

# RALSTON AREA BASEBALL ASSOCIATION



## MASTER LEAGE RULES AND CODE OF CONDUCT FOR COACHES/PLAYERS/PARENTS/FANS

Last Revised – May 28, 2026

# **Shetland League (T-Ball) Rules – Preschool -Kindergarten, Age 4-6**

## **General RABA Rules**

- 1) Coaches and Parents should review the Code of Conduct, as well as the league specific rules.
- 2) Sportsmanship shall be the #1 priority for coaches, players and parents. This includes: inappropriate language, threatening rhetoric, unsportsmanlike comments, inappropriate interaction with umpires, throwing equipment, etc.
  - a. The Umpire's rulings are FINAL.
    - i. The head coach shall be the only one to ask for clarification on a call, in between innings only.
    - ii. There is a one warning policy for all coaches, players, parents and fans (this can be skipped if the umpire deems it necessary).
    - iii. The second occurrence will result in the head coach and the parent/fan/player being ejected from the game.
      1. At this time the RABA Board will be made aware of the incident and (if necessary) intervene.
    - iv. A third offence will result in a suspension along with a meeting with the Board of Directors.
- 3) All Coaches and Parents helping on the field must be certified in concussion and heat illness training before working with players on the field.
- 4) Your child will need; Baseball Glove, Bat (recommended), Batting Helmet with face cage, Baseball Pants, Baseball Cleats (recommended), and plenty of water for games & practices.
  - a. ALL BATS MUST HAVE LEDGIABLE USA OR USSSA BAT CERTIFICATION STAMPS!  
No wooden bats will be permitted.
- 5) Weather cancellations will be rescheduled as possible. During the regular season, games will be official after 3 completed innings, or the home team is up, and batting is not needed to win. Tournament weather related rules will be sent prior to the start of the tournament.

## **Safety Rules**

- 1) It is recommended that there are 3 coaches and at least 1 parent helper for Shetland.
- 2) Coaches or parent helper will be behind the plate – there are no catchers in this league.
- 3) The player at the "Pitcher" position shall wear either a batting helmet with face cage, catchers helmet, or softball face protector.
- 4) It is always recommended that a player shall wear a protective cup but is not required at this age.

## **League Specific Rules**

- 1) Game Length – 1 hours 15 minutes.
  - a. At the start of game play each time will run drills for the first 20-30 minutes. When both teams are ready the game will start.
  - b. The remaining time will allow for 2-3 innings of baseball to be played.
- 2) The base path is 50 Feet. Pitching block will be at 35 Feet. Coaches can come as close as needed if they are pitching to a batter. The coach will need to do their best to not affect the ball when it's put in play.
- 3) There are no umpires for this age group as there are no outs, safe, or scoring in their games. This league is strictly teaching fundamentals.
- 4) It is recommended that coaches rotate players fielding positions ever inning.
- 5) Teams consist of 5-7 players. This allows for more reps in the field and at bat.
- 6) The field will consist of the four infield positions, pitcher's helper, with any other players filling in behind second base or in the outfield.

- a. The goal of this league is to teach players to throw the ball to first base after it's been fielded.
- 7) Each team will bat their full line up each half inning when on offence.
  - a. BATTING
    - i. Each batter can have 4 pitches from a coach. If a ball is not put in play, they need to hit off the tee.
    - ii. If the player would rather hit from the tee instead of being pitched to, this is acceptable.
      - 1. Coaches & Parents – please be practical with your child's current skill set.
  - b. BASE RUNNING & ADVANCING
    - i. After the ball is put in play the batter should advance to 1<sup>st</sup> base.
    - ii. There are no lead offs in this league.
    - iii. Any runner on base can advance 1 base (1<sup>st</sup> to 2<sup>nd</sup> or 2<sup>nd</sup> to 3<sup>rd</sup> or 3<sup>rd</sup> to home).
    - iv. The last batter in the line up will run all bases when the ball is put into play. All runners on base should advance the same.
- 8) While on Offence there should be one coach pitching, one coach behind the plate collecting pitches and moving the tee, one coach on first, and one coach on third to help runners.
- 9) While on Defense there should be a minimum of two coaches in the field to help the players.

## **Yearling League (Coach/Kid Pitch) Rules – 1<sup>st</sup> & 2<sup>nd</sup> Grade, Age 7-8 (8U)**

### **General RABA Rules**

- 1) Coaches and Parents should review the Code of Conduct, as well as the league specific rules.
- 2) Sportsmanship shall be the #1 priority for coaches, players and parents. This includes: inappropriate language, threatening rhetoric, unsportsmanlike comments, inappropriate interaction with umpires, throwing equipment, etc.
  - a. The Umpire's rulings are FINAL.
    - i. The head coach shall be the only one to ask for clarification on a call, in between innings only.
    - ii. There is a one warning policy for all coaches, players, parents and fans (this can be skipped if the umpire deems it necessary).
    - iii. The second occurrence will result in the head coach and the parent/fan/player being ejected from the game.
      1. At this time the RABA Board will be made aware of the incident and (if necessary) intervene.
    - iv. A third offence will result in a suspension along with a meeting with the Board of Directors.
- 3) All Coaches and Parents helping on the field must be certified in concussion and heat illness training before working with players on the field.
- 4) Your child will need; Baseball Glove, Bat (recommended), Batting Helmet with face cage, Baseball Pants, Baseball Cleats (recommended), and plenty of water for games & practices.
  - a. ALL BATS MUST HAVE LEDGIABLE USA, USSSA, or BBCOR BAT CERTIFICATION STAMPS! No wooden bats will be permitted.
- 5) Weather cancellations will be rescheduled as possible. During the regular season, games will be official after 3 completed innings, or the home team is up and batting is not needed to win. Tournament weather related rules will be sent prior to the start of the tournament.

