



Jr. High Baseball Rules

Syracuse City

1. Game Format:

- A. All Playing Rules will be those under the current National Federation of State High School (NFHS) rules. This applies to gameplay only and does not include administrative procedures or actions. Amended Syracuse Parks & Recreation Youth Baseball & Softball playing rules are as follows:
- B. Games will consist of 7 innings or time. No new inning can begin after 1 hour and 40 minutes; teams will finish the inning. Drop-dead time will be 1 hour and 55 minutes. Once 1 hour and 55 minutes have been reached the game will end. If the home team is ahead, they WIN, if the visitor is ahead at that time, reverse back to the previous inning. If the game was a tie at the point, then the game would end in a tie.
- C. High School Rules will govern all games except where amended below.
- D. An inning or half-inning ends either when a team gets three outs or reaches 7 runs. This is a “hard” seven runs meaning only 7 runs will count that inning.
- E. Games that are tied at the end of regulation will be resolved with an international tiebreaker.

2. Equipment:

- A. Equipment such as balls, batting helmets, and bats will be provided by the Syracuse Parks and Recreation Department.
- B. Catchers MUST wear a NOCSAE-approved face mask with a helmet, protective cup, chest protector, and shin guards.
- C. Batters, on-deck hitters, and base runners will be required to wear batting helmets.
- D. Players are allowed to use their own equipment.
 - a) Players are permitted to use bats that are certified by the Bat Performance Factor (BPF) of 1.15, or USA Baseball, and must present a clear and visible stamp of either certification. Bat weight must be a maximum of -8 (drop 8) length-to-weight ratio. While -8 is the max, -5, BBCOR (-3), and wood bats are permitted. Barrel diameter shall not exceed 2 5/8” and need to be smooth and free of any dents, cracks, and/or chips.
 - b)
- E. **Metal cleats are allowed**, but once an athlete abuses this privilege by injuring another player, or themselves, metal cleats will not be allowed. This will be at the discretion of the coaches, officials, and/or field supervisor.
 - a) There will be **NO METAL CLEATS** on the pitching mound. Pitchers must bring an additional pair of shoes to pitch in.

3. Players:

- A. A minimum of eight players constitutes a team. If a team cannot field a minimum of eight players by 10 minutes after the scheduled game time, the team will forfeit the game. The 10-minute grace period will be taken from the game time.
- B. Free substitutions will be in effect. Exception: Players must play the entire inning defensively unless injured, or the pitcher is substituted for. **All players present will bat.** This is a recreation league and all players present will be placed in the batting lineup. (The game will result in forfeiture of the penalized team)
- C. No player will sit out 2 consecutive innings, defensively, unless injured.
- D. All players must remain in the dugout if they’re not playing defense, batting on deck, or base running.
- E. If a team drops to 6 players, the game will be considered a forfeit.
- F. If any team is caught with an illegal player, that team will automatically forfeit the game and any games that player participated in. That team will also be disqualified from the postseason tournament.
- G. Illegal Player definition: Any player who is not registered to play for Syracuse Parks and Recreation and not on any official city-issued roster.

4. Base Runners: –

- A. Speed up Rule – with two outs, running for the catcher is allowed but must be for the catcher from the previous inning. It is recommended, but not required. The substituted runner shall be the last player on the team to make a batted out. The intent is to reduce the delay between innings when the catcher needs to put on



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their equipment after being on the bases.

Note: If the team decides not to use the speed-up rule, it is suggested that they have either a coach or substitute from the bench (the substitute must wear a catcher's mask) warm the pitcher while the catcher is putting on their equipment.

5. Pitching –

- A. Pitchers in this league must adhere to the following rest requirements:
 - a) If a player pitches **61-85** pitches in a day, three (3) calendar days of rest must be observed.
 - b) If a player pitches **36-60** pitches in a day, two (2) calendar days of rest must be observed.
 - c) If a player pitches **26-35** pitches in a day, one (1) calendar day of rest must be observed.
 - d) If a player pitches **1-25** pitches in a day, no (0) calendar day of rest is required.
 - e) If a player reaches **85** pitches in a day, then that player must be removed from the game as a pitcher.
Exception: If a pitcher reaches 85 pitch the limit while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1) That batter reaches base; 2) That batter is put out; 3) The third out is made to complete the half inning.
- B. A player once removed as a pitcher, may re-enter only once as a pitcher but may continue to play any other position.
- C. Violation of any section of this regulation can result in a protest of the game in which it occurs.
 - a) The withdrawal of an ineligible pitcher after that pitcher is announced, but before a ball is pitched, shall not be considered a violation. Officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
 - b) If the pitcher eligibility issue should arise the supervisor will make the final decision on the field at that time.
- D. It is a balk when-
 - a) The pitcher, while touching the rubber, makes any motion naturally associated with his pitch and fails to make a delivery.
 - b) The pitcher, while touching the rubber fakes a throw to any base and then fails to complete the throw.
 - c) The pitcher, while touching the rubber, fails to step directly toward a base before throwing to that base.
 - d) The pitcher makes a motion naturally associated with his pitch while he is not touching the pitcher's rubber.
 - e) The pitcher, while touching the rubber, accidentally or intentionally drops the ball.
 - i. **BALK PENALTY** – When no baserunners are on, the ball is dead; the batter will be awarded a BALL. With baserunners on, every baserunner advances one base from the time of the pitch.

6. Coaches:

- A. One coach is permitted in each coach's box. All other coaches must remain in the dugout. If an assistant coach is under the age of 18, then he/she must wear a helmet if they are in a coach's box.
- B. Coaches are directly responsible for their spectators. Spectators should not interrupt the game that is being played. If a spectator, coach, or player has become disruptive, the Umpire and/or Field Supervisor may ask them to leave the park.
- C. Any violation, or misinterpretation, of a rule (not a judgment call) must be brought to the attention of the umpire BEFORE THE NEXT PITCH. If the umpire cannot solve the problem the Field Supervisor will make the final ruling on the play/rule in question.

7. Score Keeping:

- A. An official scorekeeper will be responsible for keeping the score. In the case that the recreation department does not have a representative to keep the score, the home team will be responsible for keeping the official score.

8. Playing Field:

- A. Bases will be set at 80'.
- B. Pitching distance will be set at 54'.



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9. Tournament Play:

- A. Games will consist of 6 innings or time. No new inning will begin after 1 hour 40 minutes; teams will finish the inning.
- B. The championship game will consist of 6 innings with a Run Rule in place of 10 or more runs after 5 innings and 15 or more runs after 4 innings. No new inning will begin after 1 hour 40 minutes; teams will finish the inning.