



2010 Gopher State Baseball League RULES MANUAL 14u and 15u

"The Best Game in Town!"

The following rules and regulations will govern play in the Gopher State Baseball League (GSBL) for the duration of the 2010 regular season and all-inclusive playoffs. The list of rules and regulations is **NOT** intended to cover all of the playing rules, but rather highlight areas that are referenced most often by the coaches and players. In general, the GSBL has adopted the National Federation of State High School Associations baseball rules, except where modified or clarified below.



I. PLAYER REGISTRATION/ELIGIBILITY

- A. Players in their respective age groups must not reach the next age before May 1, 2010 at 12:01am. It is permissible for a player to play up from their designated age division, but they may not play down. For example, a 13 year old may play in the 14 year old division, but a 15 year old may **NOT** play in the 14 year old division. (USA Baseball, the national governing body for baseball, has adopted this age determining date for all national programs.)
- B. A player may **ONLY** be rostered on one team in the GSBL. There is a roster limit of 18 players per team. Rosters must be submitted online at www.myas.org via the Coaches Control Center no later than **May 5, 2010**. Any requests to add players after May 5, 2010 must be communicated by the association/community travel director and must be approved by the GSBL Board of Advisors. The roster deadline will be strictly enforced!



II. RESIDENCY

The Gopher State Baseball League is a community-based program. GSBL teams are comprised of players who are from the community in which their parent or legal guardian resides or in which they attend school. The GSBL will recognize a team if they are derived from a bona fide association (consisting of multiple teams of perpetual nature) or a school program within their boundaries according to their bylaws. Generally, association boundaries are based on a city's limits or a high school district attendance area. The GSBL will not knowingly allow renegade and/or all-star teams to participate in the league. These rules are established to maintain a community-based orientation. The GSBL Board of Advisors reserves the right to rule on any questionable situations.



III. LEVELS OF PLAY FOR 2010

Communities/Associations entering teams in the Gopher State Baseball League (GSBL) at the 9U-15U levels **must enter a AAA team prior to entering any AA teams** at a given age level. An association/community wishing to enter AA teams without at least one AAA team at a given age level is entitled to an appeal through the Gopher State Baseball League Board of Advisors. Please see additional regulations to the "Team Classification Policy". It is the responsibility of each GSBL member association to uphold the integrity of each level of play offered within the league by properly classifying their teams. Any decision made by the Board of Advisors is not eligible for further appeal if the intent of the policy is upheld. Each decision is in effect for the current season.

"AAA" - This is the highest competitive level in Minnesota. This level of play consists of teams that are comprised of the top players within a local traveling association.

"AA" - The intermediate level of play. The AA level is intended for teams from baseball associations that have already provided teams at the AAA level. AA may also (in some cases) be defined as a level for traveling teams that are not currently able to compete at the AAA level.

"A" - The developmental level of traveling baseball. The A level is often used to place teams trying to prepare for a higher level of play. See additional information for other examples of teams eligible for the A level of play.

IV. FIELD DIMENSIONS FOR COMMUNITIES

- A. **The following base length is required:**
14-15 & Under: 90 feet
- B. **The following pitching distance is required:**
14-15 & Under: 60 feet, 6 inches



V. EQUIPMENT

- A. **Shoes:** Players in the GSBL 14-15 year old leagues are allowed to wear metal spikes.
- B. **Bats:** The following pertains to the legality of bats in the GSBL.
 - 14 & Under**
In diameter at the thickest part.....2-3/4" or less
In length.....36" or less
In weight: A bat shall not weigh, numerically, more than five ounces less than the length of the bat (for example, a 32 inch long bat may not weigh less than 27 ounces).
 - 15 & Under**
In diameter at the thickest part.....2-5/8" or less
In length.....36" or less
In weight: A bat shall not weigh, numerically, more than three ounces less than the length of the bat (for example, a 33 inch long bat may not weigh less than 30 ounces).
- C. **Baseballs:** Each team must supply one new baseball for the start of the each game (additional baseballs to be supplied alternately as needed). The official baseballs for the MYAS/GSBL are Diamond and are available for sale at www.myas.org.