### **Safety Rules**

- 1) It is recommended that there are 3 coaches and at least 1 parent helper for Yearling.
- 2) It is recommended that a player shall wear a protective cup.
- 3) The Pitcher may wear a helmet or softball face shield if they choose to, but this is NOT mandatory.
- 4) During play, only one player may be outside the dugout. All other players should be in the dugout, away from the opening.
- 5) During game play there should be no use of a hit stick for on deck batters.
- 6) No players may coach bases at this age, Coaches & Parents ONLY.

### **League Specific Rules**

- 1) Game Time during the regular season shall be 1 hour 5 minutes (65 minutes).
  - a. The umpire shall set a timer for 65 minutes during the coaches meeting before the game. When the umpire & coaches agree, the time will start.
  - b. When the timer goes off the current inning will be finished. Games can finish in a tie during the regular season.
- 2) Game Time during tournaments will be 1 hours 15 minutes (75 minutes).
  - a. The umpire shall set a timer for 75 minutes during the coaches meeting before the game. When the umpire & coach agree, the time will start.
  - b. When the timer goes off no new inning may be started.
    - i. If the game ends in a tie California Rules will govern extra innings.

- 3) The base path is 60 feet. The pitching distance is 35 feet.
- 4) There is no mercy rule at this age.

### **Offensive Play**

- 1) Each team will allow all players to bat every game.
- 2) Each half inning will consist of 3 outs OR one turn through the line up (each team will bat as many players as the team that has the most players – i.e. if one team has 10 and the other has 13, both teams will bat 13 players OR 3 outs to complete the inning.
- 3) The kids will start pitching on the first game. Kid pitchers will be able to pitch 1 inning per day. They will throw three (3) pitches per batter. If there is a hit by pitch the offensive coach will take over pitching at that time.
- 4) Day one through the first Monday in May, the coach will get 5 pitches per kid. After the 5<sup>th</sup> pitch if that ball is not put in play the batter will be out. A foul ball will continue the at bat.
- 5) Starting on the first Monday in May ball-strike counts will be live. On the 3<sup>rd</sup> strike (or 5<sup>th</sup> pitch) the batter will be out.
- 6) The adult coach pitcher shall avoid interfering with play and use their best effort to move out of the way of defensive players. The ball is dead if the ball hits the adult pitcher, and all players will return to the bases that they were at prior to the play and the ball will be counted as a foul ball. The batter will return to the batter box at the previous same ball count prior to the hit in the event the ball hits the adult pitching coach.
- 7) Adult pitchers shall not instruct base runners and shall remain quiet during play.
- 8) Base coaches are solely responsible for instructing players on the base paths.
- 9) No stealing bases at any point during the season. Home plate is closed, no stealing home. Players can reach home only on a ball put in play.
- 10) Leadoffs – players are allowed to lead off. A proper lead off for this age group is 2 steps then “read”.
  - a. On an over throw from the catcher to the pitcher the ball is considered dead. This means if a player on defense picks the ball up and tags the runner the runner remains safe. PLEASE make sure your runners are returning to the base after each pitch.
  - b. There are no pick off's in this league.
- 11) Upon a hit into the outfield grass the ball will be considered live and runners are allowed to advance at their own discretion.
- 12) Runners can advance until the ball is secured by an infielder on the dirt. At the point the infielder has the ball the play is considered over. If the runners are not more than halfway to the next base – the runner will go back to the base they last accomplished (when trying to advance 2 bases on one hit). This is UMPIER JUDGEMENT and is not up for argument.

### **Fielding Rules**

- 1) Up to 10 players shall play in the field. Pitcher, Catcher, Infielders (4), and Outfielders (4).
- 2) There is no infield fly rule.
- 3) Each team on defense shall shag the balls and develop the catcher. The adult shall instruct the catcher on proper technique at this age and encourage making plays at home plate as it will be open. The catcher for the next inning shall be prepared as soon as possible with coaches help. As soon as the catcher comes in from batting, he shall start getting geared up.
- 4) All hits to the outfield are live until the ball is secured by an infielder on the dirt. At that point the play is over. Coaches are encouraged to teach players to hold the ball and avoid the overthrows starting at this age.
- 5) 2 coaches/parent helpers are allowed in the outfield to help with communication of players while on defense.

