

Constitution and By-Laws

Article I- Name

This Organization shall be known as Mid-Continent Sports, Inc.

Article II-Objective

(a) The objective of the Mid-Continent Sports, Inc. League shall be to implant firmly in the boys and girls of the community the ideals of good sportsmanship, honesty, loyalty, courage and reverence, so that they may be finer, stronger, and happier boys and girls and will grow to be good, clean, healthy men and women.

(b) The objective will be achieved by providing supervised competitive or recreational baseball and softball games. The supervisors shall bear in mind that that attainment of exceptional athletic skill or winning of games is secondary, and the molding of future men and women is of prime importance.

Article III-Government

(a) The Committee (government) of the Mid-Continent Sports, Inc. League shall be under the supervision of the President, 1st Vice President, 2nd Vice President, Secretary, Treasurer, Director of Umpires and the Director of Scheduling and will be referred to as the Board of Directors. The Committee shall serve indefinitely and shall be self-perpetuation. Vacancies shall be filled by the remaining members of the Committee.

(b) At the annual meeting, the Committee of Mid-Continent Sports, Inc. shall elect from its own membership, a President, two Vice Presidents, Secretary, Treasurer and the membership of the standing committee. The aforementioned officers and committee members shall be elected for a one-year term, but may be eligible for re-election.

(c) All matters concerning the policy of the Mid-Continent Sports, Inc. League shall be decided by a vote of the Committee, and no motion shall be carried without a favorable vote from the majority of those present at the duly constituted meeting.

(d) The Board of Directors shall specify the areas from which each team may draw participants and shall establish all league fees and dues for each team.

(e) The Committee members must select from his community, with the approval of the Board of Directors, to assist him in matters of his community. The alternate may act in his/her behalf when board member cannot attend executive session. One vote shall remain in effect for the areas and the alternate may cast that vote when representing the board member.

Article IV-Meetings

(a) Meetings of the Board of Directors and the Committee shall be conducted a minimum of five yearly meetings with the first meeting being the election of officers. Additional meetings may be called by the President at any time or upon request of at least three members of the Board of Directors.

(b) Notice of all meetings shall be given two days in advance thereof to all members of the Board of Directors and the Committee unless waiver of such notice is received.

(c) A majority of the Board of Directors shall constitute a quorum at any meeting and a majority vote of those present shall govern, except when otherwise especially provided.

(d) Roberts Rules of Order shall govern the proceeding of all meeting, except where some conflict with the Constitution or By-Laws of the League.

(e) Any Community that fails to send a representative to two consecutive meetings will be suspended. The League Rep and its alternate will have to be reelected to the committee.

Article V-Coaches & Managers

All managers and 1 assistant coach will have a comprehensive background check ran on them. All managers and 1 assistant coach must attend a coach's clinic or league meeting to be an approved Mid-Continent Sports, Inc. manager. Failure of a coach/manager to attend a league meeting or clinic will result in a one year probation period which allows the coach/manager to continue field management duties. A second violation will result in a one year suspension.

Article VI-Membership

(a) Any participating member meeting the requirements as to age and residence as set forth in the rules adopted by Mid-Continent Sports, Inc. shall be eligible to compete for participation in the Mid-Continent Sports, Inc. League.

(b) The Board of Directors shall appoint a Grievance Committee consisting of three Board members and two alternates. The duties of the committee shall be to hear all protests on violations in which a protest has been legally filed. The decision of the committee is final. In case the Grievance Committee member or members are involved in the protest they are to dismiss themselves and allow the remaining members to replace him from the remaining board members.

(c) Members of the Grievance Committee shall, upon evidence of the misconduct of any boy or girl, notify the manager of the team for which the boy or girl is a member within 24 hours of the act. Said manager shall appear, in the capacity of an advisor, with the boy or girl before the Grievance Committee appointed by the Board of Directors which shall have full power to suspend, or revoke, such boy's or girl's rights to future participation.

(d) The Board of Directors, by two-thirds vote at any duly constituted meeting, shall have the authority to suspend any member thereof whose conduct is considered as detrimental to the best interest of the league.

(e) In the case where a violation by a member necessitates a vote by the league Board of Directors on expulsion, a 3 day waiting period will be initiated for discussion and case familiarization before any action is taken. A two-thirds majority vote of the Board Members present shall be required to finalize expulsion. All members expelled will be entered into the following meeting's minutes and an ongoing list of names will be kept and updated by the secretary.

(f) Only the Board of Directors shall have the power of expulsion and set the term limit of the expulsion.

Article VII-Financial Policy

(a) Because each participating team represents a separate town, and due to the distance separating these towns, each team shall handle its own financing.

(b) The Board of Directors shall not permit the contribution of funds to individuals. The above regulation is the discourage favoritism among players

Article VIII-Rules

(a) The Official Playing Rules and Regulations as adopted by Mid-Continent Sports, Inc. shall be binding on this league.

