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YOUTH REC BASEBALL &  
SOFTBALL LEAGUE  
INFORMATION AND RULE BOOK

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**Excelsior Springs  
Parks and Recreation Department**

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## Administration:

The T-Ball through 14U baseball and softball is supervised by the Excelsior Springs Parks and Recreation Department. Decisions rendered by the Parks and Recreation Department are final. USSSA BASEBALL, USSSA SOFTBALL RULES apply except where superseded by the following League Rules.

## Coaches:

- Shall, above all, have the welfare of each child as his or her main objective.
- Must have reasonable knowledge of the game.
- Shall act as an example of good conduct and sportsmanship to his or her team in all league matters.
- Shall place emphasis of coaching on learning rules and fundamentals, participation, and personal enjoyment.

## Sportsmanship:

Team members, coaches and spectators shall exhibit appropriate behavior toward other players, coaches, spectators, and officials. Unsportsmanlike conduct from team members and/or associates, including spectators, will result in one or more of the following:

- Player, coach or spectator ejection from the game
- Player, coach or spectator ejection from the league
- Player, coach or spectator suspension
- Forfeit of game

During the game, the officials have the authority to eject players, coaches and spectators. The Parks and Recreation Department has the final authority on determining the duration of suspension or other penalty. Any player (if he/she has a way home) and/or coach ejected from the game must leave the playing area. Failure to do so may result in forfeit of game. Anyone ejected from a game will be suspended for the next game.

## Protests:

Officials' decisions in all matters are final. There shall be no protests except in cases of violation of the minimum playing requirements. Intent to protest must be so noted in the scorebook by an umpire at the request of the coach within five minutes of the conclusion of the game. The protest must then be reported to the Parks and Recreation Department by the protesting coach the next working day. Report may be made in person or by phone.

## Uniforms & Equipment:

- Batters and base runners are required to wear approved head protection. Helmets with ear covering at all times during practice and games will be required. Umpires are instructed to rigidly enforce this rule. The catcher is required to wear a batting helmet and boys must wear a protective cup. Male catchers not wearing protective cups will be removed from that position; teams not providing catchers with protective cups will forfeit their game!

- Tennis shoes or rubber cleats only are to be worn. No street shoes or metal cleats are allowed.
- Each player must provide their own glove; individual bats & balls are optional.
- ESPR shall provide each team with a duffel bag complete with the following equipment: 4 batting helmets, 2 bats, practice balls, catchers' helmet, catchers' mask, pair of shin guards, and chest protector. It is the responsibility of the head coach to see that the bag is then returned at the end of the season.

### **Game Time:**

Games will start promptly as scheduled. A team must have seven (7) uniformed players to start or continue a game. A 5-minute grace period is allowed from the scheduled starting time. The umpire's watch is official.

### **Weather Policy:**

The umpire/supervisor has final say on whether a game will be temporarily suspended or postponed due to weather conditions or poor field conditions. If lightening is in the immediate area, the game shall be suspended immediately.

### **Weather Hotline:**

Coaches will be notified by 4:00pm on game day via email.

### **Schedule:**

All schedules will be posted online at: [www.teamsideline.com/excelsior](http://www.teamsideline.com/excelsior)

## **T-Ball League Rules**

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### **General League Rules and Field Dimensions:**

- There will be a 50 minute time limit on all games. A maximum of three innings will be played.
- Bases are at 60 ft.; pitching rubber at 35'
- Batting arc: A white chalk line will be measured 10' from home plate. The line will arc from the first base foul line to the third base foul line with all parts of the line 10' from home plate.
- Every player will play one (1) inning in the outfield and one (1) inning in the infield. Due to limited space in the infield, coaches will do their best to rotate in and out throughout games.
- The official scorekeeper is to be notified of all substitutions in the field.

### **Batting Rules:**

- All uniformed players shall bat one time in each inning of play.
- The total number of batters will be increased if additional players arrive and will be decreased should players become unable to continue to play. Late arrivals will be added to the end of the lineup. If a player should become unable to bat, his/her position is skipped in subsequent rotations.
- The ball is batted off a T-stand located at home plate. The coach will use his/her judgment

concerning changing the height of the batting tee due to the height difference in players.

