



The following rules and regulations will govern play in the North Star Baseball League for the 16-game regular season. This list of rules and regulations is **NOT** intended to cover all of the playing rules, but rather highlight those areas that are referenced most often by the coaches, players and participants. In general, the North Star League has adopted National Federation of State High School Associations baseball rules, except where modified/clarified in this document.



### *I. Player Registration/Eligibility*

- A. Players in their respective age groups must not reach the next age before May 1, 2010. The North Star League also allows a "Grade Based" team philosophy to be used by communities. The grade level used for the 2010 season will be the participant's grade as of January 2010. It is permissible for a player to play up from their designated age/grade division, but they may not play down. Players must qualify in either of the grade/age criteria, depending on the philosophy of their home community.
- B. A player may only be rostered on one team within the North Star League and also may not be rostered on any Gopher State Baseball League team. Each local Community Director will collect and maintain each team's roster for their respective community. Any roster changes that are necessary for your team should be communicated through your Community Director. Coach information will be supplied to the NSBL office for communication purposes.

### *II. Residency*

The North Star Baseball League is a community-based program. Players that make up official NSBL rosters are eligible to participate on teams that are from the community of their parent's or legal guardian's residence or from their school attendance area. The NSBL will recognize a team if they are part of a bona fide association (consisting of multiple teams of perpetual nature) within their community. Individual teams that are formed from outside an association will not knowingly be allowed to participate in the league under any circumstances. In addition, a community may not supply a "portion" of their in-house teams to the NSBL; all teams at the offered age levels must become members of the league. Every North Star team must be formed by their community via a democratic, non-biased process.

### III. Bat Rules for 2010 North Star Baseball League

<i>AGE</i>	<i>Max Diameter at thickest part</i>	<i>Length</i>	<i>Weight Differential</i>	<i>Example</i>
<b>7th Grade/13U</b>	<b>2 1/4"-2 3/4"</b>	<b>Unlimited</b>	<b>-10</b>	<b>33-inch bat cannot weigh less than 23 ounces</b>
<b>8th-9th Grade /14U-15U</b>	<b>2 3/4"</b>	<b>36" or less</b>	<b>-5</b>	<b>33-inch bat cannot weigh less than 28 ounces</b>

### IV. Field Dimensions for Community Fields

- A. These are the recommended pitching and base distances for the 7th Grade/13U division:  
Pitching: 52-54 ft.  
Bases: 75-82 ft.
- B. These are the required pitching and base distances for the 8th-9th Grade/14U-15U division:  
Pitching: 60 ft., 6 inches  
Bases: 90 ft.

**NOTE:** For a variety of reasons, the base and pitching rubber distances vary in length from one city to the next in the 7th Grade/13U level. Be prepared to be flexible, but **do not** compromise safety. Some communities may not have access to the "intermediate" sized fields at the 7th Grade/13U level.

### V. General Rules

- A. The home team will keep the official scorebook.
- B. All field maintenance is the responsibility of the home team.
- C. All players must be in matching uniforms.
- D. A **courtesy runner** (the last player to be put out) will be allowed only for the catcher and may only be used with two outs. **Exception:** Courtesy runners for an injured player will be the player making the most recent out.
- E. All teams must use a continuous batting order and implement free substitution.
- F. Metal cleats are allowed in the 7th Grade/13U & 8th-9th Grade/14U-15U leagues.
- G. Note: Please see Page 4 regarding "Statement on League Rules."

## *VI. Ending a Game*

There are no set, restrictive time limits for North Star League games. A league game will be preemptively ended only when there is a concern for safety (darkness or inclement weather) or if a game has reached the "Mercy Rule" or "10-Run Rule" according to the NFHS Baseball Rules Book\*. Ultimately, the final decision to suspend a game is at the umpire's discretion. Under normal circumstances, a game will be complete at the end of seven innings unless extra innings are needed in the case of a tie game.

\*If a game does end prior to the seventh inning by the "Mercy" or "10-Run" rule, teams should play out the remaining innings of their game as exhibition innings. The intent of the NSBL is player participation and all teams should share equal opportunity each game day.

## *VII. Game Changes/Cancellations*

Any game changes or cancellations reported to the League Commissioner via e-mail at [tony@myas.org](mailto:tony@myas.org) or by telephone at (763) 781-2220 ext. 1728 on weekdays by 3:00pm will be posted on the North Star portion of [www.myas.org](http://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 you are canceling a game please notify your Community Director as well so the assigned umpire is notified of the change. You must also communicate cancellations with your Community Director for the interest of field coordination and rescheduling. It is imperative that cancelled and/or rescheduled games be communicated with the league office as soon as possible so the website schedules stay accurate.

## *VIII. Pitching Restrictions*

A pitcher may not pitch more than 10 innings per calendar week (Sunday-Saturday) in North Star League games. In addition, any player pitching *more than three innings* in one game must wait at least 48 hours before returning to the pitcher's position. **Note:** One pitch constitutes an inning pitched.

**Special Note:** Stresses on a pitcher's arm are caused from overuse, lack of conditioning, improper mechanics of pitching and/or lack of understanding of proper recovery time. Don't jeopardize your athletes' health!

## *IX. Standings*

All game scores will be reported online at [www.myas.org](http://www.myas.org) through the Coaches Control Center. Any disputed score must be communicated within 48 hours of the time the score was posted on the league standings page and will be handled through your local Community Director.

## *X. Statement on League Rules*

The listed league rules in this document and in the National Federation of High School Rules book will govern the North Star Baseball League. **Teams/coaches may not impose their own individual community rules upon a visiting team/community.** Instances that have occurred in the past have been perceived as opportunistic for the benefit of the home team in the heat of the moment and these situations do not exhibit good sportsmanship or good will. Any disputes with a game rule or protests in any league game will be handled by the respective local Community Directors.

Please remember that this great game and the North Star Baseball League are designed around participation and the players involved.

## *XI. MYAS Communications Policy*

Over the past 19 years, the Minnesota Youth Athletic Services, Inc. (MYAS) has experienced overwhelming growth in numbers of athletes, teams, tournaments, leagues, etc. Last year alone, we had over 150,000 participants in numerous sports. While we value everyone's opinion, it has become necessary for the MYAS to develop the policy whereby our staff will communicate with travel directors, coaches, and association representatives ONLY.

There is not adequate time in the day to discuss rulings, controversial situations, etc. with individual athletes, parents, grandparents, aunt, uncles, brothers and sisters, etc. As an alternative, we encourage constructive criticisms and suggestions be communicated to the proper team representative who is then welcome to contact our office for a response or necessary action.

## *XII. Post-Season Play*

Local playoffs are administered through each local Community Director and their local Board of Directors. Please contact them for information regarding any regular season ending playoffs.

Teams participating in the North Star Baseball League are eligible for the Rec State Baseball Championships as long as their rosters meet the requirements of that event. Please review the document titled "2010 Levels of Play Definitions" on the baseball page of the MYAS website ([www.myas.org](http://www.myas.org)) for further information on potential post-season opportunities for teams participating in the 2010 North Star Baseball League.

# 2010

