



LEAGUE RULES

1. Only players registered on a teams' Official League Players Roster will be allowed to play in an official game. If a team is unable to field 8 rostered players the game will be declared a forfeit. Teams may borrow players from another team as long as they do not pitch. They must be placed at the bottom of the batting order, identified to, and approved by the opposing Manager/Coach. Players not registered with the Champions' Baseball League should never be allowed on the playing field during a game.

2. Game time Limit.

10U & 11U - No new inning may start after two (2) hours. Once an inning has started it must be completed. After two (2) hours a game will be declared a regulation game regardless of the number of innings played even if the game is tied. The current inning being played must be completed.

12U - No new inning may start after two hours and fifteen minutes (2:15). Once an inning has started it must be completed. After two hours and fifteen minutes (2:15) a game will be declared a regulation game regardless of the number of innings played even if the game is tied. The current inning being played must be completed.

13U and above – No time - In the case of inclement weather or darkness the Umpires will make a decision as to whether to continue the game based on safety factors. 4 1/2 innings will be considered a regulation game.

3. The '10 Run Rule". Once the game becomes regulation it may be terminated if one team is ahead by 10 runs or more and both teams have had equal times at bat. A regulation game is at least 4 1/2 innings if the home team is leading by 10 runs or more or 5 innings if the visiting team is leading by 10 runs or more (3 1/2 and 4 innings for 10U – 11U).

4. Player Participation Rule. Coaches Discretion. A team may bat 9 players, EH, or DH. A Team may also bat it's roster.

5. Game Cancellations. The Home Team Manager will be responsible for determining if field and weather conditions require the game be cancelled and rescheduled. **If it is determined that a game needs to be cancelled or rescheduled the Home Team Manager will call the League Administrator by 3:00 pm.** Once a game starts, control of the game becomes the responsibility of the umpire.



6. The Home team will be responsible for the following items:

- Keeping the official game score book
- Completing the official game summary sheet & Emailing to the League Administrator
- Home team will have choice of dugout

7. Pre Game. The visiting team may take the field (10) minutes prior to the game time "if available". The home team may take (10) minutes prior to the game time "if available". If there is less than twenty minutes available, time shall be divided equally. If there is less than six minutes available they will take the field five minutes prior to pitcher warm-up and the visiting team will be allowed five minutes prior to the pitcher warm-up when they begin there defensive half of the first inning. Official Game Time will not be set until the umpire has executed his official baseball rules and the Home pitcher has warmed-up and ready to pitch.

8. League Scoring: The AAU Ranking System will be used to determine League Standings. Only Champions' Baseball League games will be used to determine the league standings. See the link on www.aau4u.com.

9. Game Start Delays: All games will begin at the scheduled start time with the following delay exceptions:

Delay the start of game clock:

- Weather Conditions - maximum 30 minute delay then game must be re-scheduled
- Field Conditions - maximum 30 minute delay then game must be re-scheduled
- Waiting on both Umpires - 20 minute delay then game must be re-scheduled
- Waiting on single Umpire - 10 minute delay then start game with 1 umpire
- Game Clock starts with delay in start of game.
- Team waiting for coach or minimum number of players - maximum 10 minute delay then team forfeits

Rules 10-13 are Safety Rules and are similar to the ones covering high school baseball.

10. Jewelry Prohibited: Participating players may not wear jewelry. A medical alert bracelet is not jewelry and may be worn if it is taped to the body and clearly visible. Penalty: Team warning.



11. Malicious Contact: A runner may not make malicious contact with a fielder, whether the fielder is in or out of the base path, or whether he has or doesn't have the ball. Penalty: Interference: The ball is dead, the runner is out and other runners return to the bases occupied at the time of the interference. If the interference prevented a double play, the umpire will award the second out.

12. Runner Must Slide or Avoid Contact: A runner is out if the defense is playing on him and (1) he does not slide legally, causing illegal contact or thus altering the actions of a fielder in the act of making a play; or (2) does not slide in the direction of the base. Penalty: Interference. Ball is dead. Both the runner and the batter-runner are out.

Note 1: A runner on a force play may slide away from the fielder to avoid interference.

Note 2: The runner establishes his base path and may not alter it for the purpose of avoiding a play.

Note 3: If a runner does slide, it must be legal. If he does not slide, he must avoid interfering with the play.

Note 4: The fielder cannot fake a tag play (either by pretending the ball is being thrown to him or pretending he has the ball) on a runner causing him to slide unnecessarily. Penalty: a) Obstruction. The affected runner is awarded the base he would have made without the fake tag. b) Team warning.