- In T-Ball the batter will be allowed five (5) attempts to hit the ball before they are out. A strike is called if the batter swings and misses the ball, hit foul and/or the ball rolls dead before crossing the 10' line. No coaches are allowed in the batter's box.
- When the last batter in an inning is up, the home (batting coach) must notify everybody of this. The last batter must reach base safely in order for any other runner to advance or score.
- When the last batter is up, any out stops play.

### Fielding Rules:

- Two coaches are permitted per team to be in the outfield (grass area) when their team is in the outfield.
- Player position: A team shall have four (4) outfielders, and six (6) infielders with the remaining players placed in the outfield. The player in the pitcher's position must keep one foot on the pitching rubber until the ball is hit. A dotted chalk line will be measured 40' from home plate. The line will arc from the first base foul line with all the parts of the line 40' from home plate. Infielders must remain behind the 40' arc until the ball is hit.
- If a fielder charges a ground ball and handles it before it reaches the 20' line, the ball is dead and the play is replayed. There is no strike.
- A fly ball may be caught anywhere for an out.
- There is no infield-fly rule.
- When returning the ball to home, the infielders may not run the ball past the 20' line. They may run in as far as the 10' line, but at that point the ball must be thrown to the player in the catcher's position. The player in the pitcher's position may back up the catcher at home. If a fielder runs the ball home to tag a runner advancing from third, the runner cannot be tagged out and will score. If a fielder runs the ball home to stop play on the last batter, any runners advancing from second or third will score.
- When a player comes up to bat, all defensive players must play within a reasonable distance from the normal positioning.

### Base Running Rules:

- Runners have to be halfway to base before awarded that base. (There will be a halfway mark between 1<sup>st</sup> and 2<sup>nd</sup> base and 2<sup>nd</sup> and 3<sup>rd</sup> base).
- A runner shall touch home plate when scoring. Touching the batting tee does not score the run.
- Runners may advance one base only on an overthrow at first or third base. The coaches are responsible for awarding the base. Runners cannot advance on any other overthrow. On an infield hit, runners may only advance one base.
- Runners are not permitted to lead off base or steal and runners shall not advance until the ball is hit off the tee. A runner illegally leading off or attempting to steal will result in an out.
- When a fly ball is caught and the runner has left base without tagging after the catch, the ball can be thrown to the base for the out. However, once the ball has been thrown past the 10' line, it is a dead ball and cannot be thrown back out to any base. The catcher may still attempt to tag out the runner at home. Once the play is dead, any runners who did not tag up before advancing are returned to their base provided they were not legally tagged out.

# 7U & 8U Machine Pitch League Rules (Baseball and Softball)

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## General League Rules and Field Dimensions:

- There will be a limit of 1 hour 15 minutes or 6 innings, whichever comes first, for Machine Pitch games.
- Field dimensions will consist of 60 ft. bases and 40 ft. pitching rubber will be used in this league. Machine will pitch 35 mph for the machine pitch leagues and each team will need a coach to feed the machine.
- No player may sit the bench for more than 2 consecutive innings.
- Every child plays at least 3 innings.
- The official scorekeeper is to be notified of all substitutions in the field.

## Batting Rules:

- All players will be placed in the batting order. However, only 9 players will play the field each inning.
- A team's "at bat" shall end after 3 outs or they have scored 5 runs in an inning, whichever comes first. Once the play has ended after the 5<sup>th</sup> run has scored the umpire will call time out and the inning is over.
- Every player present at the games will bat regardless whether they are playing defense.
- Batters throwing their bat will be called out. No bunting will be allowed. If batter attempts to bunt they will be called out.
- U7/8U Machine Pitch League: Each batter will receive a maximum 5 pitches, unless a normal 3 swing strike out has occurred first. If the batter fouls off the 5<sup>th</sup> pitch, they are out. No walks allowed. If in the umpire's judgment the machine throws an unhittable pitch, that pitch will not count as one of the 5 pitches. If a batted ball hits the machine, umpire, or other equipment, the ball is declared dead and the batter receives credit for a hit and all runners move up 1 base.