VI. GENERAL RULES



- A. 10-minute mandatory warm-up for infield practice
 1. Home team will take the infield at 30 minutes before game time
 2. Visiting team will take the infield at 20 minutes before game time
 3. The last 10 minutes is for pitchers to get ready and for coaches and umpires to have a pregame.
 4. The outfield will be used for batting practice with wiffle balls or fly balls for outfielders.
- B. The home team will keep the official GSBL scorebook.
- C. Line markings and bases are the responsibility of the home team.

Recommendation: The home team is expected to have the field prepared at least one hour prior to the start of the game.
- D. "Uniforms of all team members should be of the same color and style" (NFHS Rules Book 1-4-1).
- E. Each team's lineup will list a minimum of nine players to start a game. A game will be forfeited to the offended team when a team is unable to provide nine players to start the game or cannot provide eight players to finish the game.

VII. SUBSTITUTION RULES

- A. **Pitcher:** If a starting pitcher is withdrawn from the game, they may re-enter the game once.
- B. **Starting Players:** Any of the starting players may withdraw and re-enter once, including a player who was the designated hitter, provided said player occupies the same batting position whenever they are in the lineup. A substitute who is withdrawn may not re-enter.

Exception: Replacement of injured players and/or courtesy runners. If an active player sustains an injury that requires them to leave the game and their team has used all of its available substitute players, the coach may substitute for the injured player with the first player on the bench who had previously lost their eligibility via the re-entry rule. Teams will not be penalized should a player be removed due to illness or injury. *(Please refer to Rule 3-1 in the NFHS rule book.)*

- C. **Courtesy Runners:** The team at bat may, at any time, use courtesy runners for the pitcher and/or the catcher. Players who have already participated in the game in any other capacity are ineligible to serve as courtesy runners until all players have participated. **Exception:** Should an injury, illness or ejection affect the courtesy runner, another courtesy runner for the pitcher or catcher may run. *(Please refer to the NFHS rule book on page 66 for suggested speed-up rules.)*

VIII. EXTRA HITTER (EH) AND/OR DESIGNATED HITTER (DH)



- A. 15U leagues will only have the option for the Designated Hitter (NFHS 3-1-4).
- B. **14U leagues ONLY will have the option of using an Extra Hitter (EH) or a Designated Hitter (DH).** This will give a team a 10-player line-up which **MUST BE DECLARED BEFORE THE START OF THE GAME and used for the remainder of the game.** The player in the EH position, while not actually playing a defensive position, will be treated as such for substitution. The NFHS re-entry rule applies to the EH position.

Options for play are as follows:

1. Use neither the DH or EH, giving nine players in the batting order and the same nine players on defense.
2. Use only the DH, not the EH, giving nine players in the batting order, one of which is replaced by another line-up player on defense.
3. Use only the EH, not the DH, giving 10 players in the batting order, of which nine play on defense.
4. Use both the DH and EH, giving 10 players in the batting order, but one of the nine defensive players is replaced by the DH in that batting order. However, the DH can be removed during the game according to NFHS rules.

Approved Ruling: Players can move freely in defensive positions with the exception of the pitching position; the EH is considered a defensive position.

IX. PITCHING RECOMMENDATIONS BY Fairview Sports and Orthopedic Care



Pitch Counts by Age from the USA Baseball Guidelines

9 – 10 yrs old	50 pitches/game	75 pitches/week	2000 pitches/yr
11-12 yrs old	75 pitches/game	100 pitches/week	3000 pitches/yr
13-14 yrs old	75 pitches/game	125 pitches/week	3000 pitches/yr
15-16 yrs old	90 pitches/game	<i>*see below for number of recommended rest days</i>	
17-18 yrs old	105 pitches/game	<i>*see below for number of recommended rest days</i>	

Specific Pitch Type - Recommended age to begin throwing different types of pitches

- Fastball - 8 yrs old
- Change-up - 10 yrs old
- Breaking Balls should not be thrown until puberty

Recommended Rest/Recovery Days – The recommended number of days of rest is dependent upon the number of pitches thrown in their previous outing. This rest time allows the pitcher’s arm to recover prior to pitching again.

