

## 6U (T-BALL) LEAGUE RULES

The primary goal of the Windsor Recreation Summer Baseball Program is to help each participant experience success as they develop their skills and abilities. An emphasis is placed, not only on the basic skills of baseball, but also upon the development of important character qualities such as sportsmanship, teamwork, honesty, courtesy, leadership, and self-discipline. Our philosophy of success is based upon the premise that a winner is someone who gives his or her best effort whether it is in practice or in games.

The following rules and reminders will be in effect for the current Youth Baseball Season:

### **Game Rules**

#### **Players and Substituting:**

- A. Nine defensive players on the playing field with only 6 infielders including pitcher and catcher.
- B. **Teams will be Co-ed, with all rules applying equally to all.**
- C. Everyone gets an opportunity to bat before going through the batting order again (In other words, all players get to bat even if they are playing a defensive position).
- D. Players not starting at a defensive position should be at the top of the batting order.
- E. **Playing time should be equal for all players who attend regular practices.**
- F. **Continual subbing is permitted and no one should sit out for consecutive innings.**
- G. Make sure to rotate kids to different positions! Everyone should get an opportunity to play both infield and outfield.

#### **Field of Play:**

- A. A 7-foot arc will be in front of home plate. If, at any time, a hit ball does not go beyond the arc, the ball is dead and the batter will hit again.
- B. 60' base paths will be used.

#### **Equipment:**

- A. No metal cleats.
- B. Helmets must always be worn by batters and base runners.
- C. Players must wear issued hat and jersey at all games.
- D. All players must wear pants of some kind (jeans, sweats, game pants, etc.).

#### **Coaching:**

- A. Teams should practice at least once a week, but not more than twice a week.

#### **Start and End of Game:**

- A. 55 minute time limit and completion of equal innings. **Games will “drop-bat” upon reaching time limit.**

**Game Play:**

- A. No game will be officially scored.
- B. **Teams will bat through each inning (all players will bat).**
- C. Games will be played by players running “one station at a time”, meaning once a player hits the ball they may only run to first base, and then may run to subsequent bases once following players hit the ball to advance them. (In other words, players advance one base per hit).
- D. After the last batter hits the ball into play, all runners occupying the bases may run around the bases.
- D. No stealing or leading-off.
- E. No throwing of bats or helmets, automatic out if thrown after one warning.
- F. Runners may not advance to the next base after the ball is returned to the infield (controlled by umpire)
- G. No strikeouts. Players bat until they get a hit.
- H. Players shall not intentionally or maliciously run into fielders.
- I. On any overthrow, the runner stops at base.

## 8U (Coach Pitch – Modified T) League Rules

The primary goal of the Windsor Recreation Summer Baseball Program is to help each participant experience success as they develop their skills and abilities. An emphasis is placed not only on the basic skills of baseball, but also upon the development of important character qualities such as sportsmanship, teamwork, honesty, courtesy, leadership, and self-discipline. Our philosophy of success is based upon the premise that a winner is someone who gives his or her best effort whether it is in practice or in games.

The following rules and reminders will be in effect for the current Youth Baseball Season:

### Game Rules

#### **Field of Play:**

- A. Bases will be set at 60 feet
- B. Coach pitchers will pitch from 40 feet
- C. When batting tee is used a 7-foot arc will be in front of home plate. If, at any time, a hit ball does not go beyond the arc, the ball is dead and the batter will hit again.

#### **Players and Substitutions:**

- A. Nine defensive players on the field, only six in the infield including the pitcher and catcher.
- B. **Playing time should be equitable for all players who attend practices regularly.**
- C. **Continual subbing is permitted and no one should sit out for consecutive innings.**
- D. Make sure you rotate kids throughout the game to an outfield and an infield position and lineup.  
(Exception would be someone who, because of ability level, could possibly hurt themselves at a certain position.)

#### **Coach Pitch:**

- A. Batting team's coach will pitch to own players. If batted ball hits coach who is pitching, ball will remain live, same as if hitting a defensive player.
- B. Player cannot strike out or walk.
- C. If batter has two strikes swinging a batting tee will then be placed at home plate. Batter will then hit off batting tee. Player swings until ball is hit. No strike outs off batting tee.
- D. A seven-foot arc will also be used. If the ball lands and stops in the seven foot arc in front of home plate, the ball will be declared a foul ball and the batter will re-hit.

