



2010 Gopher State Fall Baseball League

RULES & REGULATIONS

10-19 & Under Open



Competitive Divisions

The following rules and regulations will govern play in the 2010 Gopher State Fall Baseball League (GSFBL) for the duration of the five week season from September 12 through October 10, 2010. The 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 GSFBL has adopted the National Federation of High School Associations rules, except where modified below.

I. PLAYER REGISTRATION/ELIGIBILITY

Players in their respective age groups must not reach the next age before May 1, 2011 at 12:01am. It is permissible for a player to play up from their designated age division, but they may not play down. A player may only be rostered on one team in the GSFBL. There is a roster limit of 15 players per team.

II. PHILOSOPHY OF THE LEAGUE

- A. Keep the integrity of this great game of baseball in mind during the Gopher State Fall Baseball League. Play only those players that are rostered with your team. All players, coaches and spectators are to behave in a manner that reflects the positive **FUN** associated with the game. **Unsportsmanlike conduct will result in removal from the league without a refund.**
- B. Provide equal playing time for **ALL** participants regardless of ability. The focus of the GSFBL is participation and player development. NOTE: It is the responsibility of all coaches to find equal playing time defensively for rostered players. Remind yourself that success of the league is **NOT** measured by wins and losses, but rather by the level of improvement and enjoyment the athletes receive. Everyone will benefit from this league if we remember that this is for the kids and the focus of this league is their development as an athlete and a person.
- C. Encourage your athletes to play as many positions as possible.

III. FIELD DIMENSIONS FOR COMMUNITY FIELDS

- A. **The following base lengths are recommended:**
 - 10 year olds - 60 feet
 - 11 year olds - 60-70 feet (GSFBL recommends 65')
 - 12 year olds - 70-75 feet (GSFBL recommends 75')
 - 13 year olds - 75-82 feet (GSFBL recommends 75')
 - 14-19 & Under - 90 feet
- B. **The following pitching distances are recommended:**
 - 10-11 year olds - 46 feet
 - 12 year olds - 50-54 feet (GSFBL recommends 52')
 - 13 year olds - 52-54 feet (GSFBL recommends 52')
 - 14-19 & Under - 60 feet, 6 inches



NOTE: For a variety of reasons, at the younger age levels the base and pitching rubber distances vary in length from one city to the next. Be prepared to be flexible, but **do not** compromise safety.

IV. EQUIPMENT

A. **Shoes** - Metal spikes are prohibited in the 10-12 year old leagues; they may only use molded cleats or tennis shoes. **Players in the GSBL 13-19 year old leagues will be allowed to use metal spikes.**

B. **Bats** - The following pertains to the legality of bats in the Gopher State Fall Baseball League.

10-13 & UNDER

In diameter at the thickest part:..... 2-3/4" or less

In length:.....Unlimited

In weight:.....No weight restrictions

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 9 ounces less than the length of the bat. (The GSFBL highly recommends using a -5 or -3 bat to help prepare players for the 2010 season.)

15-19 & 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 (example, a 33 inch long bat cannot be less than 30 ounces).

EXEPTION FOR 15U: players will be allowed to use a -5 bat differential in the fall league.

V. GENERAL RULES

- A. Each team must supply one new game ball (supplied by the league) for the start of each game. (Additional balls are to be supplied alternately as needed.)
- B. The home team will keep the official scorebook. Note: A mutually agreed upon format for each play date will be used so each team is "home team" in one their games and the "visitor team" in their other game each Sunday.
- C. Line markings, field dragging and bases are the responsibility of the **host** team.
- D. It is strongly recommended that all players wear the jerseys and hats provided by the league.
- E. **Courtesy Runners:** A courtesy runner (the last runner to be put out) will be allowed only for the catcher and only when there are two outs. **Projected substitutions are not allowed.** Exception: Courtesy Runner(s) for an injured player will be the player making the most recent out.
- F. **All teams must use a continuous batting order and implement free substitution.**

VI. CONTINUOUS BATTING & FREE SUBSTITUTION (See Exception)

Continuous batting and free substitution will be used in **ALL** Gopher State Fall Baseball Leagues at the 10-19 year old age levels.

Exception: The NFHS pitching substitution is in effect for all age divisions. Only a starting pitcher may re-enter once (NFHS Rule 3-1-3).



VII. PITCHING RESTRICTIONS



- A. **10-12 & Under:** A pitcher may pitch a maximum of **4 innings on any given Sunday.**
13-15 & Under: A pitcher may pitch a maximum of **5 innings on any given Sunday.**
16-19 & Under: A pitcher may pitch a maximum of **6 innings on any given Sunday.**

PENALTY: Violation of the above rule will result in a potential forfeiture of the game in question or a coach's ejection.

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.

