



Mission Statement:

Trussville Park and Recreation's baseball league is a community baseball program dedicated to providing children of any skill level with a fun and engaging youth baseball experience. Our league offers the opportunity for children to experience and benefit from life lessons, socialization, and camaraderie that are the cornerstones of baseball. Our program includes divisions for children ages 5 to 14. During a season each team practices on-field fundamentals and enjoys the excitement of playing games in a competitive environment.

Sanctioning Rule 1.00

1.1 All recreation teams will be sanctioned USSSA. All teams including all-star teams will be able to participate USSSA tournaments.

1.2 USSSA sanction fee was built into the registration fee. Rec teams from Trussville will be allowed to play in USSSA sanctioned events.

Team and Individual Player Eligibility Rule 2.00

2.1 Only players that are registered with the Trussville Park and Recreation are eligible to play in the Trussville Recreation season, and USSSA tournaments.

2.2 Any team that violates this rule will forfeit the rec game or games that the ineligible player participated in. The team will also lose all practice rights.

2.3 Any team that plays in USSSA tournament with ineligible player will lose practice time. The head coach and assistant coach will be suspended from coaching for two years.

2.4 Teams participating in any recreation season game or tournament will be required to wear matching uniforms with no repeating numbers.

2.4 A- Uniforms include jersey top, baseball pants, and hat.

Tournament team policy 3.00

3.1 Only teams that have a roster that is participating in the rec baseball season will be allowed to practice.

3.2 Tournament/Travel teams must submit rosters before the season starts.

3.3 Tournament/Travel teams will only get practice time when field space is available.



3.4 Tournament/Travel teams must have their coach sign the Trussville Tournament/Travel Team policy given by the director of baseball.

Ejection Rule 4.00

4.1 Automatic ejections will happen if any coach uses the 3 P's: Profanity, Physical Contact or Personal Communication.

4.2 A head coach that is ejected will miss the next scheduled game and scheduled practice. The head coach that is ejected will meet with Lawrence English and Heath Argo before that coach is allowed to be on the field again.

4.3 Any head coach that is ejected twice will be banned from coaching in the Trussville Youth Baseball program.

4.4 Only head coach can meet with the umpires during the game. Assistant coaches that argue calls will be ejected. Assistant coaches will follow the same ejection protocol as the head coach.

4.5 If an assistant coach is ejected the head coach will remain.

4.6 If an umpire asks a head coach to resolve an issue with an assistant coach or fan, it is the responsibility of the head coach to take care of the issue.

4.7 Any coach ejected must leave the ballpark immediately for the remainder of the day. The game will be stopped until the coach has left.

- If a coach is exhibiting any negative behavior, the umpire has the right to restrict that coach(s) to the dugout for the remainder of the game.

4.8 If a coach is ejected and refuses to leave the complex, the coach will be removed from their coaching duties and will not be allowed to coach in future Trussville Youth Baseball programs.

4.9 Any physical contact with an umpire will result in police arresting the offender.

Rules for all age divisions 5.0

5.0 Trussville Parks and Recreation will be using NFHS rules and those will apply when TPR rules do not supersede.

- [Baseball \(nfhs.org\)](http://nfhs.org)

5.1 Any runner will be called out if the umpire deems contact with the fielder was maliciously done.

5.2 Head first sliding into the next base is not permitted. If a player slides head first in a game, umpires will give a warning to both teams. The first player to slide headfirst will not be rules out but a warning



will be provided to both teams. Outs will be given the next time it occurs. Head first sliding is allowed BACK to a base.

5.3 The following bat rules are effective:

- a) In order to use a T-Ball or Coach Pitch bat in ages 5u-8u the 1.15 BPF stamp must be present
- b) T-Ball and coach pitch bats are not legal above age 8u even if the 1.15 BPF stamp is present
- d) In order to use a composite bat in ages 5u-12u the 1.15 BPF stamp must be present
- e) Bats that are broken, cracked, dented, or deface the ball are illegal
- f) If an illegal bat is used, the bat will be removed and the player will continue their at bat.