Legal slide: A legal slide may be either headfirst or foot-first. In a foot-first slide one leg and buttock must be on the ground. The runner must be able to reach the base with either a hand or a foot.

Illegal slide: The runner may not use a rolling, cross-body, pop-up, or leg thrashing slide if he makes contact or alters the play. A raised leg must be no higher than the fielder's knee when he is standing. The runner may not slide beyond the base and make contact or alter the play. The runner may not attempt to injure the fielder.

13. Bats: Baseball bats must be approved for high school play. The maximum diameter of the barrel may be 2 5/8 inches and the bat must have the appropriate differential between the length and the weight of the bat for the level of play (a 33 inch long bat, for example, cannot weigh less than 30 ounces in High School play). All non-wood baseball bats must meet the ball exit speed ratio (BESR) performance standard. Penalty: Batter is out and runners do not advance. No warnings.



14. Only rostered Managers, Coaches, Players and Umpires shall be allowed on the field or in the dugouts during the game.

15. Any player "slinging the bat" and creating a dangerous situation shall receive a warning. The managers of both teams will be notified of the warning. Upon the second occurrence of "slinging the bat" and creating a dangerous situation by that batter in the same game, that batter will be called "out" and no base runner shall be allowed to advance.

16. Game Protests. Only rule discrepancies may be protested. Discuss these with the Umpires for possible resolution. If unresolved, Protest must be so noted in the Official Game Book. The game summary sheet will be utilized to explain rule discrepancies as understood by each coach and umpire. The summary sheet will be passed to the League Administrator for examination and recommendation. If the League Administrator finds justification for the protest, the game will be replayed from the point of protest. Refer to Protest Policy.

Pitching Rules:

The Champions' Baseball League understands that each team is putting its best team on the field. We also know and understand that youth athletes need guidance in order to reach their maximum potential. We know that our member Coaches are experienced and versed in their sport. With this in mind the Champions' Baseball League has adapted the following pitching rules from the American Sports Medicine Institute (ASMI) as a guideline to assist our coaches in the guidance of our youth members.

Most importantly and foremost, we urge coaches to keep in mind the welfare of their athletes and how their decisions will play a role in the longevity of a youth athlete's career.

The American Sports Medicine Institute (ASMI) was commissioned by the USA Baseball Medical & Safety Advisory Committee to study pitch limits in youth baseball. ASMI sent out surveys to 85 baseball experts (including orthopedic surgeons and coaches). The ASMI put together some pitch count guidelines as a result of the survey. The results of the survey found that the number of pitches thrown is more important than the number of innings thrown and "Number of pitches is more important than number of innings when determining rest requirements".

Pitch Counts

<u>Age</u>	<u>Max. Pitches Per Game</u>	Max. Games Per Week
8-10	52	2
11-12	68	2
13-14	76	2
15-16	91	2



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Recovery Times

Age	<u>1 Day Rest</u>	<u>2 Day Rest</u>	<u>3 Day Rest</u>	<u>4 Day Rest</u>
8-10	21	34	43	51
11-12	27	35	55	58
13-14	30	36	56	70
15-16	25	38	62	77
17-18	27	45	62	89

Age Recommendation For Learning Various Pitches

The survey also presented recommendations for the age at which a player could learn different types of pitches. These are listed below.

Survey - Age Recommendation for Learning Various Pitches

<u>Pitch</u>	<u>Age</u>
Fastball	8 - 10
Change-Up	10 - 13
Curve ball	14 - 16
Knuckle ball	15 - 18
Slider	16 - 18
Fork ball	16 - 18
Screw ball	17 - 19

Pitch Count Plus Other Factors

Other factors to take into account as you determine, "How many pitches should I allow my player to pitch?"

Some Additional ASMI Survey Conclusions:

- A pitcher should be limited to two appearances per week.
- Participation in multiple leagues, playing other positions, and practice should be considered when defining and regulating rest.
- Improper technique is a major factor in injury potential.
- Conditioning of the throwing arm and entire body can reduce a young pitcher's risk of injury. While the number of pitches should be limited, the young athlete should be encouraged to throw. This includes playing catch, playing other positions besides pitcher, and practicing pitching. When symptoms of arm discomfort or fatigue arise, longer periods of rest are recommended.



CLEATS

Metal cleats are permitted ONLY in leagues 13U and above.

Protest Policy:

The CBL hopes that no team is put in the position of having to protest a game. Before the Head Coach can officially protest a game, a rule has to have been violated. No protest can be made concerning an Umpire's judgment call. At the time of protest, the Head Coach MUST officially inform the games' chief umpire and inform him of the exact rule that has been violated.