## Pitching Rules

- 1) Kid pitching reminders;
  - a. Each pitcher can throw 3 pitches per batter.
  - b. If the batter is hit by the ball, the coach shall take over pitching.
  - c. No more than one inning pitched is allowed for a player, per day.
- 2) When the player is pitching, there will be no penalty (strike) called if the opposing player swings and misses or fouls a ball. If the player puts the ball in play the game shall be played as normal.
  - a. If the player throws 3 pitches and the hitter does not put the ball in play the coach shall take over with a 0-0 count, regardless of swing and misses during the player vs player pitches.
- 3) The coach will be allowed 5 pitches.
  - a. If after pitch 5 the ball has not been put in play, the batter is considered out.
    - i. If the 5<sup>th</sup> pitch (and following pitch(s)) is a found ball, the batter will get another pitch.
  - b. Starting the first Monday in May, 3 strikes (swing & miss or foul balls (excluding strike 3) will result in an out.
- 4) THIS IS IN AN ATTEMPT TO GET THE KIDS TO SWING WHEN ANOTHER KID IS PITCHING AND TO DISCOURAGE COACHES TELLING THEIR KIDS NOT TO SWING WHEN A CHILD IS PITCHING!

## **Mustang League Rules – 3<sup>rd</sup> & 4<sup>th</sup> Grade, Age 9-10 (10U)**

### **General RABA Rules**

- 1) Coaches and Parents should review the Code of Conduct, as well as the league specific rules.
- 2) Sportsmanship shall be the #1 priority for coaches, players and parents. This includes: inappropriate language, threatening rhetoric, unsportsmanlike comments, inappropriate interaction with umpires, throwing equipment, etc.
  - a. The Umpire's rulings are FINAL.
    - i. The head coach shall be the only one to ask for clarification on a call, in between innings only.
    - ii. There is a one warning policy for all coaches, players, parents and fans (this can be skipped if the umpire deems it necessary).
    - iii. The second occurrence will result in the head coach and the parent/fan/player being ejected from the game.
      1. At this time the RABA Board will be made aware of the incident and (if necessary) intervene.
    - iv. A third offence will result in a suspension along with a meeting with the Board of Directors.
- 3) All Coaches and Parents helping on the field must be certified in concussion and heat illness training before working with players on the field.
- 4) Your child will need; Baseball Glove, Bat (recommended), Batting Helmet with face cage, Baseball Pants, Baseball Cleats (recommended), and plenty of water for games & practices.
  - a. ALL BATS MUST HAVE LEDGIABLE USA OR USSSA BAT CERTIFICATION STAMPS!  
No wooden bats will be permitted.
- 5) Weather cancellations will be rescheduled as possible. During the regular season, games will be official after 3 completed innings, or the home team is up, and batting is not needed to win. Tournament weather related rules will be sent prior to the start of the tournament.
- 6) RABA expects that the concession stand at Pierson be manned for every game. When your team is playing at Pierson parents will be expected to volunteer, or be scheduled by the coach, to work the concessions stand. There will be at least two trainings before the season that two families will be asked to go to so others can be trained. It is not the responsibility of the coach to know how to run the concessions stand, but they are responsible for the team bank.

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  - a. Secondary to the concession stand, the press box is open for a Volunteer to run the scoreboard.

### **Safety Rules**

- 1) It is recommended that there are 3 coaches and at least 1 parent helper for Mustang.
- 2) It is mandatory that your child wears a protective cup. This is for their safety and future.
- 3) During play, only one player may be outside the dugout. All other players should be in the dugout, away from the opening.
- 4) No players may coach bases at this age, Coaches & Parents ONLY.



AGE	DAILY MAX PITCHES	REQUIRED REST (PITCHES)				
		0 Days	1 Day	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-20	31-45	46-60	61-75	76+
17-18	105	1-20	31-45	46-60	61-75	

5)

### League Specific Rules

- 1) USSSA rules govern games unless specifically called out below.
  - a. California rules only apply in tournaments as needed.
- 2) Game Time during the regular season shall be 1 hour 40 minutes (100 minutes) and finish.
  - a. The umpire shall set a timer for 100 minutes during the coaches meeting before the game. When the umpire & coaches agree, the time will start.
  - b. When the timer goes off the current inning will be finished. Games can finish in a tie during the regular season.
- 3) Game Time during tournaments will be 1 hours 45 minutes (105 minutes).
  - a. The umpire shall set a timer for 90 minutes during the coaches meeting before the game. When the umpire & coach agree, the time will start.
  - b. When the timer goes off no new inning may be started.
    - i. If the game ends in a tie California Rules will govern extra innings.
- 4) The base path is 65 feet. The pitching distance is 46 feet.
- 5) Mercy Rules after the home teams bats – 15 runs after 3 innings. 12 runs after 4 innings. 8 runs after 5 innings.
- 6) Half inning will last 3 outs OR 7 runs OR batting through a full line up (equal to the largest roster).
- 7) If there are only 8 players in a batting line up, the 9 spot is NOT an out.
  - a. The other team can send a player to play the outfield if the coaches agree. This player will be the last out from the previous inning.
- 8) Coaches shall provide their batting order to the other coach no later than the coaches meeting – preferably 10-15 minutes before the game.
- 9) Games between two RABA teams, home team will be decided at the coaches meeting via a coin flip by the umpire.
- 10) As a reminder the umpire's rulings are FINAL.
- 11) Each team shall keep a score book as it's not the umpire's responsibility to know the score. It's a good idea to check with the other team throughout the game to assure the books line up. The HOME team's book will be the official book.
- 12) There is NO infield fly rule in this league.
- 13) Lead offs are permitted.
  - a. Lead offs should be no more than 2 steps than "ready".
  - b. If the umpire believes the lead off is not in the spirit of the rule they have the ability to adjust the way people are leading off. Their ruling is final.