(b) The local rules of this league shall be adopted by the Board of Directors at a meeting to be held not less than one month previous to the first scheduled game of the season.

Article IX- Umpiring

(a) Each Community shall provide to the Director of Umpires a Chief Umpire who will be responsible for the umpires in his area. It shall be the responsibility of each home team to furnish umpiring for all home games. It is recommended that when visiting league umpires are available, their services to readily accepted. A Chief Umpires must be 21 years of age or older prior to the start of the season. All Chief umpires cannot be the League Representative.

(b) All Chief umpires for the community must attend an umpires clinic or a league meeting and be approved by the President or Director of Umpires. There shall be a Director of Umpires elected at each annual meeting, he/she shall become a member of the Board of Directors with full voting power, also he/she will represent the league umpires along with his regular duties as a board member.

(c) The function of the Director of umpire shall be providing material and information for the Chief Umpire, to hold meetings for training and general improvement of league umpiring.

(d) All League Umpires will be registered with the Director of Umpires and have a league number.

(e) Each community shall provide a protective mask, chest protector, call indicator, and home plate cleaning device.

(f) The Chief Umpire of each community, under the supervision of the Director of Umpires, shall be in charge of all season games and tournament games.

(g) The umpire shall report to the President within 24 hours after the game, all violations of the rules, including the reasons for removal of a player or coach from the game.

(h) The Head Umpire for each game will sign both books and game cards at the end of the game.

(j) There must be a league-approved umpire behind home plate. PENALTY: Home team shall forfeit.

Article X- Amendments

This Constitution or any section thereof may be amended or repealed by a two-thirds vote of the Board of Directors present at any duly constituted meeting; providing that written notice of such proposed changes over the signature of the Secretary, shall be mailed to each member of the Board of Directors at least 15 days prior to the meeting at which such proposed changes shall be submitted to vote.

Mid-Continent Sports Board, on January 24, 1993, has voted the National Federation of State High School rules; Mid-Continent Sports rules, and the Mid-Continent Tournament rules for all league play and tournaments.

Article XI-Disciplinary Consequences

All Coaches/Players/Spectators will be held to a zero tolerance policy

1. If a coach is ejected from a game, there will be an automatic 2 game suspension. That game plus the following 2 games
2. If a player is ejected from a game, there will be an automatic 1 game suspension. That game plus the following 1 games
3. If a Spectator is ejected from a game, it will be the decision of the town from which the spectator is from of length of suspension
4. More than 1 ejection from a game from a Coach or Player, they will be suspended for the remainder of the year.
5. Board may review any and all conduct of coach, player or spectator and submit letter of disciplinary action. Decision of the board will be rendered in writing to the league rep.

General Rules for all Age Divisions

The NFHS Rule Book is the governing rules for Mid-Continent with the following exceptions in each age group.

1. 5 Runs or 3 outs per inning in all age divisions with the exception of Instructional League CO-ED
2. No designated hitter in any age division.
3. No inning will be started after 11:00 p.m. except no game can end in a tie.
4. It is required that all players wear a numbered shirt and cap, all of uniform color and design with no duplication of numbers. Caps are optional for girls. **No metal cleats allowed.**
5. Two (2) trips to the mound in one inning per pitcher. On the second trip the manager must remove the pitcher from the mound.

