

# Lakeshore 7<sup>th</sup>/8<sup>th</sup> Baseball League Rules

## **Rule 1 – Player & Team Eligibility**

- Students in 7<sup>th</sup> or 8<sup>th</sup> grade during the current school year may participate. 6<sup>th</sup> graders who are too old to participate in Little League may also participate.
- Each community is responsible for registration and team creation/draft for their community.
- When a community has more than one team, an effort will be made to make teams as equitable as possible.

## **Rule 2 – General Rules**

- The official MHSAA League Rules shall govern except where noted.

## **Rule 3 – Equipment**

- All players must wear a team baseball cap, team jersey, and baseball pants.
- Jewelry is not allowed, for the safety of all players.
- Metal cleats are allowed.
- Legal bats: -10 bat or less (-8, -5, -3). Wood, USSSA, BBCOR, and USA certified bats are allowed.
- Home team will supply game baseballs.

## **Rule 4 – Umpires**

- The hosting community will provide umpires.

## **Rule 5 – Game Start/Length**

- Games are scheduled to begin at 6:00PM.
- Games will consist of 7 innings or a time limit of 1 hour and 50 minutes.
  - No new inning will be allowed to start after 1 hour and 50 minutes. The umpire will keep the official time. Innings starting before the time limit will be completed regardless of length or unless the home team is ahead.

## **Rule 6 – Mercy Rule**

- The game is a complete game if a team is winning by 15 runs after 4 innings or 10 runs after 5 innings.

## **Rule 7 – Warm Ups**

- Coaches and players must be on time and ready to start the game promptly at the scheduled game time.
- Warm ups must be completed prior to the scheduled game time. No infield/outfield will be taken on the game field. However, you can choose to utilize the foul territory and the outfield to warm up your players.

## **Rule 8 – Dugouts**

- The home team will use the third base dugout.

## **Rule 9 – Playing Time**

- Rocket rules will be in effect. Every player will bat throughout the entire game. Batting line up will list all players at the game.

- Coaches may use free substitutions.
- Every player must play at least 6 outs in the field. No player should sit a second inning until all players have sat out one inning. Exception being the pitcher.

#### **Rule 10 – Helmets**

- Batter, base runner and player base coach must wear a batting helmet for safety.

#### **Rule 11 – Base Running**

- Leading off and base stealing is allowed.
- Head first slides are prohibited. If done, the runner will be called out.
  - Base runners may dive back to a base head first.

#### **Rule 12 – Balks**

- A warning will be given to each pitcher for the first 3 games of the season.
- Beginning with the 4<sup>th</sup> game of the season, 1 warning will be called per team per game.
- If the pitcher balks after the warning, a balk will be called.

#### **Rule 13 – Pitch Count**

- The official MHSAA Baseball pitch count regulation will be used.
- Calendar days of rest required:
  - 1-25 pitches: 1-day rest
  - 26-50 pitches: 2-days rest
  - 51-75 pitches: 3-days rest
    - If a pitcher reaches the 75-pitch limit during an at bat, the pitcher can continue pitching to the completion of the at bat.

#### **Rule 14 – Infield Fly**

- An infield fly that is fair (not including a line drive or an attempted bunt) and can be caught by an infielder with ordinary effort, provided the hit is made before two outs and first and second or all bases are occupied.
- When the umpire calls an infield fly, the batter is out. The ball is still live and the runners may advance at their own risk.

#### **Rule 15 – Dropped 3<sup>rd</sup> Strike**

- A batter may attempt to take first base on a dropped 3<sup>rd</sup> strike, only if first base is unoccupied or there are 2 outs.

#### **Rule 16 – Flip Flop Rule**

- If the home team is trailing by 10 or more runs going into the fifth inning, then they will take the spot of the visiting team and bat in the top of the fifth inning. They will remain the visiting team for the remainder of the game. OR if the home team is trailing by 7 or more runs going into the last inning, then they will take the spot of visiting team and bat in the top of the last inning.

#### **Rule 17 – Sportsmanship**

- Players, coaches, parents, and spectators must show exemplary behavior at all times. Coaches must model good sportsmanship at all times. Umpires must be respected at all times.
- Only the head coach may speak with the umpire about decisions.
- Heckling of the other team and throwing equipment will not be tolerated.