- 14) Stealing is allowed. Stealing can ONLY happen after the ball crosses the plate.
- a. Runners on 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> base may attempt to steal to 2<sup>nd</sup>, 3<sup>rd</sup>, or home base at their own risk once the ball has passed the plate.
  - b. If an umpire rules the runner left early a team will be issued warnings with the runner returning to the base they were at (unless the result of the play allowed the runner to move up.). This is at the umpire's discretion.
    - i. The umpire has the authority to call a runner out if warnings are getting excessive. This is at the discretion of the umpire.
- 15) Dropped 3<sup>rd</sup> strike rule will be implemented on June 1<sup>st</sup>.

## **Bronco League Rules – 5<sup>th</sup> & 6<sup>th</sup> Grade, Age 11-12 (12U)**

### **General RABA Rules**

- 1) Coaches and Parents should review the Code of Conduct, as well as the league specific rules.
- 2) Sportsmanship shall be the #1 priority for coaches, players and parents. This includes: inappropriate language, threatening rhetoric, unsportsmanlike comments, inappropriate interaction with umpires, throwing equipment, etc.
  - a. The Umpire's rulings are FINAL.
    - i. The head coach shall be the only one to ask for clarification on a call, in between innings only.
    - ii. There is a one warning policy for all coaches, players, parents and fans (this can be skipped if the umpire deems it necessary).
    - iii. The second occurrence will result in the head coach and the parent/fan/player being ejected from the game.
      1. At this time the RABA Board will be made aware of the incident and (if necessary) intervene.
    - iv. A third offence will result in a suspension along with a meeting with the Board of Directors.
- 3) All Coaches and Parents helping on the field must be certified in concussion and heat illness training before working with players on the field.
- 4) Your child will need; Baseball Glove, Bat (recommended), Batting Helmet, Baseball Pants, Baseball Cleats (recommended), and plenty of water for games & practices.
  - a. ALL BATS MUST HAVE LEDGIABLE USA OR USSSA BAT CERTIFICATION STAMPS!  
No wooden bats will be permitted.
- 5) Weather cancellations will be rescheduled as possible. During the regular season, games will be official after 3 completed innings or the home team is up and batting is not needed to win. Tournament weather related rules will be sent prior to the start of the tournament.
- 6) RABA expects that the concession stand at Pierson be manned for every game. When your team is playing at Pierson parents will be expected to volunteer, or be scheduled by the coach, to work the concessions stand. There will be at least two trainings before the season that two families will be asked to go to so others can be trained. It is not the responsibility of the coach to know how to run the concessions stand, but they are responsible for the team bank.

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  - a. Secondary to the concession stand, the press box is open for a Volunteer to run the scoreboard.

### **Safety Rules**

- 1) It is recommended that there are 3 coaches and at least 1 parent helper for Mustang.
- 2) It is mandatory that your child wears a protective cup. This is for their safety and future.
- 3) During play, only one player may be outside the dugout. All other players should be in the dugout, away from the opening.
- 4) No players may coach bases at this age, Coaches & Parents ONLY.



AGE	DAILY MAX PITCHES	REQUIRED REST (PITCHES)				
		0 Days	1 Day	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-20	31-45	46-60	61-75	76+
17-18	105	1-20	31-45	46-60	61-75	

5)

### League Specific Rules

- 1) USSSA rules govern games unless specifically called out below.
  - a. California rules only apply in tournaments as needed.
- 2) Game Time during the regular season shall be 1 hour 40 minutes (100 minutes) and finish.
  - a. The umpire shall set a timer for 90 minutes during the coaches meeting before the game. When the umpire & coaches agree, the time will start.
  - b. When the timer goes off the current inning will be finished. Games can finish in a tie during the regular season.
- 3) Game Time during tournaments will be 1 hours 45 minutes (105 minutes).
  - a. The umpire shall set a timer for 90 minutes during the coaches meeting before the game. When the umpire & coach agree, the time will start.
  - b. When the timer goes off no new inning may be started.
    - i. If the game ends in a tie California Rules will govern extra innings.
- 4) The base path is 70 feet. The pitching distance is 50 feet.
- 5) Mercy Rules after the home teams bats – 15 runs after 3 innings. 12 runs after 4 innings. 8 runs after 5 innings.
- 6) Half inning will last 3 outs OR 8 runs.
- 7) If there are only 8 players in a batting line up, the 9 spot is an automatic out when it's spot is due up.
- 8) Coaches shall provide their batting order to the other coach no later than the coaches meeting – preferably 10-15 minutes before the game.
- 9) Games between two RABA teams, home team will be decided at the coaches meeting via a coin clip by the umpire.
- 10) As a reminder the umpire's rulings are FINAL. Only the head coach can request the umpire to explain a call.
- 11) Each team shall keep a score book as it's not the umpire's responsibility to know the score. It's a good idea to check with the other team throughout the game to assure the books line up. The HOME team's book will be the official book.
- 12) Infield fly rule is in affect for this league.
- 13) All bases are open to steal.
- 14) Lead offs are permitted.
- 15) Balks are in affect. First offence for each pitcher is a warning and a lesson learned. The second offence results in runners advancing. BOTH coaches can agree to warnings only – BOTH COACHES need to agree.
- 16) Dropped 3<sup>rd</sup> strike is in effect for the whole season.