6. No innings of a league game will be started after the starting time of a late game except that no game can end in a tie. EXAMPLE: 6:00 p.m. scheduled game with a game following will not start an inning after 8:00 p.m. unless the game is tied.
 - T Ball- 1 hour Minor League – 1 hour 15 min Major League A & AA - 1 hour 30 min
7. A calendar week is defined as being 12:01 a.m. Sunday to 12:00 midnight on Saturday.
8. A player may only play on one (1) Mid-Continent Team
9. The number of players on the team roster will not exceed 15, without Mid-Continent Board approval.
10. No Tobacco products shall be permitted on the field or in the dugouts by anyone. **PENALTY:** 1st time- warning; 2nd time- ejection. Zero tolerance of drug and or alcoholic beverages shall be permitted on the field or in the dugouts by anyone and result will be immediate ejection.
11. All teams may begin play with any number of players. No automatic outs will be taken for less than 9 players. A consecutive batting order must be submitted before game start time even if all players not yet present. If a player is not present during his/her at bat time for any reason he/she will be out. A consecutive batting order will be used in all divisions except for AA where they have the option to use an EH. **EXAMPLE:** If a team fields 7 players, after the 7th player bats, the #1 batter would then bat, with no outs taken for #8 and #9 spot.
12. The home team will furnish a scorekeeper who will be designated by the Umpire in Chief as the official scorekeeper will be as close to home plate as necessary.
13. There will be a 16' diameter circle around pitching rubber in all girls divisions and up to Colts and including Colts.
14. The 10 run rule will be in effect for all age divisions after 5innings or 4 ½ if home team is ahead.
15. **All runners, batters, on deck batters, while in field of play or in batter's box, and all rostered players coaching a base must wear approved batting helmets that are in good condition and properly fitted (NFHS Rule) with a manufactured approved chin strap and face mask.** All players not wearing approved chin strap and face mask will: 1st offense, warning; 2nd offense, out; and 3rd offense, out and ejection.
16. A batter who throws a bat in a dangerous manner will be given 1 warning by the umpire. If the same batter again throws the bat, they will be called out. If it occurs a 3rd time the batter will be called out and ejected from the game. Each occurrence will be noted in the scorebook.
17. Mid-Continent approved first aid kits will be at all league fields.
18. Batting Order
 - a. A mandatory consecutive batting order will be utilized in all division excluding AA.
 - b. Extra Hitter (EH) is allowed in AA-divisions or a consecutive batting order may be used.
 - c. When a player is removed from the game, that player may re-enter the game after 2 full innings or 12 outs to return before 2 full innings or 12 outs in case of injury or illness if no subs are available. Injured or ill player must then sit out 2 full innings or 12 outs. If using a consecutive batting order, this rule will not be in effect.
19. The cutoff date for adding teams will be the second Sunday of April.
20. A double first base will be used in all divisions. **(White Base for Fielder, Orange Base for Runner)**
21. Courtesy runner for pitcher or catcher may be used in all age divisions.
22. Slide Rule
 - a. A runner attempting to advance/score to the next base/plate may not deviate from his/her direct pathway to a base/plate in order to initiate contact with any player. If, in the judgment of the umpire, a runner attempting to advance/score initiates contact with any player in such a manner, the umpire shall declare the runner out (even if the player covering base/plate loses possession of the ball). In such circumstances, the umpire shall call the ball dead, and all other baserunners shall return to the last base touched at the time of the collision.
The failure by the runner to make an effort to touch the base/plate, the runner's lowering of the shoulder, or the runner's pushing through with hands, elbows or arms, would support determination that the runner deviated from pathway in order to initiate contact with the player. If the runner slides into the base/plate in an appropriate manner, he shall not be adjudged to have violated rule. A slide shall be deemed appropriate, in the case of a feet first slide, if the runner's buttocks and legs should hit the ground before contact with any defensive player. In the case of a head first slide, a runner shall be deemed to have

appropriately if his body should hit the ground before contact with any defensive player. At no time may a runner slide head first at home plate, if he/she does then the umpire shall call the runner out. In such circumstances, the umpire shall call the ball dead, and all other baserunners shall return to the last base touched at the time of the infraction.

Unless a defensive player is in possession of the ball, they cannot block the pathway of the runner as he/she is attempting to advance or score. If, in the judgment of the umpire, a defensive player without possession of the ball blocks the pathway of the runner, the umpire shall call or signal the runner safe. Notwithstanding the above, it shall not be a violation to the rule if a defensive player blocks the pathway of the runner in order to field a throw, and the umpire determines that the defensive player could not have fielded the ball without blocking the pathway of the runner and the contact with the runner was unavoidable.

23. Pitching criteria

- a. All Players/Coaches in Boys divisions will pitch over handed
- b. All Players/Coaches in Girls divisions will pitch under handed

24. Coach Pitcher

- a. Coach pitcher must stay in contact with rubber.
- b. Obstruction
 - i. A Coach must not hinder any fielder from making a play on a batter/runner. **Penalty:** Play will continue until play is stopped and batter/runner is called out.
 - ii. Coach must remain in circle at all times unless to void a ball in play.
- c. Ball hitting Pitching Coach
 - i. Pitching coach must make an attempt to get out of the way of any batted ball. Ball will remain in play if comes in contact with pitching coach.
 - ii. If pitching coach catches the ball or makes any attempt to hinder the defensive player of catching or fielding a batted ball then the batter/runner is called out after play has stopped.
- d. Pitching coach cannot actively coach a batter when hitting. Prior to each pitch, the pitching coach can actively coach his/her player.
- e. Pitching coach is not allowed to catch a ball in play. Penalty: Play is dead and batter/runner is out.

25. No team shall use more than 1 minute between innings.

26. No throwing the ball around the infield after an out.

27. Catchers must wear full protective gear. Boys must wear protective cup

28. No Unsportsmanlike chatter directed to a player, coach, fan or umpire will be tolerated. 1st offence- warning. 2nd offence- ejection from game.

29. Outfielder Players will have to stay a minimum of 10 feet behind the baseline, until the ball has crossed home plate. Once the ball has crossed home plate the outfielder is free to move wherever on the field they chose.

