



2010 Gopher State Baseball League Rules Manual 16u and 17-19u

"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 14-game regular season and the 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 15 year old may play in the 16 year old division, but a 17 year old may **NOT** play in the 16 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 be rostered on only one team in the GSBL. There is a roster limit of 18 players per team. Rosters must be submitted online at www.myas.org in the Coaches Control Center portion of the MYAS website no later than **June 7, 2010**. Any request to add players after the applicable deadline must be accompanied by the association/community travel director's signature and must be approved by the GSBL Board of Advisors. The roster deadline will be strictly enforced!



II. LEVELS OF PLAY FOR 2010

“AAA” - This is the highest competitive level in Minnesota. This level of play consists of teams that are comprised of the players within a local traveling association/high school that have competed at the AAA/AA caliber throughout their youth.

“AA” - This is the intermediate level of play. AA may also (in some cases) be defined as a level for teams that are not currently able to compete at the AAA level. It is also a level of play that provides teams an opportunity to play more baseball in a competitive environment.

III. FIELD DIMENSIONS FOR COMMUNITIES

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



IV. EQUIPMENT

- A. **Bats:** The following pertains to the legality of bats in the GSBL.

16u & 17-19u

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).

- B. **Baseballs:** Each team must supply one new baseball for the start of 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.

V. 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 1-4-1).
- 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 their opponent is unable to provide nine players to start the game or cannot provide eight players to finish the game.



VI. SUBSTITUTION RULES

A. **Pitcher:** If a starting pitcher is withdrawn from the game, they may re-enter the game once. For **16U and 17/19U AA ONLY**, games that are being played with free substitution and continuous batting, ANY pitcher may re-enter the pitching position 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 the NFHS rule book in Rule 3:1.)*

NOTE: 16U and 17/19 AA Leagues will have the option to use free substitution and continuous batting. This must be declared to the umpire and the opposing head coach prior to the start of the game and will continue for the remainder of that game.

C. **Courtesy Runners:** The team at bat may, at any time, use a courtesy runner 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 63 for suggested speed-up rules.)

VII. GAME LENGTH

(Please refer to Rule 4 of the NFHS Rule Book)

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). It is the responsibility of the home coach to finish a game scheduled on a lighted field.

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 4:2-2):

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 will 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** within 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).

VIII. PITCHING RESTRICTIONS

- A. On any given day or in any three consecutive days, a high school player is not permitted to pitch more than a total of 14 innings.
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.
- B. **DEFINITIONS:** A week consists of Sunday through Saturday. One pitch in an inning constitutes an inning pitched.
- C. Coaches must submit/input the jersey number and number of innings pitched for each player that pitches during a regular season league game. Each jersey number and number of innings pitched will be submitted to the **Coaches Control Center within 24 hours after each game is completed.** This information will be public information and will be available 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 of proper recovery time.

IX. PITCHING RECOMMENDATIONS BY **Fairview Sports and Orthopedic Care**

FAIRVIEW

Pitch Counts by Age from the USA Baseball Guidelines

15-16 yrs old 90 pitches/game *see below for number of recommended rest days
17-18 yrs old 105 pitches/game *see below for number of recommended rest days

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

| Age | 1 Day | 2 Days | 3 Days | 4 Days | (Full days recovery) |
|-------|-------|--------|--------|--------|----------------------|
| 15-16 | 30 | 40 | 60 | 80 | (Pitches) |
| 17-18 | 30 | 40 | 60 | 90 | (Pitches) |

ASMI.org 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. UMPIRES



All umpires in the 17/19 AAA year old leagues are scheduled and supplied by the Gopher State Baseball League. The remaining 16u and the 17/19AA leagues have either chosen to supply their own umpires or have paid to have the MYAS/GSBL schedule and supply their umpires.

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 who assign your home games (i.e. Association President, Travel Director or GSBL Umpire Assignor). Every home coach needs to verify with the umpire and/or assignor for each game. Please see tab 7 in your handbook for details on your designated umpire association (where applicable).

XI. 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 call or submit/input their completed game scores and innings pitched to the **GSBL Coaches Control Center within 24 hours after each game is completed**. This 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.**

XII. 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 the online roster and/or code of conduct is not submitted by June 7, 2010.

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



XIII. GSBL PLAYOFFS

- A. Playoff Format: Seeding for the GSBL playoffs will be determined based on the league standings and points accumulated as of July 19, 2010 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 19. 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 19, 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 first round of the playoffs will be available on our website on July 19, by 3:00pm.

- B. Playoff Dates:
Playoffs will begin on July 20. **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 scheduled and communicated will be posted on www.myas.org no later than 3:00pm on July 19.**

- C. Playoff Game Times: **All playoff games will begin at 6pm unless lights are available.** Games need to be finished the night of the game.
- D. 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 Bethel University on July 24-25, 2010.



XIV. USSSA WORLD SERIES Qualify through league play



- A. The top THREE teams in each division will also be offered a berth to their designated **USSSA World Series** in July. If the top THREE teams in a division that are USSSA World Series eligible have already earned a berth through the USSSA State Tournament, a berth 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 in the USSSA World Series.
- B. **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 USSSA World Series. If you would like to accept your berth to a USSSA World Series, please contact Dawson Blanck at dawson@myas.org.

XV. 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 **June 7, 2010. THE DEADLINE WILL BE STRICTLY ENFORCED! If the Code of Conduct form is not submitted by June 1, YOUR TEAM will be forced to forfeit games.**
- 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 3:2):**
 - Verbal abuse
 - Physical aggression
 - Tantrum-like acts
 - Arguing judgment calls of umpires
 - Profanity
- 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. 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.

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.

- 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, player, or spectator, please contact the MYAS/GSBL immediately.

XVI. 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 Protest/Eligibility Committee 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.

XVII. 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 the 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 16u & 17-19u Baseball Rules Summary

GSBL Rule

- 4-A** Bats: 16-17/19 & Under will use a -3 length to weight ratio, with a max diameter of 2-5/8".
- 5-A** A 10-minute infield warm-up is mandatory for both teams starting at 30 minutes prior to the start of the game.
- 5-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.
- 6-B** Starting Players (player/DH/pitcher) may re-enter the game once, provided said player occupies the same batting position whenever they are in the lineup.
- 6-B** **NOTE: 16U & 17/19 AA leagues will have the option to use free substitution and continuous batting.**
- 6-C** A courtesy runner may be used at any time for the pitcher and/or the catcher. **Projected substitutions are not allowed.**
- 7-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.
- 8-A** In the 16-17/19 leagues a pitcher may not pitch more than 14 innings within a consecutive three-day period.
- 11-B** Both coaches must report their completed game scores to the GSBL Coaches Control Center within 24 hours after each game is completed.
- 12** 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. Note: If a team's 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.
- 15-A** All players and coaches must sign a Code of Conduct prior to the start of the season. Penalties will be assessed for forms not received by June 7, 2010.
- 16** 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.
- 17** 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.