## Pony League Rules – 7<sup>th</sup> & 8<sup>th</sup> Grade, Age 13-14 (14U)

### General RABA Rules

- 1) Coaches and Parents should review the Code of Conduct, as well as the league specific rules.
- 2) Sportsmanship shall be the #1 priority for coaches, players and parents. This includes; inappropriate language, threatening rhetoric, unsportsmanlike comments, inappropriate interaction with umpires, throwing equipment, etc.
  - a. The Umpire's rulings are FINAL.
    - i. The head coach shall be the only one to ask for clarification on a call, in between innings only.
    - ii. There is a one warning policy for all coaches, players, parents and fans (this can be skipped if the umpire deems it necessary).
    - iii. The second occurrence will result in the head coach and the parent/fan/player being ejected from the game.
      1. At this time the RABA Board will be made aware of the incident and (if necessary) intervene.
    - iv. A third offence will result in a suspension along with a meeting with the Board of Directors.
- 3) All Coaches and Parents helping on the field must be certified in concussion and heat illness training before working with players on the field.
- 4) Your child will need; Baseball Glove, Bat (recommended), Batting Helmet, Baseball Pants, Baseball Cleats (recommended), and plenty of water for games & practices.
  - a. ALL BATS MUST HAVE LEDGIABLE USA OR USSSA BAT CERTIFICATION STAMPS!  
No wooden bats will be permitted.
- 5) Weather cancellations will be rescheduled as possible. During the regular season, games will be official after 3 completed innings, or the home team is up and batting is not needed to win. Tournament weather related rules will be sent prior to the start of the tournament.

### Safety Rules

- 1) It is recommended that there are 3 coaches and at least 1 parent helper for Mustang.
- 2) It is mandatory that your child wears a protective cup. This is for their safety and future.
- 3) During play, only one player may be outside the dugout. All other players should be in the dugout, away from the opening.
- 4) No players may coach bases at this age, Coaches & Parents ONLY.



AGE	DAILY MAX PITCHES	REQUIRED REST (PITCHES)				
		0 Days	1 Day	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-20	31-45	46-60	61-75	76+
5) 17-18	105	1-20	31-45	46-60	61-75	

## League Specific Rules

- 1) USSSA rules govern games unless specifically called out below.
  - a. California rules only apply in tournaments as needed.
- 2) Game Time during the regular season shall be 1 hour 40 minutes (100 minutes) and finish.
  - a. The umpire shall set a timer for 100 minutes during the coaches meeting before the game. When the umpire & coaches agree, the time will start.
  - b. When the timer goes off the current inning will be finished. Games can finish in a tie during the regular season.
- 3) Game Time during tournaments will be 1 hours 45 minutes (105 minutes).
  - a. The umpire shall set a timer for 90 minutes during the coaches meeting before the game. When the umpire & coach agree, the time will start.
  - b. When the timer goes off no new inning may be started.
    - i. If the game ends in a tie California Rules will govern extra innings.
- 4) The base path is 80 feet. The pitching distance is 54 feet.
- 5) Mercy Rules after the home teams bats – 15 runs after 3 innings. 12 runs after 4 innings. 8 runs after 5 innings.
- 6) Half inning will last 3 outs.
- 7) If there are only 8 players in a batting line up, the 9 spot is an automatic out when it's spot is due up.
- 8) Coaches shall provide their batting order to the other coach no later than the coaches meeting – preferably 10-15 minutes before the game.
- 9) Games between two RABA teams, home team will be decided at the coaches meeting via a coin flip by the umpire.
- 10) As a reminder the umpire's rulings are FINAL. Only the head coach can request the umpire to explain a call.
- 11) Each team shall keep a score book as it's not the umpire's responsibility to know the score. It's a good idea to check with the other team throughout the game to assure the books line up. The HOME team's book will be the official book.
- 12) Infield fly rule is in affect for this league.
- 13) All bases are open to steal.
- 14) Lead offs are permitted.
- 15) Balks are in affect. First offence for each pitcher is a warning and a lesson learned. The second offence results in runners advancing. BOTH coaches can agree to warnings only – BOTH COACHES need to agree.
- 16) Dropped 3<sup>rd</sup> strike is in effect for the whole season.