Medical & Safety Advisory Board recommendations for number of full days rest

<u>Age</u>	<u>1 Day</u>	<u>2 Days</u>	<u>3 Days</u>	<u>4 Days</u> (Full days recovery)
9-10	20	35	45	50 (Pitches)
11-12	25	35	55	60 (Pitches)
13-14	30	35	55	70 (Pitches)
15-16	30	40	60	80 (Pitches)
17-18	30	40	60	90 (Pitches)



Recommendations for preventing injuries in youth baseball pitchers are:

1. Watch and respond to signs of fatigue. If a youth pitcher complains of fatigue or looks fatigued, let him rest from pitching and over throwing.
2. No overhead throwing of any kind for at least 2-3 months per year (4 months is preferred). No competitive baseball pitching for at least 4 months per year.
3. Follow limits for pitch counts and days rest.
4. Avoid pitching on multiple teams with overlapping seasons.
5. Learn good throwing mechanics as soon as possible. The first steps should be to learn, in order: 1) basic throwing, 2) fastball pitching, 3) change-up pitching.
6. Avoid using radar guns
7. A pitcher should not also be a catcher for his team. The pitcher–catcher combination results in many throws and may increase the risk of injury.
8. If the pitcher complains of pain in his elbow or shoulder, get an evaluation from a sports medicine physician.
9. Inspire youth pitchers to have fun playing baseball and other sports. Participation and enjoyment of various physical activities will increase the youth’s athleticism and interest in sports.

References

American Sports Medicine Institute & USA Baseball Medical & Safety Advisory Committee;
<http://www.asmi.org/asmiweb/usabaseball.htm>

Lyman S, Fleisig GS, Andrews JR, Osinski ED(2002). Effect of Pitch Type, Pitch Count, and Pitching Mechanics on Risk of Elbow and Shoulder Pain in Youth Baseball Pitchers. *The American Journal of Sports Medicine*, Vol. (30), 463-468.



X. PITCHING RESTRICTIONS

- A. In the GSBL 14-15 year old leagues, a pitcher may pitch a maximum of **14 innings within a 72-hour period**. This restriction applies for all GSBL regular and post-season games.

PENALTY: Violation of the above rule will be subject to review by the GSBL Board of Advisors resulting in a potential forfeiture of the game in question or a coach's ejection.

DEFINITIONS: A week consists of Sunday through Saturday. One pitch in an inning constitutes an inning pitched.

- B. Coaches must submit/input the jersey number and number of innings pitched for each player who pitches during a regular season league game. Each jersey number and number of innings pitched will be submitted to the Coaches Control Center. **Simply input the "innings pitched" in the Coaches Control Center within 24 hours after each game is completed.** This information will become public information and will be available immediately in the league schedule and standings.

NOTE: Stresses on a pitcher's arm are caused from overuse, lack of conditioning, improper mechanics of pitching and lack of understanding towards proper recovery time.

XI. GAME LENGTH

(Please refer to Rule 4 of the NFHS Rule Book for proper procedure)