CBL Protest Policy

The CBL Protest Policy provides the Head Coach with the procedure to follow to protest a game. Although every effort is made to avoid protests through the use of umpires in good standing with the league and by encouraging the coaches to read and understand the rules, some protests will occur. It is the intent of this policy to minimize protests by providing clear guidelines as to how to protest and what type of situation can be protested.

1. Only protests that involve a violation of playing rules will be accepted.
2. No protest involving an umpire's judgment will be accepted.
3. Only the Head Coach (Manager) can file a protest.
4. Protests of plays during the game must be made to the umpire before the next pitch.
5. Protests MUST be submitted in writing to the CBL Administrator within 48 hours of the completion of the game. No protest will be accepted after 48 hours.
6. Following the game, NO protest can be made except one involving the eligibility of a player or failure to comply with the league's player participation rules and league's minimum number of players.

To File an Official Protest:

1. The Head Coach (Manager) or acting Head Coach of the protesting team MUST note a violation of playing rules on the game summary sheet. The Head Coach must also submit a written statement of protest within 48 hours to the



League Administrator. The statement MUST include all details of the suspected violation of the playing rule and MUST cite the exact rule/s that is/are in question.

2. No additional statements (written or verbal) from the protesting team, coaching staff, players, or parents will be accepted.

3. A check in the amount of \$100 MUST be included with the written statement. If the protest is upheld, your check will be returned. If the protest is denied, the funds will be forfeited.

League Responsibility:

1. The League Administrator will appoint a Protest Committee, which will include the Administrator, two Advisors, and the Umpire Coordinator.

2. The League will obtain statements from all other parties involved in the protest, such as opposing Head Coach, Field Umpire, Plate Umpire, and Field Boss.

3. The league will respond within 1 week to all parties involved.

4. The League will return the protest check if appeal is upheld.

The CBL believes that proper player and coach education regarding rules will avoid protest situations. However, if a situation should arise that requires a protest be made, the CBL expects that it be filed in the spirit of good sportsmanship and fair play.

COACHES

INSTRUCTIONS - TEAM MANAGERS (HEAD COACH) AND ASSISTANT COACHES

To insure the proper leadership and example, certain reminders for the Managers and Coaches are offered in the hope that all will accept them in the spirit they are given - mainly to insure that the children involved in our program will not be misled by our failure in leadership. The children participating in our program put their trust in us and look at us as role models. That trust must not be broken. If we, as coaches and leaders, can do it, all will be rewarded. If however, we forget the main purpose of our participation. (To teach, listen, build teamwork and demonstrate fair play through high-caliber competition) we have lost. Not only have we lost the respect of the children, but also of our peers. We must present ourselves and set our principles at a level that will satisfy the most demanding parent.

With these thoughts in mind, remember:



1. Keep your personal ego out of the game.
2. Never use any profane or questionable language around any of the players at any time.
3. Never Display out-bursts of temper.
4. No Drug, alcohol, or tobacco use during, before, or after games on or around the playing facility.
5. A team manager or coach should conduct him or her self in such a manner as to always be an example of sportsmanship. Coaches/Assistants/Parents should not engage in the questioning of the umpires calling of balls and strikes. Coaches/Assistants/Parents who constantly argue with the umpires' calls will be subject to expulsion by the umpires. **PLEASE CONTROL YOUR STAFF, TEAM & PARENTS.**
6. Neither managers nor players are allowed to harass or direct any outburst toward the opposing team. Spectators shall remain courteous and refrain from calling plays on the playing field, and remember not to openly criticize. **PLEASE CONTROL YOUR STAFF, TEAM & PARENTS.**
7. Neither player nor manager shall argue unduly with the umpires. Questions directed to the umpire for the manager's information and not argumentative in nature are not to be considered as undue argument (This does not include the questioning of balls and strikes). Questions should be directed at the interpretation of the rules and not the umpires' judgment.

It is desirable but not absolutely necessary that a Coach or Manager be knowledgeable in the game, however, it is absolutely necessary that he/she posses high moral and ethical standards.

The League Administrator may suspend a Coach or Manager for infractions of rules or conduct. All infractions will be noted on the game summary sheet and forwarded to the league Administrator for follow up and review. Each incident will be dealt with on an individual basis. A suspended Coach shall have the right to appeal such suspension to the League Administrator and Advisors at a special meeting called as promptly as possible. The decision of the Board shall be final.