# **Metro Area Baseball League (MABL) – High School, Age 15-18 (18U)**

## **General RABA Rules**

- 1) Coaches and Parents should review the Code of Conduct, as well as the league specific rules.
- 2) Sportsmanship shall be the #1 priority for coaches, players and parents. This includes; inappropriate language, threatening rhetoric, unsportsmanlike comments, inappropriate interaction with umpires, throwing equipment, etc.
  - a. The Umpire's rulings are FINAL.
    - i. The head coach shall be the only one to ask for clarification on a call, in between innings only.
    - ii. There is a one warning policy for all coaches, players, parents and fans (this can be skipped if the umpire deems it necessary).
    - iii. The second occurrence will result in the head coach and the parent/fan/player being ejected from the game.
      1. At this time the RABA Board will be made aware of the incident and (if necessary) intervene.
    - iv. A third offence will result in a suspension along with a meeting with the Board of Directors.
- 3) All Coaches and Parents helping on the field must be certified in concussion and heat illness training before working with players on the field.
- 4) Your child will need; Baseball Glove, Bat (recommended), Helmet with face cage, Baseball Pants, Baseball Cleats (recommended), and plenty of water for games & practices.
  - a. ALL BATS MUST HAVE LEDGIABLE USA OR USSSA BAT CERTIFICATION STAMPS!  
No wooden bats will be permitted.
- 5) Weather cancellations will be rescheduled as possible. During the regular season, games will be official after 3 completed innings or the home team is up and batting is not needed to win. Tournament weather related rules will be sent prior to the start of the tournament.

## **General MABL Rules**

- 1) Teams: League is open to all teams meeting age specific guidelines and association/organization admittance. Individual teams must be admitted by Board of Directors approval. The Metro Area Baseball League is established to create a safe and competitive environment for players not currently active on high school, American legion or other outside organization rosters. All member associations having teams at the Junior Varsity division MUST place one team into the National division. Teams may request a review by the Board of Directors to be assigned to the American division. Other teams may be placed in the American division. Divisions will be used only IF number of teams deems necessary.
- 2) Player Eligibility: Players must provide proof of age. Players must have drivers license or school ID available if questioned. Associations will provide insurance and medical releases for each team. NO player on a High School, American legion or other outside team or organization. JV division is open to only players on or after Jan. 1 2002. Varsity division is open to players on or after Jan. 1 2000. Any exceptions MUST be board approval. (If a player is given an exemption the player is not permitted to play any infield position including pitcher and catcher.
- 3) Entry Fees: Each team will pay \$400 to the Metro Area Baseball League treasurer before participating in the scheduling meeting or games.
- 4) Equipment: Each team is required to provide regulation equipment for each game. Proper and regulation equipment will be the responsibility of the member association. Face masks or face guard flaps are REQUIRED on all batting helmets for both JV and Varsity Divisions. Any base coach under the age of 19 MUST also wear a batting helmet. Bats MUST be -3 for both Junior Varsity and Varsity teams.

- 5) Rosters: Players full names and jersey numbers MUST be on the website prior to the team's first game. Any team not having rosters on the website will forfeit all games until the roster is on the website. ALL rosters lock on June 15th of the current season. No players can be added after midnight June 15th. Until the roster lock date all new additions MUST be reported to the MABL commissioner. New additions must be on the roster 24hrs before being allowed to compete in a game. Any team violating these rules will forfeit games until the roster is legal. At the Junior Varsity division teammates can play "up" for a regular season game, ONLY if the Varsity division needs a 7, 8, or 9th player. The Varsity team MUST be from the same association. The player(s) must play outfield and bat at the end of the lineup. This still MUST be approved by the MABL commissioner. No players will be permitted to play "up" in the MABL state tournaments. A out is not issued for teams dropping under the 9 player lineup unless the 9th player is ejected or benched for discipline reasons. Players arriving late will be added to the bottom of the lineup.
- 6) Released players: Any player released, cut or quits must be released by the head coach in writing. Email the MABL commissioner. No player who quits will be permitted to play in the MABL state tournament unless reinstated prior to the June 1st roster lock date.
- 7) Transferring: Any player transferring to another MABL team must do so in writing (email) to the MABL commissioner. Players transferring to another MABL team must be released by the original head coach. Without release the player will be deemed illegal.
- 8) Penalties: Any team proven to use illegal players will forfeit those games and the coach will be suspended for 1 week. Any further infractions the association will be on probation. The Board of Directors have the option of prohibiting the team or association from participating in the MABL state tournament.
- 9) Games: All teams will provide a safe and regulation home field or make arrangements with other member associations for field slots. All teams will play 7 innings unless games end due to run rules or weather issues. League run rules: 15 runs after 3 innings 12 runs after 4 innings 8 runs after 5 innings Time limit is 1hr 50 minutes. Each team will play a home and home schedule for their Junior Varsity or Varsity division. Coaches MUST provide 24 hour notice of game cancellation to prevent a forfeit. Any MABL game called to due weather is considered complete after 3 ½ innings with the home team winning and 4 innings with the visiting team winning. Teams having a no-show no call will pay for the umpire fees. Any team with multiple no show issues will not be permitted to participate in the MABL state tournament. Rain out or canceled games MUST be rescheduled in a timely manner. Any team having issues getting a team to respond to rescheduling efforts need to contact the MABL commissioner. Games can start with 8 players without out penalties. Any team with 7 players or less will forfeit.
- 10) Tie-Breaker: Regular season games can end in a tie. Tournament games having a tie after regulation will start the extra innings with the last batter completing an at bat from the previous inning on second base. The inning will start with 1 out and no count on the batter.
- 11) Sliding: Players are not required to slide at any base or home plate. But ALL PLAYERS MUST AVOID CONTACT. Any player caught making avoidable contact WILL BE EJECTED from the game. All ejected players MUST be reported to the MABL commissioner within 12 hours of ejection or prior to the ejected player's next game.
- 12) Contact rule: Slide or avoid contact. Malicious contact by an offensive or defensive player will be grounds for a player ejection from the game for the unsportsmanlike conduct. A runner does not have to slide but the runner must avoid malicious contact with a defender at or close to a base. A runner may be ejected from the a game if in the umpire's judgement the runner could have avoided malicious contact. A runner may also be ejected uf contact is excessive. A runner mauy also be ejected if he made an attempt to block, run over or injure the defensive player. Defensive blocking of a base and excessive force tagging the runner may be viewed as unsportsmanlike contact by the umpire and may also carry a penalty of warning or ejection, If a player is ejected for violating the contact rule, said player is also suspended

