

# 2010 Gopher State Fall Baseball League Rules & Regulations Recreational Divisions

## LEAGUE PHILOSOPHY

1. Keep the integrity of this great game of baseball in mind during the Gopher State Fall Baseball League (GSFBL). Play only those players who 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.**
2. Provide equal playing time for **ALL** participants regardless of ability. The focus of the GSFBL is intended to be individual player development. Note: It is the responsibility of all coaches to find equal playing time defensively for all rostered players. Remind yourself that the success of the league is **NOT** measured by wins and losses, but rather by the level of improvement and enjoyment the athletes receive. The MYAS wants everyone to enjoy participating and competing in the fall league in an organized, fun atmosphere. 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.
3. Each game will have a two-hour time limit (NO NEW INNING WILL BEGIN AFTER 1 HOUR AND 50 MINUTES) regardless of the inning. Standings will not be kept so do not worry if you are unable to complete the full six or seven innings. **Note: Extra innings may be played if time allows. Please keep in mind that the umpires need a short break between games.**
4. Encourage your athletes to play as many positions as possible.

## GENERAL LEAGUE RULES

- Eligibility: All players must be entering the grade (2010-2011 school year) they have registered for.
- Game length: **4<sup>th</sup> -5<sup>th</sup> Grade:** 6 innings  
**6<sup>th</sup> -7<sup>th</sup> & 8<sup>th</sup> -9<sup>th</sup> Grade:** 7 innings  
Each game will have a two-hour time limit regardless of innings played.  
**NOTE: NO NEW INNING WILL BEGIN AFTER 1 HOUR AND 50 MINUTES.**
- Pitching/Base Recommended Distances: **4<sup>th</sup> -5<sup>th</sup> Grade:** 46 feet/60-65 feet  
**6<sup>th</sup> -7<sup>th</sup> Grade:** 52 feet/75 feet  
**8<sup>th</sup> -9<sup>th</sup> Grade:** 60 feet, 6 inches/90 feet  
(Some fields may vary slightly from the preferred distances. Be prepared to be flexible but do not compromise safety.)
- Pitching Restrictions: **4<sup>th</sup> -5<sup>th</sup> Grade:** No more than 4 innings in a day  
**6<sup>th</sup> -7<sup>th</sup> & 8<sup>th</sup> -9<sup>th</sup> Grade:** No more than 6 innings in a day  
**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.

Curve Balls: **4<sup>th</sup> -5<sup>th</sup> Grade:** No curve balls allowed  
1st Offense: Dead ball, umpire issues a warning  
2nd Offense: Dead ball and 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

**6<sup>th</sup> -7<sup>th</sup> & 8<sup>th</sup> -9<sup>th</sup> Grade:** NFHS rules apply

Base Running: **4<sup>th</sup> -5<sup>th</sup> Grade:** A player may lead off and/or steal after the ball leaves the pitcher's hand. The runner is out upon leaving the base early.

**Note:** In the 4th-5th Grade division, the batter may not advance to 1<sup>st</sup> base on a dropped third strike, and the base runners may advance at their own risk.

**6<sup>th</sup> -7<sup>th</sup> & 8<sup>th</sup> -9<sup>th</sup> Grade:** NFHS rules apply (a player may lead off and steal at any time).

Batting/Substitution: Continuous batting with free substitution is **MANDATORY** for all age groups. This rule supersedes all batting and substitution rules. 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).

Bunting: Bunting is allowed in all age groups.

Metal Cleats: Metal cleats are prohibited for the 4<sup>th</sup> - 5<sup>th</sup> Grade. However, metal cleats may be worn in the 6<sup>th</sup> – 7<sup>th</sup> and 8<sup>th</sup> – 9<sup>th</sup> Grade divisions.

Equipment: All bats, helmets, catcher's gear, footwear and other equipment must conform to National Federation rules and regulations. Exception: The bat rule does not apply for 4th-5th and 6th-7th Grade leagues. **(Teams will provide their own equipment such as bats, catcher's gear, helmets, etc.).**

**Bats (size & weight limitation):** *There are no bat restrictions for the 4th-7th Grade recreational levels.*

***8th-9th Grade bat limitations:***

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

In length.....36" or less

In weight.....A bat shall not weigh more than 9 ounces less than the length of the bat.

Uniforms: Team hats and jerseys will be provided.

Ten-Run Rule: Since each game has a time limit and standings are not kept, the 10-run rule will not be in effect.

Run Limit: **4<sup>th</sup> -5<sup>th</sup> Grade:** 5 runs per inning  
**6<sup>th</sup> -7<sup>th</sup> & 8<sup>th</sup> -9<sup>th</sup> Grade:** 7 runs per inning

Any rule not covered above will be governed by the National Federation of State High School rules.

## Miscellaneous

1. Each team will provide one new ball per game (supplied by the league at the coaches' meeting). Practice baseballs are available for sale if interested. Please contact the MYAS office for purchase of used game balls.
2. 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 notifying all teams who is assigning umpires for their games.

If there is no umpire present for your scheduled game time, 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 to arrange for payment (substitute umpires will be paid \$35.00 per game).

**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. The league make-up date is October 17.

### **Unsportsmanlike 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):**

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| <ul style="list-style-type: none"><li>- Verbal abuse</li><li>- Physical aggression</li><li>- Tantrum-like acts</li></ul> | <ul style="list-style-type: none"><li>- Arguing judgment calls</li><li>- Profanity</li><li>- Confronting/taunting opposing fans, players and/or coaches</li></ul> |
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- 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 suspended must appeal their case to the MYAS Review Committee.