- B. Curve balls will **NOT** be allowed in the 10-11 year old divisions. **(This rule does not apply in the 12-19 year old leagues.)**
1st offense: Dead ball - umpire issues a warning and the pitch is declared a "No Pitch"
2nd offense: Dead ball - pitch is called a ball
3rd offense: Dead ball - pitch is a ball and the pitcher is removed from the pitching position for the remainder of the game
- C. **Balks** will not be called in the **10-11 year old divisions**, but a fake pitch will be considered a balk, resulting in a dead ball and all runners advance one base. **12-19 year old leagues will be playing NFHS rules.**

VIII. BASE RUNNING

- A. **10 year olds:** A player may lead off and/or steal after the ball crosses the plate, including a passed ball at home plate.
11 year olds: A player may lead off and/or steal after the ball leaves the pitcher's hand.
12-19 year olds: A player may lead off and steal at any time (NFHS rules apply).
- B. In the 10-11 year old divisions, a batter may **NOT** attempt to advance to first base on a dropped third strike. Runners already on base may advance at their own risk. **(This rule does not apply in the 12-19 year old leagues.)**
- C. In the 10-11 year old leagues, a player sliding head first into home plate will be called out.
- D. **Interference (NFHS Rule 2-21)**
Offensive interference is an act (physical or verbal) by the team at bat:
1. which interferes with, obstructs, impedes, hinders or confuses any fielder attempting to make a play; or
 2. when a runner creates malicious contact with any fielder, with or without the ball, in or out of the baseline; or
 3. when a coach physically assists a runner during playing action.
- E. **Obstruction (NFHS Rule 2-22)**
Obstruction is the act (intentional or unintentional, as well as physical or verbal) by a fielder, any member of the defensive team or its team personnel that hinders a runner or changes the pattern of play. A fake tag is considered obstruction.

IX. UMPIRES

Umpires will be provided by umpire associations throughout the metro area (please refer to the list of associations providing umpires for the league in your handbook). A weekly schedule will be available on the MYAS website to notify all teams who is assigning umpires for their games.

If there is no umpire present for your scheduled game time, please refer to the GSFBL “umpire no-show policy.” If an umpire does not show up, please arrange for a mutually agreeable substitute to be used. Call Dawson Blanck, Tony Groff or Jeremy Barbe at (763) 781-2220 the following Monday to notify them of the problem and be sure to submit an umpire no-show invoice within 48 hours to the MYAS/GSFBL office (substitute umpires will be paid \$40.00 per game).

X. GAME LENGTH FOR 10-19 & UNDER TEAMS



- A. **10-12 & Under:** 6 innings
13-19 & Under: 7 innings

FOR ALL AGES: All Fall League games are being played under a 2 HOUR TIME LIMIT. When the game has reached the time limit, if a player's at bat is in progress, it shall be completed then the game is final.

Note: NO NEW INNING WILL BEGIN AFTER 1 HOUR AND 50 MINUTES HAS PASSED.

Clarification: If the game is called when the teams have not had an equal number of completed turns at bat, the score will revert to the score 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 was called. TIE GAMES are possible under normal circumstances.

- B. **10-12 & Under:** The 10-run rule will take effect after 3-1/2 innings if the home team is ahead, or after four innings if the visiting team is ahead.

13-19 & Under: 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.

XI. STANDINGS

- A. The Gopher State Fall Baseball League will keep current standings for the **Competitive Division only**. Schedules and all pertinent information about the league will be posted on the “Official Home for Youth Sports” at WWW.MYAS.ORG. All information will be placed on the GSFBL portion of the website.
- B. **WINNING COACHES** or a team representative must report their scores through the “Coaches Control Center” on the www.myas.org website. Each Head Coach will be assigned and e-mailed a Username and Password for their team prior to the start of the season. **DO NOT** create your own team/coach information in the system; an account will be assigned to you by the league. By utilizing the online score reporting, game scores will immediately be updated on the league website and will also update league standings. Please report your scores within 24 hours of each game's completion.
- C. **You can find updated standings and schedules in the Gopher State Fall Baseball League portion of the www.myas.org website.**



XII. LEAGUE STANDINGS AND TIE-BREAKERS

Section champions in the Gopher State Fall Baseball League will be determined by the team with the highest winning percentage at the conclusion of the season (October 17 make-up date). Ties in the standings will be broken by the following procedure:

- 1) Head to head competition (when applicable)
- 2) Least runs allowed
- 3) Most runs scored
- 4) Coin flip



XIII. FALL LEAGUE COMPETITIVE SECTION CHAMPIONSHIP AWARDS

Every rostered player and up to two coaches will be given awards for completing the season with the best record after any tie-breakers within their age group and section.

XIV. COACH/PLAYER/SPECTATOR CODE OF CONDUCT

- A. 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 NFHS Rule 3-3):**
- | | |
|-----------------------|--|
| - Verbal abuse | - Arguing judgment calls |
| - Physical aggression | - Profanity |
| - Tantrum-like acts | - Confronting/taunting opposing fans, players and/or coaches |
- B. Please keep in mind that you are coaching youth baseball. Therefore, unsportsmanlike conduct will not be tolerated. **Unsportsmanlike conduct will result in removal from the league without a refund.** Unsportsmanlike conduct **does** include verbal/physical abuse or harassment of members of the same team by a coach, player or spectator.
- C. **Any player, coach or spectator ejected or removed from a fall baseball league game due to unsportsmanlike conduct will be suspended for the remainder of the 2010 Gopher State Fall Baseball League season.** In order to participate in future MYAS sponsored activities (regardless of sport), any person that has been suspended must appeal their case to the MYAS Review Committee.

XV. GAME CANCELLATIONS

Game cancellations must be made by the HOST TEAM coach. **If you are the host team coach, please follow the cancellation procedure listed below.**

If you are sure your games will not be played on your field because of inclement weather, please take the following steps:

1. **COMMUNICATE** with the other teams that were planning to play on your home field. You must contact each coach as soon as you determine that your field is unplayable.
2. Contact the designated umpire assignor so they know the games will not be played.
3. Report any cancelled games to the MYAS Baseball Office the following Monday.
4. Coordinate with your opponents of cancelled games on any rescheduling possibilities and notify the MYAS/GSFBL once you have your game(s) rescheduled.