- for the next game. A repeat offender may be suspended from the league for the entire season.
- 13) Scores: The scores for all League games must be recorded on the MABL website within 24 hours of the game's completion. Any game not reported within the 24 hours period will be a forfeit. All coaches must present a score card with first and last names for players, jersey numbers and positions of starting players. These score cards must be presented to the opposing head coach prior to the beginning of the game.
  - 14) Protests: All protests must be submitted by email or in writing to the MABL commissioner within 5 calendar days. There will be a \$50 fee paid by the team. MABL board will make a decision.
  - 15) Uniforms: All league teams must be in uniform when playing a league game or league sponsored event. Uniforms will consist of a shirt with individual numbers on front and/or back. Hats and baseball approved pants. Shirts and hats all must be the same color and style. Any exceptions must be board approved.
  - 16) Pitching:
    - a. PITCH COUNTS (VARSITY) Pre May 15 (90/Day Max) May 15 – State Tournament (110/Day Max) Pitches Required Rest Pitches Required Rest 91-110 4 Days 71-90 3 Days 71-90 3 Days 51-70 2 Days 51-70 2 Days 31-50 1 Day 31-50 1 Day 1-30 0 Days 1-30 0 Days
    - b. PITCH COUNTS (JV) Season Start – State Tournament Pitches Required Rest 71-90 4 Days 51-70 3 Days 31-50 2 Days 1-30 1 Day \*Note – the required rest days are full calendar days.
      - i. 1. The MABL pitch count rule is based on the number of pitches thrown in a game. The pitch count is based on pitches thrown for strikes, balls and foul balls. \*Note – the required rest days are full calendar days.
      - ii. 2. No Varsity pitcher may throw more than 90 pitches in a game (prior to May 15) or 110 pitches per game (May 15 or after). No Junior Varsity pitcher may throw more than 90 pitches per game. A pitcher will be allowed to finish a batter if they hit the maximum limit (90, 110 for Varsity or 90 for JV) during an at-bat, but must exit the position after the hitter.
      - iii. 3. No pitcher may throw more than two consecutive days. Use the two day total to determine how many days rest is needed following day two. The two day total should not exceed the cap of 90/110 pitches .
      - iv. 4. Doubleheaders: If a player pitches in more than one game in a day, the pitch count for the day should be the two-game total and this number will be used to figure the days' rest. No pitcher shall pitch over the daily max.
        1. NO PITCHER SHALL BE ALLOWED TO BECOME THE CATCHER AFTER BEING REMOVED FROM THE PITCHER'S MOUND.
  - 17) Player participation: Teams have the option to use any one of 4 options. Option 1: Bat entire roster. Option 2: Bat only 9 (nine starters on the field) Option 3: Bat 10 batters including an EH (Extra Hitter) EH can change every inning if desired. Option 4: Bat 9 using a DH (Designated Hitter) DH can bat for any position players on the field. Pinch runners can be used for Pitchers and Catchers. This can be any bench players not in the lineup. (This does not burn a sub) OPPOSING coach MUST be notified prior to the game which option each team is using for the game. Pitching must be reported to the MABL website within 24 hours of the end of the game.
  - 18) Re-entry rule: All players can re-enter a game as long as it is the same position in the batting order. Pitchers can not re-enter into the pitching position. Sub players can not re-enter unless for injury when a team drops below 9 players.
  - 19) Injury rule: If any injury puts a team below 9 player level, the team may use a sub player to fill the hole in the lineup. Teams below the 9 player level without subs can continue to play without penalty including no out taken in the lineup.

- 20) Discipline rule: If a team falls below the 9 players level due to disciplinary reasons that team will take an out in that spot in the lineup for the remainder of the game.
- 21) Ejections: Any player or coach ejected by the umpire will sit out their team's next scheduled game. The ejected player MUST report to the umpire at the next scheduled game and sit out the game including base coaching and score keeping. The ejected coach will not be permitted to participate in the next scheduled game and can not be present. Players or coaches ejected MUST be reported to the MABL commissioner within 12 hours of ejection. It is the responsibility of the ejected player or coach's director to contact the MABL commissioner.
- 22) Conduct and sportsmanship: Each member association is responsible for their own coaches, players and fans. Any team having multiple conduct violations will be placed on probation or removed from the league. ALL coaches and players MUST read and sign the MABL Code of Conduct.
- 23) Player conduct: Players will act appropriately representing their team, association and MABL. This will include the use of profanity in the field or dugout. The results may be suspensions or ejections from the league. CELL PHONES will not be permitted on the field during games. Unless for injury calls to 911.
- 24) Tournaments: All eligible teams can participate in the MABL state tournament. No teams with outstanding fees or unpaid umpire fees will be allowed to participate in the MABL state tournament until fees are paid. Fees must be paid prior to the tournament seeding meetings. Teams with 2 or more forfeits will not be allowed to participate in the MABL State tournament. There will be no time limit for the Championship final games. But run rules are still in effect.
- 25) Tournament seeding: If a team plays all required games, less two, their winning % only will be used for seeding. (For example, if there are 11 teams you would have to play the other 10 teams 2X each. This would require 20 games. If you play 20, 19 or 18 the winning % would apply. Any teams below would be subject to current rules)