- A. Completed games are **FINAL** after seven innings. In the event of a tie, extra innings will be allowed based on weather conditions, field conditions and daylight (NFHS Rule 4-2).
- B. Ties will stand after curfew or darkness. Try to make every effort to complete the game but do not risk injury due to darkness. To insure the playing of the full seven innings, hustle between half innings and retrieve all foul balls in a timely manner. It is ultimately the judgment of the umpire to determine if the game should be completed or allowed to continue.
- C. The 10-run rule will take effect after 4-1/2 innings if the home team is ahead, or after five innings if the visiting team is ahead.
- D. If weather or darkness interferes with play so the game is called by the umpire, it is a regulation game (NFHS Rule Book 4-2-3):
1. after 4-1/2 innings if the home team is ahead, or after five innings if the visiting team is ahead.
 2. if more than five innings have been completed.
- E. If a game is called when the teams have not had an equal number of completed terms at bat, the score shall be the same as it was at the end of the last completed inning unless the home team, in its half of the incomplete inning, scores a run(s) and equals or exceeds the opponent's score. In that case, the final score will be recorded as the score when the game is called (NFHS Rule 4-2-3).
- F. If weather or darkness interferes with play so the game is called by the umpire but does not reach a regulation game, then it is considered an incomplete game and it will be completed at a later date. The game must be **rescheduled** 24 hours after it was suspended. Please remember that the umpire's final decision on weather or darkness cannot be questioned and is a judgment made by them alone with no persuasion from a coach (NFHS Rule 4-3).



XII. UMPIRES



All umpires in the 14-15 year old leagues are scheduled and supplied by the Gopher State Baseball League, unless your community has chosen to supply their own umpires or is outside the range of a GSBL umpire assignor.

NOTE: When assigning umpires for all league games, the GSBL requires that each association, community, and assignor supply individuals who are a minimum of four years older than players on the teams they are umpiring. This requirement is the responsibility of the individuals that assign your home games (i.e. Association President, Travel Director or GSBL Umpire Assignor).

Only the head coach will contact the assignor to verify each home game.

Umpire training is available for all Gopher State area umpires. Please check out the MYAS website under the Officials Corner.

XIII. STANDINGS

- A. The Gopher State Baseball League will maintain current standings, schedules and all pertinent league information at www.myas.org. League information will be located in the GSBL portion of the website.
- B. Both coaches must submit/input their completed game scores to the GSBL Coaches Control Center. **Simply input scores in the Coaches Control Center within 24 hours after each game is completed.** The system helps ensure an accurate score for each completed game.
- C. **Teams will be contacted if scores are not reported and will be assessed a one-point penalty to their standings if non-reporting occurs more than once. It is imperative that both coaches report their scores within 24 hours of the completion of each game.**

XIV. REGULAR SEASON POINT SYSTEM AND TIE-BREAKERS

Gopher State Baseball League standings are computed by a point system. Each team will receive four points for a win, two points for a tie and one point for a loss. Deductions will be made to your points if your online roster and/or code of conduct are not submitted by the deadline.

Ties in the standings following the completion of the regular season will be broken by the following procedure:

- 1) Head to head competition
- 2) Best winning percentage (games won divided by games played)
- 3) Least runs allowed
- 4) Most runs scored
- 5) If still tied, a one-game playoff will determine the winner (time permitting)
- 6) Coin flip



XV. GSBL PLAYOFFS

A. Playoff Format:

1. Divide Tiers into multiple Sections based on geographic area. The GSBL will use the same format as the MSHSL uses for playoff sections to eliminate travel.
2. Division Champs will be the highest seeds regardless of record.
3. The GSBL will allow for flexibility when determining where to place teams (Tier I or Tier II) at the .500 or above winning percentage.

Seeding for the GSBL playoffs will be determined based on the league standings and points accumulated as of July 9, at 12:01am. Any games played or reported after this date will not count toward the playoff standings.

NOTE: If a team's season is not completed by the final play date, each unplayed game will be counted as a loss and only one point will be awarded toward the season point total. This ensures that all teams will be seeded into the playoffs accurately by having the same number of games played.

Seeding and playoff matchups will be available on our website by 12:00pm on July 9. If you feel there is a problem with the playoff matchups and/or seeding, please contact the league office. **If you are a higher seeded team in the playoffs, please be available for a phone call** from the GSBL/MYAS headquarters on July 12, or you may forfeit your right for a home playoff game.

