



LEAGUE RULES - All N.F.H.S. Association rules will apply except for the local league rules as listed below.

The primary objective of the **Southwest Virginia Baseball league** is for **all player's** to have the opportunity to participate in practice, games, receive instructions, skills and have the experience of getting to play in the season ending tournaments. All player's will have fun, play their required time in all games, and be taught the sport of baseball. The goal of the league is to have kids play baseball with an emphasis on the youth's enjoyment of the game. Getting all kids on the field each game as much as possible is the #1 priority of Southwest Va. Baseball League. League directors are responsible for assigning players to teams equally as possible to insure quality games and experiences on the field.

Coaches are reminded they are expected to represent themselves in a professional manner toward the youth at all times. Abusive behavior towards umpires, staff, coaches, parents or kids will not be tolerated during games or practices. Providing kids a positive baseball experience is most important aspect for coaches.

League Ages: (7-9), (10-12), (13-15) League age cut-off will be July 1 of each year this insures the kids playing games during the season will be playing with their respective age groups. Any exceptions must be approved by the local recreation department. The league will schedule games with each other for the 10-12 & 13-15 age groups. Local areas will play their own league with the age 7-9 teams with a few extra games with other areas.

Playing Field, Starting times and Equipment

1. Teams may start practice any time after April 1. Games will begin the around the first week of May
2. Batting helmets must have a face guard and chin-strap. If batting helmet style has snaps for them they must be worn at all times when batting or running the bases in age groups 7-12. No metal spikes all allowed to be worn.
3. Age Group 7-9 Legal bats will be 2 ¼" or smaller and have any national baseball league approved name stamped on them.
4. Age Group 10-12 Legal bats will be 2 5/8" or smaller and have any national baseball league approved name stamped on them.
5. Age Group 13-15 Legal bats will be nay NHFS approved high school or middle school bat.
6. Bases will be 60 feet for age groups 7-9, 70ft. age group 10-12 and 90 feet for 13-15 age group.

PLAYING RULES:

1. All players must play a minimum of 3 outs in the field and have at least one time at bat in each game. If playing a double header game. Kids who don't start first game must start the second game of the day all age groups.
2. All starters, including the pitcher, may re-enter the game one time. Only the starting pitcher may re-enter as a pitcher.
3. **Age Group (7-15)** – During the regular season, all players will be in the batting rotation for each team, no matter how many players each team has. There will be no change in the batting order when players are substituted into the game in a defensive position.
4. **Age Group (7-12)** – Pitchers may pitch a total of 12 innings a week (Mon-Sun.) If pitching 4 or more innings in a game pitchers must have 2 calendar days rest before they can pitch again. Coaches and umpire must sign pitching record after each game. They may start both games of a doubleheader as long as they don't exceed 12 innings for that week. One pitch constitutes an inning pitched.
5. A 10-run rule is in effect after 3,4-,5, innings of a 5,6,7 inning game respectively.
The game is over if leading by 10 after each situation listed above for all age groups.
6. **Age Group (7-12)** A 6-run limit is in effect each inning. After a team has reached their sixth run during an inning, all plays are dead and the inning is ended. If a team is leading by more than 6 runs going into the last inning the game is over and the inning will not be played. Ex. If a team is leading by more than 12 runs with 2 innings to play the game is also over.
7. **Age Group (7-12)** No headfirst sliding will be allowed. Penalty will be an automatic out. Players may dive back into an occupied base.
8. If a fielder is making a play on the ball or a runner, the runner must slide or attempt to avoid contact with the fielder. No aggressive contact will be allowed. If a runner does not attempt to slide or avoid contact the runner shall be declared out. Aggressive contact can result in an ejection from the game.
9. Teams must have 8 players to start a game. If a team starts with 8 players the 8 players will bat with no outs will be given to the 9th spot during the game or until a 9th player arrives. If a team starts with 8 players and loses a player and is down to 7 players then the game is over.
10. No extra inning games will be played during the regular season regardless of the time limit. The home plate umpire is the official time keeper during the game. A coin flip will be used at the start of games to determine the home team.
11. If a player shows bunt or fake bunt they must attempt bunt if player swings this will result in player being called out.
12. Noise makers are not allowed in team's dugouts or on the field. Any object that is used by players in the dugout as an intentional distraction to the opposing team will not be allowed. If the umpire deems a noise as distracting to the batters and game the umpire will ask the coach to remove the noisemakers before the game will continue.
13. Only 3 coaches are allowed in the dugout and inside the fenced area during games.