30. Hit By Pitch- When a live ball is pitched from a player (excluding coach pitch division) and it hits the batter, the batter is awarded first base automatically.

- a. If the ball hits the ground before hitting the player it is still a live ball and therefore the batter is awarded first base as well.
- b. The batter does NOT have to make any attempt to get of the way.

Extra Hitter

1. The EH is for AA-boys and girls only and is optional for each team.
2. The EH must be declared before the start of the game and can be listed anywhere in the batting order.
3. The EH cannot be terminated once started except if a team runs out of players and then the EH will take a defensive position and the batting spot of the absent player will be blank with no penalty.
4. The EH can be traded into and out of defensive players but cannot be moved in the batting order.
5. The EH can be submitted for, as any other position.

Minimum Playing Time for All Age Groups

1. All players (including the EH, if used) must play 2 full innings of offense and defense in a regulation game unless being disciplined by the manager. The manager must declare such action to the opposing manager and umpires prior to the start of the game. If not declared, the manager must field the player. All subs must be in the game by the start of the 3rd inning. Substitutes on defense may reenter at any time.
2. Failure to play a player the minimum playing time is forfeiture.
3. When a player is removed from the game that player may re-enter the game after 2 full innings, or 12 outs to any position in the batting order. **EXCEPTION:** Player may return before 2 full innings or 12 outs in of injury or illness if no other subs are available. Injured or ill player must sit out 2 full innings or 12 outs. If using a consecutive batting order a player can be removed and re-entered at any position at any time during the game. Batting order remains the same during a consecutive batting order.

League Rules

1. Mid-Continent Sports, Inc., Baseball and Softball League are the total governing body of which all participating divisions are a part.
2. The league is governed by Board of Directors.
3. Each area participating or desiring to participate shall apply for an annual franchise and, if approval, shall have separate boundaries from which to draw its players.
4. The President of the Board of Directors with the approval of the Board of Directors shall approve managers, coaches, and umpires.
5. The National Federation rules revised edition for the year in question shall be used for boys and girls, unless altered or otherwise modified herein.
6. Mid-Continent is a participation/competitive league, player recruitment will not be allowed within other Mid-Continent participating associations.
7. No Mid-Continent coach, or manager, will be allowed to hold tryouts, or cut players for any reason. PENALTY: Coaches or managers will be expelled from Mid-Continent Sports and forfeit all games for that calendar season.
8. Minor League- Youth 10 and Under.
9. Major League- Youth 11 and older.
10. Tournament Rules:
 - a. A double elimination tournament will be held for all age divisions with the exception to Coed (Instructional)
 - b. All divisions will follow the same rules as they did during the season with exception of the following:
 - i. Home team will be declared by a flip of a coin
 - ii. All tournament games will utilize 2 Mid-Continent approved umpires. A Mid-Continent approved adult umpire will be utilized behind home plate and will be the chief umpire for the game.
 - a. Adult umpire clarification-**
 - i. Minor League- 16 years and older
 - ii. Major League-18 years and older
 - iii. NO Boys Division Pitcher will be allowed to pitch more than 10 innings during the course of the tournament. A pitch in an inning constitutes a complete inning. Umpires will keep track of the pitchers for each team that pitched during the game and their innings pitched. It will be the responsibility of the coaches to confirm the umpire's innings per player is correct and sign the card. Cards will be kept in the concession stand
 - iv. Complete Game due to weather
 - a. Minor/Major League- 4 complete innings or 1 ½" Hours
 - b. When a game is called due to the weather, the game will be replayed at a later date and will start up at the point where the game was called. Line ups will remain the same as the original line up of the rained out game. No player can be added to the line up after the game has started.

- v. If a temporary mound is available, upon coin toss the home team will decide whether or not to use a mound. It will be up to the home team coach to place/remove the mound.

Managing and Coaching

1. ALL Coaches and 1 Assistant will go through a comprehensive background check
2. All coaches must attend a coach's clinic or a league meeting to be an approved Mid-Continent coach. The adult coaches, with at least a cap (to match players) and a shirt and shoes, may be used on the baseline, either at 3rd or 1st base. Only eligible players in uniform may be used as the other base coach or coaches if adult coaches are not used. If that coach is under 18, he must wear a protective helmet.
3. Only managers, coaches, scorekeepers, bat person, and are players permitted in the dugouts.
4. Duties of the manager shall include the following
 - a. Provide a roster listing all players to the Board of Directors on or before the last Coaches/Umpires meeting. A player may not be added to any roster without the Mid-Continent Board approval. If a player is new to the area, a utility bill must be submitted for proof of residency. Players must play and be on the line up for a total of 4 games prior to playing in the tournament.
 - b. Report to the Board of Directors any changes in roster. If a player is removed from the roster, that player cannot return to the roster.
 - c. When the President of the league has been informed that a coach or player was removed from a game, he/she will require that coach or player to appear with him or her before at least 3 members of the Grievance Committee to explain his or her conduct. In case of a player, his or her manager shall appear with him or her in the capacity of an advisor. The committee at that meeting is authorized to establish a penalty if they feel one is justified.
 - d. Failure to comply with a suspension/probation penalty imposed by the Grievance Committee on coach or player shall result in forfeiture of games in which the coach or player participated and are subject to further penalty.
 - e. All coaches shall assist with takedown and setup of scheduled games.

