Mound:** 43 Feet  
**Ball Size:** 12 Inches      **Game length :** 7 innings or time limit listed in game details  
**Bat Restrictions:** 2 ¼ barrel max, no drop limit      **Safety:** Cages are required on batting helmets.  
**INFIELD:** Face masks are highly recommended to be worn, slap bunting is allowed.

### **PITCHERS**

Two feet on rubber to start, one foot to remain in contact with rubber through the pitch.  
Pitching limit is 4 innings per 7 inning game (do not have to be consecutive), extra innings are considered a new game.  
A pitcher is to be removed from the game if 3 batters are hit by a pitch.

### **BASE RUNNING**

Runners may leave the base when pitch is released from hand.  
Play is over when the ball is in the pitcher's hands in the pitcher's circle.  
Scoring Limit – 5 runs per inning, unlimited in last inning to go up by 1 run.  
MERCY RULE IN AFFECT: 12 after 5, 8 after 6  
Runners must slide or give themselves up to avoid collision with fielder. All base runners can be called out for failing to avoid contact.

### **SOFTBALL RULES ALLOWED**

Infield fly rule, Bunting, Dropped 3<sup>rd</sup> Strike, Slap Bunting

### **SOFTBALL RULES NOT ALLOWED**

Intentional walk, Balks

## CHILD PROTECTION PLAN

The South Farmington Little League has adopted the following policies for the safety and well-being of its members. These policies primarily protect youth members; however, they also serve to protect adult leaders. Parents and youth using these safeguards outside the Little League program further increase the safety of their youth. Little League leaders in positions of youth leadership and supervision outside the Little League programs will find these policies help protect youth in those situations as well.

One-on-one contact between adults and youth members is prohibited. In situations requiring a personal conference, discipline or corrective behaviors, the meeting is to be conducted with the knowledge and in view of other adults and/or youth.

Discipline must be constructive. Discipline used in SFLL must be constructive and reflect the Little League values. Corporal punishment is never permitted. Disciplinary activities involving isolation, humiliation, or ridicule are prohibited. Examples of positive discipline include verbal praise and high fives.

Two-deep leadership and no one-on-one contact between adults and youth members includes digital communication. Leaders may not have one-on-one private online communications or engage one-on-one in other digital activities (games, social media, etc.) with youth players. Leaders should copy a parent and another leader in digital and online communication, ensuring no one-on-one contact exists in text, social media, or other forms of online or digital communication.

The buddy system should be used at all times. The buddy system is a safety measure for all Little League activities. Buddies should know and be comfortable with each other. Self-selection with no more than two years age or significant differences in maturity should be strongly encouraged. When necessary, a buddy team may consist of three players. No youth should be forced into or made to feel uncomfortable by a buddy assignment

Privacy of youth is respected. Adult leaders and youth must respect each other's privacy, especially in situations such as changing clothes and taking showers at Tournaments. Adults may enter youth changing or showering areas only to the extent that health and safety requires. Adults must protect their own privacy in similar situations.

No secret organizations. South Farmington Little League does not recognize any secret organizations as part of its program. All aspects of our programs are open to observation by parents and leaders.

No hazing. Hazing and initiations are prohibited and may not be included.

No bullying. Verbal, physical, and cyberbullying are prohibited.

Incidents requiring an **immediate** report to the South Farmington Little League Executive Board must be reported to the board president:

- Any threat or use of a weapon
- Any negative behavior associated with race, color, national origin, religion, sexual orientation, or disability
- Any abuse of a child that meets state reporting mandates for bullying or harassment
- Any mention or threats of suicide