Please do not call the GSBL/MYAS office; we will call you!

All dates, times and locations for the playoff matchups will be available on our website on July 13, by 12:00pm.

B. Playoff Dates:

Playoffs will begin on July 14-15. **NO EXCEPTIONS!**

The top half of the teams in each division (i.e. West, East and Central), based on record and any tie-breaker scenarios, will be placed into a single elimination playoff for the Tier I Championships. The remaining teams in each division will be placed into a single elimination playoff for the Tier II Championships. **Playoff games that have been officially scheduled and communicated will be posted on www.myas.org no later than 12:00pm on July 13.**

C. Playoff Game Times: **All playoff games will begin at 6:00pm unless lights are available.** Games need to be finished the night of the game.

D. Playoff Locations: Games will be played at the site of the highest seed pending field availability. **Because of time constraints, if the higher seeded team cannot provide a home field for the assigned days for play, the opposing team will be given the opportunity to host that particular game if they can supply a field.**

Championship games will be played at a neutral site selected by the league office.





XVI. USSSA WORLD SERIES & GSTC Qualify through league play



- A. The **TOP** team from each age/level/division (i.e. 15AAA West) in the Gopher State Baseball League will automatically earn a berth to the **Gopher State Tournament of Champions (GSTC)** on July 9-11 or July 16-18 depending on the team's age and level of play.

If the TOP team has already earned a berth to the GSTC, a berth may be passed down to a team in second place based on availability or space.

- B. The top **TWO** teams in each division will also be offered a berth to their designated **USSSA World Series** in July. If the top **TWO** teams in a division that are USSSA World Series eligible have already earned a berth through the USSSA State Tournament, the berths will then be passed down as far as the fourth place teams within a division. A team placing fifth in a GSBL division is not eligible to receive a berth to the USSSA World Series.
- C. **The league standings based on each team's winning percentage in their division (games won divided by games played) as of 12:01am on June 22, 2010 will be used to determine berths as explained above.**
- D. The qualifying teams will receive a congratulatory e-mail and/or phone call and official entry forms for the GSTC and/or USSSA World Series. If a team chooses to participate in the GSTC, they must communicate their intentions by submitting the entry form and fee to the Gopher State Baseball headquarters no later than June 23, 2010 at 4:00pm. This deadline needs to be met to ensure your spot into the Tournament of Champions. If you would like to accept your berth to a USSSA World Series, please contact Dawson at dawson@myas.org.

XVII. BENCH AND FIELD CONDUCT

- A. All players and coaches must sign a Code of Conduct prior to the start of the season. All participants in the GSBL will be held responsible for their actions during league play. The Code of Conduct must be submitted via fax to the league headquarters at (763) 781-1922 by **May 5, 2010. THE DEADLINE WILL BE STRICTLY ENFORCED!**
- B. All players, coaches and spectators are to behave in a manner that reflects the positive fun associated with the game of baseball. **Unsportsmanlike conduct will not be tolerated, and includes but is not limited to (modified from the NFHS Baseball Rules Book, Rule 3-3):**

- Verbal abuse
- Physical aggression
- Tantrum-like acts

- Arguing judgment calls of umpires
- Profanity



WWW.MYAS.ORG



XVII. BENCH AND FIELD CONDUCT (continued)

- c. Any player, coach or spectator ejected from a game due to unsportsmanlike conduct as listed above will be removed from the vicinity of the ballpark immediately. Failure to comply with the ejection in a timely manner will result in the game being forfeited.

NEW FOR 2010: If a player is ejected from a game due to unsportsmanlike conduct, the head coach will be ejected as well.

Anyone ejected during a league game will be immediately suspended for the remainder of the 2010 season, pending an appeal to your home association's Board of Directors.

A hearing may be scheduled with the home association/community to determine the future of the player, coach or spectator that was ejected. The decision on reinstatement back into the league by the home association/community will be upheld by the GSBL Board of Advisors.