#### **Equipment:**

- A. Catchers must wear full protective gear, including athletic supporters.
- B. Batters and base runners must wear protective helmet.
- C. It is strongly recommended that the player in the pitcher position wear a heart guard.
- D. Players must wear issued hat and jerseys.
- E. No metal cleats allowed.
- F. No jewelry may be worn by players; this includes watches, necklaces and earrings.
- G. All players are encouraged to wear baseball pants or sweats. (No shorts)

**Coaching:**

- A. Teams are asked to practice at least once a week and no more than twice a week.
- B. Players and coaches shall not verbalize in any way with the opposing team for intimidation.
- C. Players and coaches shall conduct themselves in a sportsmanlike manner.
- D. Players and coaches shall advance around the bases in a legitimate manner. Ex: runner on 1<sup>st</sup> base can advance to 3<sup>rd</sup> base at own risk on a legitimate base hit.
- E. Players or coaches shall not argue with umpires. If a concern arises as to a rule interpretation, the coach shall approach the umpire in a calm and respectful manner to discuss it. The final decision will rest with the umpire.
- F. You can have **one (1)** coach per team on the field. This means, the team up to bat, their coach pitching to them is the one coach allowed on the field for the offensive team. (Base coaches don't count towards the one coach on the field.) The defensive team can have one coach in the outfield grass helping their team defensively, if they feel it is needed.

**Start and End of Game:**

- A. Dugout rule: Home team takes the 1<sup>st</sup> base dugout and Away team takes the 3<sup>rd</sup> base dugout. Failure to oblige may result in forfeit.
- B. Equal innings and a time limit of 75 minutes. **Games will “drop-bat” upon reaching time limit.**
- C. Clock will begin at the start of first pitch.
- D. No new inning can start when the scoreboard runs out of time.
- E. If game ends in a tie, no extra innings will be played.

**Game Play:**

- A. **Three outs or 8 batters, whichever comes first.**
- B. No leading-off. No stealing.
- C. **There is no advancement of a runner on any overthrow.**
- D. Players shall not intentionally or maliciously run into fielders. Runners must stay within the base path or they are automatically out.
- E. There will be no bunting allowed.
- F. There will be no mercy rule enforced.
- G. No infield fly rule.

## 10U (Player Pitch – Modified T) League Rules

The primary goal of the Windsor Recreation Summer Baseball Program is to help each participant experience success as they develop their skills and abilities. An emphasis is placed not only on the basic skills of baseball, but also upon the development of important character qualities such as sportsmanship, teamwork, honesty, courtesy, leadership, and self-discipline. Our philosophy of success is based upon the premise that a winner is someone who gives his or her best effort whether it is in practice or in games.

The following rules and reminders will be in effect for the current Youth Baseball Season:

### Game Rules

#### **Field of Play:**

- A. Bases will be set at 60 feet
- B. Pitchers will pitch from 40 feet
- C. When batting tee is used a 7-foot arc will be in front of home plate. If, at any time, a hit ball does not go beyond this arc, the ball is dead and the batter will hit again.

#### **Players and Substitutions:**

- A. Nine defensive players on the field, only six in the infield including the pitcher and catcher. Outfielders must position themselves beyond the outfield grass line.
- B. **Playing time should be equitable for all players who attend practices regularly.**
- C. **Continual subbing is permitted and no one should sit out for consecutive innings.**
- D. Make sure you rotate kids throughout the game to an outfield and an infield position and within the lineup. (Exception would be someone who, because of ability level, could possibly hurt themselves at a certain position.)

#### **Player Pitch:**

- A. A pitcher should only pitch 4 innings per week, one pitch equals a full inning (Sun - Sat).
- B. **Between innings, a pitcher is allowed eight warm-up pitches if new and five warm-ups if returning.**
- C. Player can strike out but cannot walk.
- D. If batter has four balls, a batting tee will then be placed at home plate, no exceptions. Batter will have only one (1) attempt to hit off the batting tee. Batted ball from tee must be fair and exceed the seven-foot arc. If batter swings and misses, or hits a foul ball, batter is out.
- E. A seven-foot arc will also be used. If the ball lands and stops before the seven-foot arc in front of home plate, the ball will be declared a foul ball and the batter will be declared out.

#### **Equipment:**

- A. Catchers must wear full protective gear, including athletic supporters.
- B. Batters and base runners must wear protective helmet.
- C. It is strongly recommended that players in the pitcher position wear a heart guard.
- D. Players must wear issued hat and jerseys.
- E. No metal cleats allowed.

- F. No jewelry may be worn by players. This includes watches, necklaces and earrings.
- G. All players are encouraged to wear baseball pants or sweats. (No shorts)

**Coaching:**

- A. Teams are asked to practice at least once a week and no more than twice a week.
- B. Players and coaches shall not verbalize in any way with the opposing team for the purpose of intimidation.
- C. Players and coaches shall conduct themselves in a sportsmanlike manner.
- D. Players and coaches shall advance around the bases in a legitimate manner.
- E. Players or coaches shall not argue with umpires. If a concern arises as to a rule interpretation, the coach shall approach the umpire in a calm and respectful manner to discuss it. The final decision will rest with the umpire.
- F. No coaches will be allowed on the field, i.e. a coach standing in the outfield grass helping their team out defensively. Only time a coach can be on the field is for either base coaching or calling time and going to talk to their pitcher/infield.

**Start and End of Game:**

- A. Dugout rule: Home team takes the 1<sup>st</sup> base dugout and Away team takes the 3<sup>rd</sup> base dugout. Failure to oblige may result in forfeit.
- B. Six (6) innings or a time limit of 75 minutes. If game ends in a tie – No extra innings will be played.  
**Games will “drop-bat” upon reaching time limit.**
- C. Clock will begin at the start of the pitch.
- D. No new innings shall start after the time has expired.