### **Safety Rules**

- 1) It is recommended that there are 3 coaches and at least 1 parent helper for Mustang.
- 2) It is mandatory that your child wears a protective cup. This is for their safety and future.
- 3) During play, only one player may be outside the dugout. All other players should be in the dugout, away from the opening.
- 4) No players may coach bases at this age, Coaches & Parents ONLY

## Code of Conduct for Coaches/Players/Parents/Fans

First and foremost is having fun and instructing the youth the game of baseball while instilling high moral character. If kids have fun the wins will happen on their own. Keep in mind we're a RECREATIONAL LEAGUE not a competitive one.

### Coaches Code of Conduct

The coach is aware that he or she has tremendous influence, either good or bad, in the development of the baseball player, and thus, shall never place the value of winning above instilling the highest desirable ideals of character.

The coach must constantly uphold the honor and dignity of the position. All contact with the athletes, umpires, officials, and administrators, the coach shall strive to set an example of the highest ethical and moral conduct.

"Bench jockeying" will not be allowed. Coaches are to prohibit bench jockeying, which would include personal and malicious remarks, cursing and obscene language towards opponents, umpires or spectators.

The coach shall be thoroughly acquainted with baseball rules and is responsible for their interpretation to team members.

The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules. Players should be taught to respect the dignity of the game, umpires and opponents.

Coaches should confine their discussion to the rules and not challenge umpire decisions involving judgment. You will be issued a warning if you try to talk the official into changing a call.

Coaches shall actively use their influence to enhance sportsmanship by their athletes and spectators. Before and after contests, rival coaches should meet and exchange friendly greetings in order to set the correct tone for the game.

Coaches are responsible for the behavior of their assistant coaches, players and fans. Coaches will be issued a warning to remind assistants, players, and fans to calm down. Failure to calm down will have the offending person as well as the head coach removed from the game. Continued unwanted behaviors will result in future tournament game suspensions.

*Contest umpires will be treated with respect and support by the coach. The coach shall not indulge in conduct which will incite players or spectators against the umpires. Public criticism of umpires or players is unethical.*

***Baseball is a game of fun, designed for enjoyment of youngsters, not to be a hobby for adults coaching them.***

### Players Code of Conduct

I agree to practice good sportsmanship at all times, to win without boasting, lose without excuse and never quit.

I agree to my coach's authority and will participate and communicate positively with my coach and teammates.

I agree to treat fellow players, opponents, fans and umpires with respect.

I agree to exercise self-control at all times, refraining from foul language and throwing equipment and setting a positive example for others to follow.

I agree to support and encourage my teammates, and to always try my best to try and keep a positive attitude.

### **Parents Code of Conduct**

I agree to cheer, let the coaches coach, let the umpires ump and let the players play. I am aware that no scholarships are being handed out today. I will not coach from the bleachers-I will not tell any player to "choke up or down" or get a bigger lead off or to steal a base or back up in the outfield or play closer or scream to throw the ball. I acknowledge if a player is listening to me or other fans and not his/her coach, it is considered dangerous for a player to receive mixed directions.

***I will remember that children participate to have fun and that the game today is for youth. As an adult, my duty is to simply enjoy.***

I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game. I will promote good sportsmanship by respecting opposing fans, coaches, participants and umpires.

I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; or using profane language or gestures.

I agree to respect coaching decisions regarding playing time, position and placement and will refrain from coaching any player. I will not approach players or coaches before, during or immediately after games with anything other than support. All questions/concerns will be addressed the day after the game in an atmosphere conducive to problem solving.

I will obey Ralston and LaVista city laws and refrain from consuming alcohol while at the public park and will only use tobacco and vaping materials in designated areas.

I agree to file, in writing to the League Board of Directors complaints regarding: violation of rules, questionable conduct such as abusive behavior by a player, coach or fan and irreconcilable personality conflicts.

## **California Rules**

### **Regular Season**

"California Rules" apply for Bronco and Pony leagues only during regular season. If at the end of regulation play and the score is tied, then one inning of "California Rules" will be played. If at the end of this inning and the score remains tied then the final outcome of the game will be recorded as a tie.

### **Tournament**

During tournament games a winner must be declared to move on. If at the end of regulation play and the score is tied then "California Rules" innings will continue to be played until a winner is declared.

### **California Rules**

1. Each team gets the opportunity to be on offense (gets to bat).
2. Last recorded out starts on second base.
3. One out will be recorded to start the inning so each team will only have two outs to start the inning.