5.4 No Slashing (if you square to bunt you cannot pull back and swing away).

5.5 No Courtesy Runners

5.6 If a player is injured or becomes sick during a game, the team will collapse the roster and not be charged with an out. With that, they player will not be allowed to re-enter the game. If a baserunner exits the game, the last player with the last recorded out will take their place.

5.7 Minimum of 7 players to play a game. A catcher must be played if a team has 8 or more players.

5.8 A team can acquire a substitute player from a different team:

- TPR will provide a ranked order of each player within the division. The substituted player must come after in rank from the number of the player missing
 - For example: If the player missing is #25 in ranking. A coach can acquire a substituted player from the list of #26 – end
 - If the player missing is a hat pick or within the last 75% of the ranking, the coach can pick from a player from the last %75 percent.
 - For example: if there are 50 players in the division. The player missing is number 40. That coach can select from the last 75% which would start at #38
- Communicate to the opposing head coach of the substitution prior to the game
- The substituted player must play right field and bat last.
- If there are 2 substitutes, they will play right field and center.
- If a team has 9 of their players but is still missing another player, they are not able to substitute since they have a full team to play the team.



Pitching Rules 6.0

6.1 A pitcher may pitch six (6) innings per week, seven (7) for 14u, with no limit of games.

The pitching clock resets at midnight each Sunday night. (The scheduling of more than two games per week for teams where player pitching is involved is discouraged).

Pitchers are limited to the following pitches per game.

- a) 9-10 year olds 60 pitches
- b) 11-12 year olds 70 pitches
- c) 13-14 year olds 80 pitches

6.2 If any pitcher pitches three (3) full innings, four (4) for 14u, and then throws one pitch to another batter in the same game or day, the pitcher will not be able to pitch until he has had forty (40) hours rest, beginning with the time he leaves the mound as a pitcher.

6.3 Any pitcher who is removed from the mound may not return to the mound in the same game.

6.4 Pitchers are limited to six (6) innings in any one game or day; however, if the game is interrupted for any reason before becoming official and is postponed for a period of forty (40) hours or more, then the same pitcher is allotted a new number of innings not to exceed the number of innings allowed per week. No pitcher may pitch over six (6) innings in one day.

6.5 If a pitcher pitches to one man and is removed from the pitching mound before he is retired, he is charged with pitching one-third of an inning. If he is removed after retiring one batter but after he has pitched to the next batter, he is charged with pitching two-thirds of an inning. If he is removed after retiring two batters but after he has pitched one pitch to the next batter, he is charged with pitching a complete inning.

In all player pitch leagues, the maximum number of pitches a pitcher can throw is below.

Resulting pitch counts for each age division as follows:

Age	Maximum Pitches Per Game	Maximum Innings Per Week
<u>9 - 10</u>	<u>60</u>	<u>6</u>
<u>11 - 12</u>	<u>70</u>	<u>6</u>
<u>13 - 14</u>	<u>80</u>	<u>7</u>

In the event a pitcher reaches the maximum number of pitches he will be allowed to finish the batter he is facing.



6.6 Once an illegal pitcher toes the rubber and throws a pitch or warm-up pitch and the opposing manager protests, the game will be in a state of protest. Forfeits are up to Trussville Parks and Recreation, not the umpires.

6.7 The starting pitcher is not allowed to play catcher in the same game. Starting catcher is not allowed to pitch in the same game.

Regular Season Play

1.0 Weather

1.1 If thunder and lightning occurs, this will cause a 30 min delay. TPR staff will alert teams as well as let them know when they can come back on the field

1.2 Teams can play in light rain.

1.3 If the fields received rain overnight or in the morning, TPR will notify you of the status of the practices or games.

