

High School Baseball

GENERAL RULES

- HFHS Baseball Rules will govern play with the following amendments.
- Players must wear the team-issued hat and shirt when playing a game. Alterations or additions to the uniforms require City approval. Jackets may be worn over the uniform during cold weather. Baseball pants are required for league play. Metal cleats are allowed (except for on portable mounds – must wear turf or gym shoes on portable pitching mounds)
- If you played Spring Season on a High School District team – you are NOT allowed to play in this REC league. If you play a player that isn't on your roster or is on a District High School - School Team – you forfeit the game and coach is suspended for AT LEAST one game.
- Roster will be checked and players may need to provide ID to show they are who they say they are.
- Dugout selection will be determined as follows: the home team will take the 3rd base dugout.
- All equipment and players must be in the dugout at all times except for the batter, the on-deck batter, and the coaches. Defensive coaches must be against their own dugout.
- Any unsportsmanlike conduct, including throwing equipment, may result in the player or coach being thrown out of the game without warning.
- **Each team must clean out their dugout before leaving the area after the game.** It is strongly recommended that coaches make sure the dugout is cleaned up before handing out treats.
- In the event of a tie in the final standings, an advantage will be given to the team that had the most wins against the team with a similar record. If that is a tie, the team that had the least runs scored against them during league play will be given the advantage. If that is a tie, the team that then scored the most runs during league play will be given the advantage.
- Any violation of High School Bylaws could result in disciplinary action as determined by the Farmington/Kaysville/Layton Cities.

GAME RULES

- All games will be played high school size fields. The baselines are 90 feet with 60 and ½ feet pitching distance. The line running along the front of the dugout and extending down the baselines will be out of play.
- A ball that bounces over the home run fence will be a ground-rule double. A fair ball that bounces past either end of the home run fence (not under the fence) will remain in play unless it crosses the out of play line.
- Regulation games will consist of seven innings with no new inning starting after 1 hour 45 minutes. The home team, if behind, will be allowed to bat regardless of the time limit. If a game is tied after 7 innings or at the end of the time limit, one additional inning will be played to determine the winner. If the score remains tied after the additional inning, the game ends in a tie. **10-run rule:** if a team is leading an opponent by at least 10 runs after four full innings, or 3.5 innings if the home team is winning, the game shall be terminated and the team in the lead shall be declared the winner.

- Failure to field seven players within 15 minutes of a scheduled starting time will result in a forfeit of the game. A team may finish the game with a minimum of seven players but there will be an automatic out whenever the eighth and ninth player is due to bat. The 15-minute grace period will count toward the time limit for the game. Both teams will forfeit if neither has at least 7 players.
- Players from other team or lower leagues may play up in order to avoid a forfeit. They must wear their lower league uniform and both coaches must be notified of these players.
- Players that arrive to the game after their first scheduled at-bat will be added to the bottom of the lineup.
- Before each game, both teams will provide the scorekeeper with a copy of their line-up. Each player will be listed in the batting lineup. This will include last names and uniform numbers.
- Both coaches are required to verify the pitching and final score
- In case of rainouts, the game will be rescheduled by Farmington City and coaches will be notified as soon as possible. This includes the possibility of make-up games on Mondays or Saturdays.
- Games shortened by the elements will be considered complete if at least 4 ½ innings have been completed if the home team is winning, 5 complete innings if the visitors are winning. Any game suspended before this will be finished from the exact point where the game was suspended including base runners, lineups, number of outs, pitch count, etc.

BATTING

- All players will be included in the batting line-up and will bat in the same order throughout the game regardless of when they play defense.

PITCHING

- Pitchers may pitch seven innings per day and a total of ten innings per week. The week starts on Monday and ends on Sunday. One pitch constitutes an inning. Any pitcher pitching four or more innings in a day must rest forty hours before pitching again with time starting from the beginning of the first game. Coaches must record who pitches in the scorebook.
- Once a pitcher is removed from the pitching position, he may not pitch again in that game. On the second coach's trip to the mound in an inning, not counting a trip for injury, the pitcher must be removed as a pitcher. A trip to the mound is counted when time is called and the coach crosses the foul line into the field of play. The umpire must notify both coaches that a visit to the mound has occurred.
- Each pitcher will be warned about only obvious and deceptive balks. Only if a balk is obvious and deceptive to the runner and only after the pitcher has been warned once will a balk be called.
- Umpires and coaches should have the attitude of teaching the pitchers, not penalizing them.
- A pitcher will have 1 minute between innings to warm up. A new pitcher brought in during an inning may have 10 warm-up pitches.
- The coach is allowed to visit his pitcher one time per inning (this includes between inning warm-ups). If this occurs twice in one inning, the pitcher must be removed from the mound.
- If a pitcher hits three batters in a game, the pitcher must be removed from the mound.

DEFENSE

- *Each player must play a minimum of three innings defensively.* All substitutes must enter the game by the beginning of the fourth inning.
- Nine players will play on defense in the normal baseball positions.
- Defensively, there is a free substitution rule meaning you can remove a player from the game and put him back into any position at any time. The batting order will not change. The exception to the rule is for pitchers. If a pitcher is removed from the mound, he cannot pitch anymore in that game.
- Any player serving as a catcher (including warm-ups) must wear a mask regardless of whether the pitcher is warming up from the mound, in the bullpen, or elsewhere. Catchers must also wear a cup for their protection. No cup, no play.

BASE RUNNERS

- Injured base runners are replaced by the player most recently called out. Injured players can return to the game at the discretion of both coaches.
- Base runners are allowed to lead off. Stealing is allowed. The speed-up rule will be in effect. A pinch runner may be used for a pitcher or catcher with 1 or more outs.
- Runners must keep their helmets on until back in the dugout.

SLIDE RULE

- There is no mandatory slide rule. A runner who intentionally makes malicious contact with a fielder on a tag play without sliding will be called out and ejected from the game.

THIRD STRIKE RULE

- A batter may attempt to reach first base before being put out when a third strike is not caught by the catcher and first base is not occupied, or with two outs even if first is occupied.

Pick up rule: when a team cannot field 8 or 9 players, a player may be picked up under the following rules. Failure to follow these rules will result in a forfeiture of the game:

- Can pick up a player from THIS league. (in tournament player must be from younger age group)
- The player must be from and registered in their own city's league.
- A team may pick up as many as 3 players, but only enough to field a full team of 9 players.
- Pick up players must bat at the end of the batting order and play in the outfield.
- Pick up players should come in their own team uniform.
- If a player shows up then the pickup player must sit out (this should be done at the end of the full inning).
- Opposing team coach, game officials and the scorekeeper must be notified that a pickup player is being used.
- Pickup players may not be used to replace a player that has been ejected from the game.