- D. A second game disqualification does not warrant appeal and will result in suspension from the remainder of the team's regular season and playoff games. Please keep in mind that you are participating in youth baseball. Therefore, unsportsmanlike conduct will **NOT** be tolerated.

NOTE: If any unsportsmanlike conduct is displayed during a league game by a coach, spectator or fan, please notify your association's Travel Director. This must be done before contacting the GSBL. Contact information for Travel Directors is available in Tab 1 of the Official Coaches' Handbook.

XVIII. PROTESTS

- A. Protests must be made verbally with the umpire by the offended team at the time of the play and before the next pitch. A fee of **\$100.00** cash (refunded if upheld) must accompany the protest. All decisions of the GSBL/MYAS and the GSBL Board of Advisors are final.
- B. No protests will be allowed in matters involving solely the official's judgment. Only decisions involving the misinterpretation or misapplication of a rule may be protested.

XIX. GAME CHANGES/CANCELLATIONS

Any game changes or cancellations reported to the GSBL/MYAS via e-mail at dawson@myas.org, tony@myas.org or jbarbe@myas.org on weekdays by 3:15pm will be posted on our website at www.myas.org by 4:00pm the same day. It is the responsibility of the home team coach to notify the visiting team of the cancellation. If the league office is not notified of a cancellation of a game, it will be assumed that the game is still on as scheduled. For details on the Game Cancellation System & Procedure as well as rescheduling fees, please see Tab 6 of the official Coaches' Handbook.



2010 GSBL 14-15 & Under Baseball Rules Summary



GSBL Rule

- 5-B** Bats: 14 & Under will use a -5 length to weight ratio, with a max diameter of 2-3/4".
15 & Under will use a -3 length to weight ratio, with a max diameter of 2-5/8".
- 6-A** A 10-minute infield warm-up is mandatory for both teams starting at 30 minutes prior to the start of the game.
- 6-E** Each team's lineup must list a minimum of nine players to start a game. A game will be forfeited to the offended team when the offending team is unable to provide nine players to start the game or cannot provide eight players to finish the game.
- 7-B** Starting Players (player/EH/DH/pitcher) may re-enter the game once, provided the said player occupies the same batting position whenever they are in the lineup.
- 7-C** A courtesy runner may be used at any time for the pitcher and/or the catcher. **Projected substitutions are not allowed.**
- 8-A** 15U leagues will only have the option to use the Designated Hitter (DH).
8-B 14U leagues will have an option to use the Extra Hitter (EH) or the DH.
- 9** Pitching recommendations by Fairview Sports and ASMI.org.
- 10-A** In the 14-15U leagues a pitcher may pitch a maximum of 14 innings within a 72-hour period.
- 11-C** The 10-run rule will take effect after 4-1/2 innings if the home team is ahead, or after five innings if the visiting team is ahead.
- 13-B** Both coaches must call and report their completed game scores to the GSBL Coaches Control Center within 24 hours after each game is completed.
- 14** The Gopher State Baseball League standings are computed by a point system. Note: If a teams season is not completed by the final play date, each remaining game will be counted as a loss and one point toward the season point total.
- 17-A** All players and coaches must sign a Code of Conduct prior to the start of the season. **Due May 5**
- 17-C** **NEW FOR 2010:** If a player is ejected from a game due to unsportsmanlike conduct, the head coach will be ejected as well.
- 18** Protests must be made verbally with the umpire by the offended team at the time of the play and before the next pitch. No protests will be allowed in matters involving solely the official's judgment. A fee of **\$100.00** cash (refunded if upheld) must accompany the protest.
- 19** Any game changes or cancellations need to be reported to the League office via e-mail at dawson@myas.org, tony@myas.org or jbarbe@myas.org on weekdays by 3:15pm.
- Failure of the home team coach to notify the visiting team coach, your umpire assignor and/or the GSBL office of a weather related cancelled game will result in a \$50.00 league fine assessed to the home team and must be paid before that game can be rescheduled.