SOUTHWEST VIRGINIA YOUTH BASEBALL

The following rules apply to the designated age groups.



7 – 8 – 9 Years old Division (League age determined as of July 1)

1. Official Youth baseball approved by any national baseball organization will be used during games
2. Pitching rubber will be 43 feet from the rear of home plate.
3. All illegal pitches will be dead. No balks allowed.
4. Pitchers must be in contact with the pitching plate until the release of the ball.
5. Bunting is allowed. Stealing is allowed after the ball has crossed home plate. Only 1 stolen base may be taken at a time during a live play which includes a stealing play or catcher to pitcher exchange only from each base occupied after that the ball becomes dead and must return to the pitcher and they take the mound before the next live play. If the ball is misplayed by the fielder on the play the runner will stay at the base that was stolen. Examples: Runner stealing 2nd base throw goes into the outfield the runner must stay at 2nd base until the next live play. Same also applies to runner stealing 3rd base if the catcher throws the ball into left field or mishandles the ball the runner must stay at 3rd until the next live play. Misplayed balls that occur during a hit by the batter doesn't apply. Rule is only for steal attempts.
6. Teams will play with four outfielders. All outfielders must be positioned at a minimum of 10 yards behind the baselines and may not move beyond this line toward the infield until the ball is hit.
7. Batters cannot advance on a third strike call. Base runners may advance after a third strike and the ball has crossed home plate.
8. All games will be 6 innings with a 1 hour and 45 minute time limit. No new inning may begin after 1 hour and 45 minutes from the start of the game.
9. No Intentional walks are allowed players are to be encouraged to pitch and hit each at bat.
10. There is no infield fly rule in this division.
11. Any pitched ball that hits the playing field prior to reaching home plate and then hits the batter shall be declared a dead ball and the batter does not get first base and runners don't advance.

10 – 11 – 12 Years old Division (League age determined as of July 1)

1. Official Youth baseball approved by any national baseball organization will be used during all games.
2. The front edge of the pitching rubber will be 50 feet from the rear of home plate. Bases will be at 70ft.
3. All illegal pitches will be dead ball plays. Balks will be called.
4. Pitchers must be in contact with the pitching rubber until the release of the ball.
5. Stealing and Bunting are allowed. Players can lead off bases.
6. Teams will play with 3 outfielders. All outfielders must be positioned at a minimum of 10 yards behind the baselines and may not move beyond this line toward the infield until the ball is hit or a pick-off attempt has been initiated.
7. Batters and base runners may advance after a third strike after the ball has left the pitchers hand.
8. All games will be 6 innings with a 1 hour and 45 minute time limit. No new inning may begin after 1 hour and 45 minutes from the start of the game.
9. No Intentional walks are allowed players are to be encouraged to pitch and hit each at bat.
10. The infield fly rule will be in effect in this division.
11. Any pitched ball that hits the playing field prior to reaching home plate and then hits the batter shall be declared a dead ball and the batter does not get first base and runners don't advance.

13 – 14- 15 Years old Division (League age determined as of July 1)

1. All other rules are in accordance with the National Federation of High School Associations with the exceptions below.
2. Official high school baseball will be used during all games
3. The front edge of the pitching rubber will be 60'6" from the rear of home plate.
4. Stealing is permitted after the ball has left the pitchers hand.
5. Bunting is allowed.
6. All games will be 7 innings with a 2 hour time limit. No new inning may begin after 2 hours from the start of the game.
7. Pitchers may pitch a total of 12 innings a week (Mon-Sun.) If pitching 4 or more innings in a game pitchers must have 2 calendar days rest before they can pitch again. Coaches and umpire must sign pitching record after each game.