## Fielding Rules:

- Games will be played by the machine pitch method. A player from the defensive team will play defense within 8 feet of the pitchers position. All throws from the field will be taken by the defensive pitcher. The umpire will then call time and the ball will be handed to him.
- Ten players will take the field on defense. Four outfielders and six infielders. Outfielders must stay in the grass. A team can start/end with 7 players. One coach from the defensive team can take a position in the outfield to help coach, but must not interfere with the play. The team in the field may also place a coach behind the catcher to help chase balls to help speed up the game.
- To be awarded an out at any base the ball must be thrown to teammate. Exceptions may be made with flow of the game based on umpire's judgment.
- No infield fly rule will be used.

## Base Running Rules:

- No stealing is allowed. No bases can be advanced except on a fair hit ball. A Runners foot must remain on base until the ball is hit. If not, the play will be called back and re-played. A dropped 3<sup>rd</sup> strike is an out, runners may not advance.

- If a ball is hit to the outfield the player may take an extra base until the ball has been thrown back to the infield and the umpire rules play dead.
- The ball will be declared dead by the umpire when the ball is inside the base path and play has been stopped by the umpire. This is the umpire's judgment that no further play is taking place. There will be a limit of one base on an overthrow.

# 9U & 10U Kid Pitch League Rules (Baseball and Softball)

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## General League Rules and Field Dimensions:

- There will be a time limit of 1 hour and 30 minutes for baseball and 1 hour and 30 minutes for softball or 5 innings whichever comes first. If the score is tied at the end of five innings, the game will be over.
- Baseline shall be 65 FT and rubber 46 FT for boys; 60 Ft bases and 35 FT pitching rubber for girls.
- Free substitution after playing requirements has been met.
- No player may sit the bench for more than 2 consecutive innings.
- Every child plays at least 3 innings.
- The home team official scorekeeper is to be notified of all substitutions in the field.

## Batting Rules:

- All players will be placed in the batting order. However, only 9 players will play the field each inning.
- Each batter and base runner must wear a batting helmet.
- Batter is automatically out on a dropped third strike.
- Each offensive team remains at bat until 3 outs occur or 7 runs are scored.
- Bunting is allowed.
- There are no walks after fourth ball; the offensive coach will take the pitchers position on the rubber and no closer. From the rubber they will take up where the pitcher left off in the count. The coach must pitch overhand for baseball and underhand for softball. Each pitch will count as a strike whether or not the batter swings. The batter either strikes or puts the ball into play.

## Fielding Rules:

- Player position: A team shall have three (3) outfielders, and six (6) infielders. Teams can start/end with a minimum 7 players
- Catcher interference is awarded a walk.

## Pitching Rules:

- No pitcher/catcher may pitch/catch more than four innings per game. They may play separate or consecutive innings. One pitch will count as having pitched an entire inning.
- A new pitcher may take a total of 7 warm up pitches at the beginning of an inning as a replacement. A pitcher returning to the mound from a previous inning may take a total of 5 pitches before play begins.
- Girls Softball- Once both feet are on the rubber, the first step must be forward. There will be no rocking back to gain momentum.

## Base Running Rules:

- Coach interference with runner (touching) causes runner to be out.
- No two people can occupy one base. Therefore the following runner will be called out. The preceding runner is entitled to the base unless forced to move up.



- Sliding is permitted; however, when sliding if a person has the ball and a runner runs into them, that runner will be called out. Malicious contact will not be tolerated. Players shall not block a base without possession of the ball.
- Girls Softball: There will be no stealing allowed
- Boys Baseball: Stealing is allowed to second & third base only. The base runner may not leave the base until the ball crosses home plate. Base runner may not steal home, but may take home only after being forced in by a walk or because of a fairly hit ball. A runner can't advance on a passed ball thrown by the catcher to the pitcher.