League Age

League age is defined as the age attained by a player before August 1st of the year of play.

1. Players are allowed to play one (1) year age division up. More than one (1) year age division up will require Mid Continent Board approval. (See Youths Playing Out of Their Age Division)
2. If Mid Continent votes to combine two leagues due to numbers then those players that are playing down a league must not play the first two innings. If the team numbers are low enough that all players must play then any player that is playing down is not allowed to pitch for two innings.

Youths Playing Out Of Their Age Division

1. No youth will be allowed to move up more than (1) age division.
2. Valid reasons for a youth to be held back to a younger age division are safety and/or health. Documentation by the youth's parents and coach will be considered by the Board of Directors for a majority vote for approval.
3. Teams that do not have enough players to field a team will be released to play in other franchise areas.
4. All players held back for reasons other than Health and /or Safety based on board approval will be restricted from pitching and cannot play until all eligible players have played (2 innings minimum).

Protest

1. If a protest is based on an interpretation of the rules, the objecting manager must at the time of play occurs, notify the head umpire, the opposing manager and official score keeper that the game is being played under protest.
2. The two (2) managers and umpire shall then submit the protest in writing to the League Representative within 72 hours of the completion of the game. The League Representative has 24 Hours of receiving the protest to submit it to the League Grievance Committee. The League Grievance Committee will review all protests within 72 hours of receiving.
3. The protesting manager must submit a \$20 protest fee with the protest to the league. The protest fee will be returned if the protest is upheld.
4. The umpire at the time of protest shall announce to the crowd the protest and make notation in the scorebook before continuing with the game.
5. When a protest is upheld by the League Grievance Committee the game shall be replayed from point of protest.
6. Any team manager or other adult who withdraws a team from the playing field under any circumstances prior to the completion of the game shall forfeit all rights to protest as prescribed in this section.
7. NO Protest will be allowed during tournament games. The call of the umpire will stand.

Illegal Players

1. An illegal player is one who is not legally a member of the league because he or she does not meet the requirements as to age and/or residence or not approved by the Board of Directors.
2. Playing of illegal players shall result in forfeiture of games in which players participated illegally and protested by any of the league managers or league officers in writing.

Ineligible Players

1. Ineligible players are those that are not properly rostered, playing while under league suspension, or failing to comply with league restrictions.
2. The penalty for the use of an ineligible player shall be immediate removal of the player from the lineup upon appeal by the opposing manager or notification by the official scorekeeper or league official, provided the official scorebook or other league records verify the ineligibility of the player concerned.
3. Such a player becomes ineligible to play in the team's next game.

Rain Outs/Heat

1. The Home team will notify opposing manager within 1 1/2 hours of game time, EXAMPLE: Notify by 4:30 p.m. when the game is scheduled to start at 6:00 p.m.
2. The Home team shall provide 3 alternate dates for rescheduling game. The Opposing team must play on one of those dates or forfeit.
3. The Home team must contact Opposing team within one week from date of rainout game with alternate dates or Home team will forfeit.
4. The Home team manager will contact the Home team umpire in chief and/or home team league representative.
5. If lightning or severe thunderstorm is within 6 to 12 miles, the umpire-in-chief and the coaches will determine if removing the teams from the field is necessary for safety. Lightning or severe thunderstorms within 0 to 6 miles will result in the game being delayed, and players will immediately be removed from field. The umpire-in-chief will determine the outcome of the game; delayed, or called.
6. When a game is called because of weather, the game will be replayed from the beginning at a later date. A Minor League game is official if 4 innings have been completed, or if the home team is ahead in the bottom of the 4th inning. A Major League game is official if 5 innings have been completed, or if the home team is ahead in the bottom of the 5th inning.
7. If the game has exceeded the required innings to be called a complete game, then the score will be taken from the last completed inning that was played.

8. The League encourages coaches and parents to take extreme caution when temperatures and heat indexes reach above normal conditions. Extended time between innings and timeouts during the game will be allowed to keep all participants safe. Stated time limit is still in effect for all age divisions.