**Game Play:**

- A. **Three outs or 8 batters, whichever comes first.**
- B. No leading-off. No stealing.
- C. On any overthrow, runner can only advance one base after first throw by fielding player. **Exception: if batted ball comes off the batting tee and there is an overthrow, no advancement of the runner is allowed.** Runner advances at own risk. After runner reaches base or is called out, the ball becomes dead. An overthrow is a thrown ball that is missed by a defensive player.
- D. **Batters are limited to a single (only one base) when hitting off the Batting Tee.**
- E. **There is no advancement of the runner from 3<sup>rd</sup> to home on any overthrow.**
- F. Players shall not intentionally or maliciously run into fielders. Runners must stay within the base path or they are automatically out.
- G. There will be no bunting allowed.
- H. There will be no mercy rule enforced. No infield fly rule.

## 12U LEAGUE RULES

The primary goal of the Windsor Recreation Summer Baseball Program is to help each participant experience success as they develop their skills and abilities. An emphasis is placed not only upon the basic skills of baseball, but also on the development of important character qualities such as sportsmanship, teamwork, honesty, courtesy, leadership, and. Our philosophy of success is based upon the premise that a winner is someone who gives his or her best effort whether it is in practice or in games.

**High School Rules apply with the following exceptions:**

### Game Rules

#### **Field of Play:**

- A. Bases will be set at 70 feet
- B. Pitchers will pitch from 50 feet

#### **Players and Substitutions:**

- A. Nine defensive players on the playing field.
- B. Everyone gets an opportunity to bat before you go through the line-up again.
- C. A pitcher should only pitch 5 innings per week, one pitch equals a full inning (Sun - Sat).
- D. **Between innings, a pitcher is allowed eight warm-up pitches if new and five warm-ups if returning.**
- E. Playing time will be equitable for all players who attend regular practice.

#### **Equipment:**

- A. Catchers must wear full protective gear, including athletic supporter.
- B. Batters and runners must wear protective helmet at all times.
- C. No Jewelry may be worn by players. This includes watches, necklaces and earrings.
- D. Pitchers are strongly encouraged to wear heart guards.
- E. No metal cleats are allowed.
- F. Participants must wear complete uniform at all games.
- G. All players are encouraged to wear baseball pants or sweats. (No Shorts)

#### **Coaching:**

- A. Teams are asked to practice at least once a week and not more than twice a week.
- B. Coaches should start to encourage the players to pick 2-3 specific positions and coach them to positions. At least one infield and one outfield position should be picked by each player.
- C. Players or coaches shall not argue with umpires. If a concern arises as to a rule interpretation the coach shall approach the umpire in a calm and respectful manner to discuss it. The final decision will rest with the umpire.
- D. Players shall not intentionally or maliciously run into fielders.
- E. Players and coaches shall conduct themselves in a sportsmanlike manner.

- F. Players and coaches shall not verbalize in any way with the opposing team for intimidation. (**This includes own team members**).
- G. Players shall not carelessly or deliberately throw a bat or other equipment. (Result will be an automatic out and/or possible dismissal from the game.)

**Start and End of Game:**

- A. Dugout rule: Home team takes the 1<sup>st</sup> base dugout and Away team takes the 3<sup>rd</sup> base dugout. Failure to oblige may result in forfeit.
- B. Six (6) innings or a time limit of 75 minutes. **Games will “drop-bat” upon reaching time limit.**
- C. No new inning can start after 75 minutes.
- D. If game ends in a tie – No extra innings will be played.
- E. Clock will begin at the start of the pitch.

**Game Play:**

- A. **Three outs or 8 batters, whichever comes first.**
- B. On any overthrow, base runners may advance a base at their own risk. The umpire will control the game by calling time when a player has retrieved and returned the ball to the infield or has attempted to throw the ball back to the pitcher. It is the umpire's decision as to whether a runner had advanced half-way to the next base before the ball had returned to the infield. If the runner had not sufficiently advanced, then he/she must return to the previous base.
- C. Players shall not intentionally or maliciously run into fielders. Runners must stay within the base path or they are automatically out.
- D. There will be no mercy rule enforced.
- E. Bunting is allowed.
- F. Batter is out on a dropped third strike.
- G. Leading off is allowed. Stealing is allowed, except from 3<sup>rd</sup> base to home. No stealing home on passed balls. No stealing home on throws from the catcher back to the pitcher. If a catcher puts the ball in play by attempting a throw down to 2<sup>nd</sup> base, or a pick to 1<sup>st</sup> or 3<sup>rd</sup> base, the runners may steal.
- H. No intentional walks.
- I. Free substitution.
- J. Infield fly rule will be enforced.
- K. Pitchers can only pitch five (5) innings per week. One out equals 1/3 inning.
- L. Due to safety concerns, teaching or promoting pitchers to throw curve balls is prohibited.