2.0 Our goal is to start games right on time. Please come 30 minutes early for games.

3.0 Home team will be listed first. Away team will be listed second

3.1 Braves (H) vs Cardinals (A)

4.0 Home teams will be in the first base dugout. Away teams will be in the third base dugout.

4.1 For doubleheader purposes, coaches can communicate on best location

5.0 At the conclusion of the game, both home and away teams communicate to Baseball Director on the outcome and score of the game played. Director will keep those standings updated

6.0 At the end of the regular season, a winner will be awarded based on the following

6.1 Regular Season Record. If there is a tie, we will go to:

6.2 Head to Head Matchup (1st)

6.3 Runs Allowed (2nd)

6.4 Runs Earned (3rd)

6.5 Point Differential

7.0 End of season playoffs are put together based on the standings from the regular season.

8.0 The lower ranked team will be the Home Team

Rules for 5/6 Year Olds 7.0

7.0 A Coach must throw overhand to the batter

7.1 A maximum of 25 seconds is allowed between pitches.

7.2 Every eligible player will be in the batting rotation at all times.

7.3 All players will be on the field when the team is on defense. A game may proceed with a minimum of seven (7) players on defense in 5/6 play only.

7.4 All outfielders must be positioned in the outfield.



7.4A. There can be up to 3 coaches in the outfield assisting the players. The coaches must be behind the outfield players.

7.5 There will be a seven (7) run limit each inning for the batting team.

7.6 All catchers will wear catcher's helmets with full earflaps, throat protectors, protective facemasks, chest protectors, shin guards, and an athletic supporter with protective cup. Catchers may use fielder's gloves. All pitchers are required wear NCOSAE approved face and chest protection.

7.7 No metal cleats shall be allowed

7.8 A fair ball will be in play and runners may advance. Refer to 7.9 for more information

7.9 Play shall stop and the umpire shall call time out whenever one of the following occurs:

- a) The lead runner is stopped by the defense.
- b) The lead runner is not making an attempt to advance.
- c) When time has been called by a defensive player who is in front of the lead runner and indicated by the umpire.

For cases a and b, a line will be inscribed halfway between first and second base. A runner advancing between first and second shall safely advance to second after time is called if he is ruled by the umpire to be past the halfway line. If not, he will safely return to first base. For case c, all runners will be allowed to advance one (1) base past the base they were running to when the ball was overthrown.

7.10 A base runner must be in contact with the base at all times until the ball is hit by the batter. Any base runner leaving the base before the ball is hit by the batter is out (umpire's judgement).

7.11 A regulation game will be six (6) innings. No innings will be started after one hour (unless the score is tied)

7.12 If there is a play at home plate the first attempt to field the ball must be made by the player catcher. Any other fielder may serve as a back-up but cannot make the first attempt to catch the thrown ball. If this rule is violated and the runner(s) is tagged out the run(s) will be counted and the out(s) nullified.

7.13 The infield fly rule will not be used.

7.14 If, in the judgment of the umpire, a defensive player intentionally rolls the ball to another player for the purpose of making a play at a base or transferring the ball to another player, the ball will be ruled dead. The batter will be awarded second base. If the batter was past second base at the time of the infraction, he will be awarded home base. All other base runners will be awarded home base.

7.15 5U) If the fielder throws to first base to get the batter out and an overthrow occurs, the batter cannot advance to second base. If there is a baserunner on first, that runner can advance to the next base and attempt to the following base. All other players may advance at their own risk until the umpire stops play.



- i 6U – If a play is made on the batter/runner at 1st base and the ball is overthrown that batter/runner may advance only as far as 2nd base, at his own risk. All other players may advance at their own risk until the umpire stops play.

7.16 Coach's distance for pitching: coaches must have one foot in contact with the painted line at the time of the pitch. The painted line will be 25ft from the back of the plate.

7.17 The defensive pitcher must have one foot inside of the circle or on turf until contact is made. The center of the circle will be 40 feet from the back of home plate. The circle will be 16ft in diameter from the center.

7.18 Batters will get 5 pitches from a coach.

7.18A 5U ONLY- 3 Strikes from a coach or 4 total pitches then 1 swing off a tee. Any attempt to hit the baseball, foul ball, or hit is considered a swing.