Instructional League Co-Ed

1. Ages 4, 5 and 6
2. Time limit 1 hour or 3 innings.
3. No score will be kept.
4. Calling Outs - Batter cannot Strike out. Team will bat their entire lineup each inning, with all outs treated as outs. A batter/runner that is out either by a tag out, caught fly ball or a force out should go back to the dugout. Example- If you have 10 kids on your team you could have 10 outs. Coaches will need to serve as umpires.
5. Every child on the roster bats every inning.
6. Every child on the roster must play defense on the infield.
7. No more than 8 defensive players on the infield.
8. Coaches may be in the field to instruct players.
9. Ball shall be a RIF 5 or lower.
10. Facemasks, Chin Straps and helmet for player in pitcher position required.

Minor League Ponies- Coach Pitch

1. Ages 7 and 8
2. The ball used is an approved ASA 11 inch fluorescent fast pitch softball.
3. The pitching rubber will be set at 34 feet. Bases will be set at 60 feet.
4. Ponies will have 10 players in the field. Only the pitcher, catcher, 1st, 2nd, 3rd, and SS may play inside base lines until the ball is hit.
5. An offensive team coach will pitch 5 pitches to each batter with one foot in contact with the rubber. All batters shall receive 5 pitches unless they strike out or hit a fair ball before the 5th pitch. 4 pitches constitute 2 strikes. The batter cannot be called out on a foul ball if it is their last pitch. NOTE: A foul tip caught by the catcher is a strike.
6. No walks, no bases awarded for being hit by a pitched ball.
7. Base runners will stay in contact with the bases until the ball reaches home plate. There will be no stealing of any bases. Penalty: The runner is out.
8. Regulation games are 6 innings or 1 hour 15 min time limit. No inning of a league game will be started after the starting time of a later game except that no game can end in a tie.
9. No infield fly rule.
10. Official softball bats will be used. Bats longer than 29 inches are not allowed.
11. When a ball is hit; play is stopped when a defensive player has full control of the ball inside the baseline and has stopped the **lead runner's forward progress**. Runners may only advance 1 base on the initial overthrow at their own risk. If an attempt to throw a runner out after advancing on the initial overthrow, the base runner may not advance another base if that base is overthrown.
12. All pitchers are required to wear a Mid Continent approved face mask. All infielders are up to the coach and/or parent.
13. Player/Pitcher must keep both feet within the circle until the ball is batted. At that point the player/pitcher may move anywhere on the field.

Minor League Colts- Coach Pitch

1. Ages 7 and 8
2. The ball used is an approved NFHS baseball.
3. The pitching rubber will be set at 40 feet. Bases will be set at 60 feet.
4. Colts will have 10 players in the field. Only the pitcher, catcher, 1st, 2nd, 3rd, and SS may play inside the base lines until the ball is hit.
5. An offensive team coach will pitch 5 pitches to each batter with one foot on the rubber at all times. All batters shall receive 5 pitches unless they strike out or hit a fair ball before the 5th pitch. 4 pitches constitute 2 strikes. The batter cannot be called out on a foul ball if it is their last pitch. NOTE: A foul tip caught by the catcher is a strike.

6. No walks, no bases awarded for being hit by a pitched ball.
7. Base runners will stay in contact with the bases until the ball reaches home plate. There will be no stealing of any bases. PENALTY: The runner is out.
8. Regulation games are 6 innings or 1 hour 15 min time limit. No inning of a league game will be started after the starting time of a later game except that no game can end in a tie.
9. No infield fly rule.
10. Official baseball bats will be used. Bats longer than 29 inches are not allowed.
11. When a ball is hit; play is stopped when a defensive player has full control of the ball inside the baseline and has stopped the **lead runner's forward progress**. Runners may only advance 1 base on the initial overthrow at their own risk. If an attempt to throw a runner out after advancing on the initial overthrow, the base runner may not advance another base if that base is overthrown.
12. Base runners will stay in contact with the bases until the ball reaches home plate. There will be no stealing of any bases. PENALTY: The runner is out.
13. Pitcher must wear an approved helmet that is in good condition and properly fitted with a manufactured approved chin strap and face mask
14. Player/Pitcher must keep both feet within the circle until the ball is batted. At that point the player/pitcher may move anywhere on the field.