SOUTHWEST VIRGINIA YOUTH BASEBALL

TOURNAMENT RULES



7-15 AGE DIVISIONS

All Regular Season Rules Apply Unless listed Below

1. Tournament players must be on regular season rosters approved by local league director before season begins and play 2 games during the regular season to be eligible for tournament play. Any kids added off of waiting lists must be approved by league directors. Players with injuries limiting regular season play must be approved by their local league director. Only players who played during regular season on their team may compete on that team during the tournament. If a team discontinues or cannot play during the tournament those players on that team are not allowed to play in the tournament on any other team.
2. All 7-12 age group games will be 6 innings and 13-15 games are 7 innings.
3. (Ages 7-12) 6 runs per inning may be scored. If a team is behind by 6 runs or more with only one time remaining to bat, the game is over or 12 runs or more with 2 innings to play.
4. (Ages 7-15). A 10-run rule is in effect after 3, 4-5, innings of a 5,6,7 inning game respectively. After 3½ innings if home team is ahead and after four innings if visiting team is ahead.
6. A pitcher may pitch a total of 15 innings for the tournament only Pitchers may pitch a total of 12 innings a week (Mon-Sun.) If pitching 4 or more innings in a game pitchers must have 2 calendar days rest before they can pitch again. They may start both games of a doubleheader as long as they don't exceed 12 innings for that week. One pitch constitutes an inning pitched. Coaches and umpire must sign pitching record after each game of tournament.
7. **All players**, including the pitcher, may re-enter the game one time. The starting pitcher may reenter the game one time as a pitcher. **All players must remain in their same spot in the batting order.**
8. No infield fly rule for 7-9 division.
9. All players present at the start of the game must bat once and play three outs in the field. Any violation of this rule will result in forfeiture of the game. A violation must be discovered by opposing team and brought to the attention of the umpire or game site manager no later than 10 minutes following the conclusion of the game in which the violation occurred. **The player participation rule is waived for games shortened due to the 10 run rule or due to weather.**
10. The coach must inform the umpire of any player who arrives late or for disciplinary or illness reasons will not play as required above.
11. A team must field no less than 8 players to start a game. Only the 9th batting position in the line-up will be an out when only 8 players are in the lineup. Players may enter game anytime as soon as they arrive but must be placed at the bottom of the batting order.
12. A team will play with 10 players on the field and in the line-up in the 7-9 leagues. If 10 players are in the field, four of them must be in the outfield. The outfield begins ten yards behind the base path. Age groups 10-15 play with 9 players only on the field.
13. If a game is called because of weather, darkness or any reason other than rules 3 & 4 (above), the game will be continued from the point of interruption at a make date/time.
14. (Ages 7-9) No head first slides allowed. Penalty will be an automatic out. A player may dive back to a base.
15. No team will be compelled to play more than two games in any one day.
16. Any player, coach or spectator ejected for unsportsmanlike conduct will be out for the remainder of that day and the next day that the team plays. A second ejection will be cause for dismissal from the rest of the tournament games.
17. Batters may not advance on a dropped third strike in the 7-9 league only.
18. Coaches have the option to put all players at the game in the batting line-up or may place only the 9 or 10 starters in the batting line-up. If the coach chooses to put all players in the batting line-up, then anytime one of them can no longer continue to play, that player will be declared an out each time they would have come to bat. All players must play a minimum of 3 outs in the field and have at least one time at bat in each game unless the 10-run rule comes in effect after 3,4-,5, innings of a 5,6,7 inning game respectively. Free substitution on defense will be allowed each inning.
20. All tournament games will have a 2 hour time limit. No new innings after 2 hours from the start of the game except for the championship game which has no time limit.
21. Each team and coaches will wear uniforms they wore during regular season. Only 3 coaches are allowed in the dugout and inside the fenced area during games.