# 11U & 12U Kid Pitch League Rules (Baseball Only)

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## General League Rules and Field Dimensions:

- There will be a time limit of 1 hour and 45 minutes or 6 innings whichever comes first. If the score remains tied after 6 innings the game is over.
- Baseline shall be 70FT and pitching rubber at 50 FT for boys.
- Free substitutions after the playing requirements are met.
- No player may sit the bench for more than 2 consecutive innings.
- Every child plays at least 3 innings.
- The official scorekeeper is to be notified of all substitutions in the field.

## Batting Rules:

- All players will be placed in the batting order. However, only 9 players will play the field each inning.
- Each batter and base runner must wear a batting helmet.
- Batter is automatically out on a dropped third strike.
- Each offensive team remains at bat until 3 outs occur or 7 runs are scored.
- Bunting is allowed.

## Fielding Rules:

- Player position: A team shall have three (3) outfielders, and six (6) infielders. Teams can start/end with 7 minimum players
- The infield fly rule will be in effect, with runners on first and second or with the bases loaded and less than 2 out, the batter is out.
- Catcher interference is awarded a walk.

## Pitching Rules:

- No pitcher/catcher may pitch/catch more than four innings per game. They may play separate or consecutive innings. One pitch counts as having pitched one inning.
- A new pitcher may take a total of 7 warm up pitches at the beginning of an inning as a replacement. A pitcher returning to the mound from a previous inning may take a total of 5 pitches before play begins.

## Base Running Rules:

- Stealing will be allowed except to home
- Coach interference with runner (touching) causes runner to be out.
- No two people can occupy one base. Therefore the following runner will be called out. The preceding runner is entitled to the base unless forced to move up.
- Sliding is permitted; however, when sliding if a person has the ball and a runner runs into them, that runner will be called out. Malicious contact will not be tolerated.

# 11U & 12U Kid Pitch League Rules (Softball Only)

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## General League Rules and Field Dimensions:

- There will be a time limit of 1 hour and 30 minutes or 6 innings whichever comes first. If the score is tied at the end of six innings the game is over.
- Baseline shall be 60 FT and rubber 40 FT for girls.
- Size 12 ball
- Free substitutions after playing requirements have been met.
- No player may sit the bench for more than 2 consecutive innings.
- Every child plays at least 3 innings.
- The official scorekeeper is to be notified of all substitutions in the field.

## Batting Rules:

- All players will be placed in the batting order. However, only 9 players will play the field each inning.
- Each batter and base runner must wear a batting helmet.
- Batter is automatically out on a dropped third strike.
- Each offensive team remains at bat until 3 outs occur or 7 runs are scored.
- Bunting is allowed.

## Fielding Rules:

- Player position: A team shall have three (3) outfielders, and six (6) infielders. Teams can start/end with 7 minimum players.
- Catcher's interference is awarded a walk.

## Pitching Rules:

- No pitcher/catcher may pitch/catch more than four innings per game. They may play separate or consecutive innings. One pitch will count as having pitched an entire inning.
- A new pitcher may take a total of 7 warm up pitches at the beginning of an inning as a replacement. A pitcher returning to the mound from a previous inning may take a total of 5 pitches before play begins.

## Base Running Rules:

- Stealing will be allowed to second & third base only. The base runner may not leave the base until the ball crosses home plate. Base runner may not steal home but may take home only after being forced in by a walk or because of a fairly hit ball. Base runners may not lead off any base and can only steal 2<sup>nd</sup> & 3<sup>rd</sup> when the ball has crossed home plate. Also, a runner can't advance on a passed ball thrown by the catcher to the pitcher.
- Coach interference with runner (touching) causes runner to be out.
- No two people can occupy one base. Therefore, the preceding runner will be called out unless the lead runner is forced to move up in which case the lead runner will be called out.
- Sliding is permitted; however, when sliding if a person has the ball and a runner runs into them, that runner will be called out. No malicious contact will be tolerated.