Minor League Fillies

1. Girls age 9 and 10
2. 10 defensive players in the field. Only the pitcher, catcher, 1st, 2nd, 3rd, and SS may play inside the base lines until the ball is hit.
3. The ball used is an approved ASA 11 inch fluorescent fast pitch softball.
4. Pitching rubber set at 36 feet. Bases set at 60 feet.
5. Regulation games are 6 innings or 1 hour 15 min time limit. No inning of a league game will be started after the starting time of a later game except that no game can end in a tie.
6. No infield fly rule.
7. Official softball bats will be used not to exceed 2 1/2 inches in the diameter and 34 inches in length.
8. Any batter hit by a pitch is awarded 1st base except when coach pitcher is pitching.
9. When a ball is hit; play is stopped when a defensive player has full control of the ball inside the baseline and has stopped the runner's forward progress.
10. Walk rule: Pitchers will be allowed (1) walk per inning. After the pitcher walks one batter, the offensive coach will be permitted to pitch to the subsequent batters after (4) balls. After four (4) balls, the manager or designated adult representative of the offensive team will pitch for the remainder of the count from the 35' rubber. Example: Count equals 4 balls and 1 strike the coach will get 2 pitches, all pitches by the coach will be strikes (even hit by pitch). No bunting or stealing when a coach is pitching. If the batter fouls the third strike she will remain at bat. Delay of game by the pitching coach will result in a strike. The player/pitcher must be in the pitching circle parallel to the side of the pitching coach. If the pitching coach is accidentally hit by a batted ball, ball is live. If the pitching coach catches a batted ball the batter is out and the play is dead.
11. Stealing of bases will be allowed under the following provisions.
 - a. No leading off. Base runners must stay in contact with the base that they are occupying until the ball has crossed home plate. Penalty: Runner is automatically out and play is dead.
 - b. Base runners on first base will be allowed to steal second base and runners on second base will be allowed to steal third base but runners on third base will not be allowed to steal home. Penalty: Runner must return to third base. Example-If runner is on third he/she cannot advance until ball is batted in play or forced home by a walk.
 - c. When a steal is attempted and a play to throw the runner out, the runner will not be allowed to advance to the next base in case of an overthrow. Penalty: Runner(s) must return to base previously occupied.
 - i. Example#1: When there is a runner on first base and a runner attempts to steal second base and the catcher overthrows second base in an attempt to throw the runner out, then that runner must remain on second base and cannot advance to third.
 - ii. Example #2: when there is a runner on first base and a runner on third base and the runner on first attempts to steal second and the catcher overthrows second base in an attempt to throw the runner out the base runners must remain on second and third bases and not advance.

- d. There will be no stealing while the coach pitcher is on the mound (pitchers rubber) or in the field of play.
Penalty: All runners must return to base previously occupied
 - e. Batter shall not advance to first on a dropped third strike.
12. All pitchers are required to wear a Mid Continent approved face mask. All infielders are up to the coach and/or parent.

Minor League Mustangs

1. Boys age 9 and 10.
2. The ball used is an NFHS approved baseball.
3. 9 defensive players in the field.
4. Pitching rubber- 40 feet. Bases- 60 feet.
5. Regulation games are 6 innings, or 1 hour 15 min. No inning will be started after 11:00pm except no game can end in a tie
6. Any batter hit by a pitch will be awarded 1st base. Except when coach pitcher is pitching.
7. Pitching Restrictions for season.
 - a. Any team member may pitch subject to the other restrictions of the Rules.
 - b. A pitcher shall not be allowed to pitch in more than 10 innings in 1 calendar week, 7 innings in 1 calendar day.
 - c. A pitcher shall not be allowed to pitch unless he has had 40 hours rest after pitching in 4 or more innings on the same calendar day.
 - d. A pitch in an inning constitutes a complete inning of pitching.
 - e. Non-compliance to pitching restrictions shall result in the player becoming ineligible for the next scheduled game.
 - f. No association, coach, manager, player or umpire will knowingly alter or negate these pitching restrictions in any way. Any violation, the above mentioned will have to appear before the Mid-Continent Sports Board for assessed penalty.
8. When a ball is hit; play is stopped when a defensive player has full control of the ball inside the baseline and has stopped the lead runner's forward progress.
9. No infield fly rule.
10. Official baseball bats will be used. No restrictions
11. Walk Rule: Pitchers will be allowed 1 walk per inning. After the pitcher walks one batter, the offensive coach will pitch the remaining pitches to the subsequent batters after 4 balls. **After four (4) balls, the manager or designated adult representative or the offensive team will pitch for the remainder of the count from the 40' rubber.** Example: Count equals 4 balls and 1 strike the coach will get 2 pitches, all pitches by the coach will be strikes (even hit by pitch). No bunting or stealing when a coach is pitching. If the batter fouls the third strike he will remain at bat. Delay of game by the pitching coach will result in a strike. The player/pitcher must be parallel to the side of the pitching coach. If the pitching coach is accidentally hit by a batted ball, ball is live. If the pitching coach catches a batted ball the batter is out and the play is dead.
12. Stealing of bases will be allowed under the following provisions.
 - a. No leading off. Base runners must stay in contact with the base that they are occupying until the ball has crossed home plate. Penalty: Runner is automatically out and play is dead.
 - b. Base runners on first base will be allowed to steal second base and runners on second base will be allowed to steal third base but runners on third base will not be allowed to steal home. Penalty: Runner must return to third base. Example-If runner is on third he/she cannot advance until ball is batted in play or forced home by a walk.
 - c. When a steal is attempted and a play to throw the runner out, the runner will not be allowed to advance to the next base in case of an overthrow. Penalty: Runner(s) must return to base previously occupied.
 - i. Example#1: When there is a runner on first base and a runner attempts to steal second base and the catcher overthrows second base in an attempt to throw the runner out, then that runner must remain on second base and cannot advance to third.
 - ii. Example #2: when there is a runner on first base and a runner on third base and the runner on first attempts to steal second and the catcher overthrows second base in an attempt to throw the runner out the base runners must remain on second and third bases and not advance.
 - d. There will be no stealing while the coach pitcher is on the mound (pitchers rubber) or in the field of play.
Penalty: All runners must return to base previously occupied
 - e. Batter shall not advance to first on a dropped third strike.