7.19 No intentional walks

7.20 The ball must go past the foul arch.

7.21 No bunting.

Rules for 7/8 Year Old 8.0

8.1 A maximum of 25 seconds between pitches is allowed.

8.2 Every eligible player will be in the batting rotation at all times.

8.3 All players, up to ten (10) will be on the field when the team is on defense (this rule may be modified to allow every eligible player to be on the field when the team is on defense at the discretion of the Age Division Commissioner). The tenth player must be positioned in the outfield grass.

8.4 There will be a seven (7) run limit each inning for the batting team.

8.5 Pressure type batting helmets with full ear flaps. All pitchers are required wear NCOSAE approved face and chest protection. No metal cleats shall be allowed.

8.6 A fair ball will be in play and runners may advance until stopped by the defensive team.

8.7 A base runner must be in contact with the base at all times until the ball is hit by the batter. Any base runner leaving the base before the ball is hit by the batter is out (umpire's decision).

8.8 A regulation game will be six (6) innings. No innings will be started after one hour and fifteen minutes (unless the score is tied).

8.9 If there is a play at home plate the first attempt to field the ball must be made by the player-catcher. Any other fielder may serve as a back-up but cannot make the first attempt to catch the thrown ball. If this rule is violated and the runner(s) is tagged out the run(s) will be counted and the out(s) nullified.



- 8.10 The infield fly rule will not be used.
- 8.11 Coach's distance for pitching: coaches must have one foot in contact with the painted line at the time of the pitch. The painted line will be 32ft from the pointed tip of home plate.
- 8.12 The defensive pitcher must have one foot inside of the circle or on turf until contact is made.
- 8.13 If a coach is hit or catches the ball, the play will be a dead ball and ruled no pitch.
- 8.14 A maximum of 5 pitches to a batter. If not contact or 3 strikes, then the batter is out.
- 8.15 No bunting.
- 8.16 No intentional walks.
- 8.17 Foul arch is in play

Rules for 9/10 Year Old 9.00

- 9.1 A pitching distance of forty six (46) feet (measured from the point of home plate to the front of the pitching rubber) will be used by all pitchers during the entire season.
- 9.2 There will be a seven (7) run limit each inning for the batting team.
- 9.3 The infield fly rule is in effect.
- 9.4 Pressure type batting helmets with full ear flaps will be worn by each of the following:
 - a) batter
 - b) base runners
 - c) All catchers will wear catcher's helmets with full ear flaps, throat protectors, protective face masks, chest protectors, shin guards, and an athletic supporter with protective cup.
- 9.5 No metal cleats are allowed.
- 9.6 No innings will be started after one hour and thirty minutes (unless the score is tied).
- 9.8. There will be nine (9) players on defense. All players will be in the batting order and free substitutions will be allowed. 2 inning minimum for each player
- 9.9 Lead offs are NOT allowed
- 9.10 Baserunner can steal once a ball crosses homeplate
- 9.11 Batters cannot advance to first on a dropped third strike. Baseball is live for baserunners.

Rules for 11/12 Year Old 10.00 (only used if playing a Trussville Rec only in house league)



Trussville Youth Baseball

- 10.1 A pitching distance of fifty (50) feet (measured from the point of home plate to the front of the pitching rubber) will be used by all pitchers during the entire season.
- 10.2 There will be a seven (7) run limit each inning for the batting team. Only if a in house league makes.
- 10.3 The infield fly rule is in effect.
- 10.4 Pressure type batting helmets with full ear flaps will be worn by each of the following:
 - a) batter
 - b) base runners
 - c) All catchers will wear catcher's helmets with full ear flaps, throat protectors, protective face masks, chest protectors, shin guards, and an athletic supporter with protective cup. Catcher's mitts are required. No metal cleats are allowed.
- 10.5 Balks will be called by the umpires.
- 10.6 A dropped third strike will be played
- 10.7 No innings will be started after one hour and thirty minutes (unless the score is tied).
- 10.8 There will be nine players on defense. All players will be in the batting order.
- 10.9 Free substitutions. 2 inning minimum for each player.