Major League A-Girls

1. Girls 11 & 12
2. Pitching rubber-40 feet. Bases-60 feet.
3. Regulation games are 7 innings, or 1 hour 30 min. No inning will be started after 11:00pm. Exception - No game shall end in a tie.
4. The ball used is an approved NFHS 12 inch girl's fluorescent fast pitch softball.
5. Base runners cannot leave base until the ball leaves the pitcher's hand. PENALTY: The runner is out.
6. All pitchers are required to wear a Mid Continent approved face mask. All infielders are up to the coach and/or parent.

Major League A-Boys

1. Boys 11 and 12
2. The ball used is an NFHS approved baseball.
3. Pitching rubber- 45 feet. Bases- 70 feet.
4. Regulation games are 7 innings, or 1 hour 30 min. No inning will be started after 11:00pm. Exception - No game shall end in a tie.
5. Pitching Restrictions for season.
 - a. Any team member may pitch subject to the other restrictions of the Rules.
 - b. A pitcher shall not be allowed to pitch in more than 10 innings in 1 calendar week, 7 innings in 1 calendar day.
 - c. A pitcher shall not be allowed to pitch unless he has had 40 hours rest after pitching in 4 or more innings on the same calendar day.
 - d. A pitch in an inning constitutes a complete inning of pitching.
 - e. Non-compliance to pitching restrictions shall result in the player becoming ineligible for the next scheduled game.
 - f. **No association, coach, manager, player or umpire will knowingly alter or negate these pitching restrictions in any way. Any violation, the above mentioned will have to appear before the Mid-Continent Sports Board for assessed penalty.**

Major League AA- Girls

1. Girls 13 and 14
2. Pitching rubber-43 feet. Bases-60 feet.
3. Regulation games are 7 innings, or 1 hour 30 min. No inning will be started after 11:00pm. Exception - No game shall end in a tie.
4. EH is allowed.
 - a. The EH optional for each team.
 - b. The EH must be declared before the start of the game and be listed anywhere in the batting order.
 - c. The EH cannot be terminated once started except if a team runs out of players and then the EH will take a defensive position and the batting spot of the absent player will be with no penalty.
 - d. The EH can be traded into and out of defensive positions as any other defensive players but cannot be moved in the batting order.
5. A Consecutive batting order may be used but not required. After the start of the game you cannot change to the use of an EH.
6. The ball used is an approved NFHS 12 inch girl's fluorescent fast pitch softball.
7. Base runners cannot leave base until the ball leaves the pitcher's hand. PENALTY: The runner is out.
8. All pitchers are required to wear a Mid Continent approved face mask. All infielders are up to the coach and/or parent.

Major League AA-Boys

1. Boy's 13 and 14
2. The ball will be an NFHS approved baseball.
3. Pitching rubber- 52 feet. Bases- 80 feet.
4. Regulation games are 7 innings, or 1 hour 30 min. No inning will be started after 11:00pm. Exception - No game can end in a tie.
5. EH is allowed.
 - a. The EH optional for each team.
 - b. The EH must be declared before the start of the game and be listed anywhere in the batting order.
 - c. The EH cannot be terminated once started except if a team runs out of players and then the EH will take a defensive position and the batting spot of the absent player will be blank with no penalty.
 - d. The EH can be traded into and out of defensive positions as any other defensive players but cannot be moved in the batting order.
6. Pitching Restrictions for season.
 - a. Any team member may pitch subject to the other restrictions of the Rules.
 - b. A pitcher shall not be allowed to pitch in more than 10 innings in 1 calendar week, 7 innings in 1 calendar day.
 - c. A pitcher shall not be allowed to pitch unless he has had 40 hours rest after pitching in 4 or more innings in the same game.
 - d. A pitch in an inning constitutes a complete inning of pitching.
 - e. Non-compliance to pitching restrictions shall result in the player becoming ineligible for the next scheduled game.
 - f. No association, coach, manager, player or umpire will knowingly alter or negate these pitching restrictions in any way. Any violation, the above mentioned will have to appear before the Mid-Continent Sports Board for assessed penalty.
7. Consecutive batting order may be used but not required. After the start of the game you cannot change to the other.