

EAST WAKE YOUTH BASEBALL LEAGUE

***** Youngsville, Knightdale, Louisburg, Nash County, Rolesville, Wendell,
and Zebulon *****

The East Wake Youth Baseball Area Representatives Board has approved these rules and regulations. They are in effect for the 2026 Youth Baseball season. New, changed, or point of emphasis rules have been highlighted for your convenience.



***** The farm team procedure has been dropped effective immediately. Each area can deal with team shortages on a case-by-case basis. The area directors must do this. Coaches are not allowed to add to their rosters at any time, for any reason. Failure to abide by this policy can/will result in coaching privileges being revoked.**

YOUTH BASEBALL GENERAL RULES

1.0 Governing Rules – North Carolina High School Athletic Association and Tar Heel Leagues Inc. rules will govern play with the exceptions covered herein.

2.0 Player Eligibility – All ages will be determined as of May 1st of the current year for Spring and May 1st of the following year for the Fall season.

A. Age Categories:

- 7-8 (8U) Year Old Coach Pitch
- 9-10 (10U) Year Old Midget League
- 11-12 (12U) Year Old Major League
- 13-15 (15U) Year Old Junior League

3.0 No steal cleats are allowed!!! (Exception: 13-15 Boys). Must use turf or tennis shoes on portable mounds.

4.0 Approved Bats: USA Baseball bat standard for all baseball divisions 8U, 10U, 12U and 15U

all non-wooden bats must be USA Baseball approved and carry the USA Baseball Stamp or must be NFHS approved and carry the BBCOR stamp (High School) for use in Tar Heel Leagues. Bats may not exceed 2 5/8” inches in diameter nor 36” inches in length. There is no rule regarding weight / length ratio.



5.0 The pitcher and catcher may have a courtesy runner at any time but it is mandatory for the catcher with two outs. The runner will be the last player to make an out in the lineup. **The catcher MUST be the catcher of record.**

6.0 A team must have at least 7 players for a game to be official. Teams not fielding at least 7 players will forfeit the game.

7.0 All age groups will use continuous batting. All players present will be placed in the batting lineup. Late players will be added to the bottom of the lineup at any time. It is also highly recommended that each child play at least 2 defensive innings in the field (ages 9 and up).

8.0 Any coach ejected must leave the facility immediately or the game will be ruled a forfeit. Any coach (or player) ejected will also serve at least a one game suspension at their team's next game(s). Longer suspension is possible and will be based on the actions that caused initial ejection.

9.0 All areas reserve the right to adjust these rules for an in-house league.

7-8 (8U)Coach Pitch Rules

1. Coach must submit a batting order to the umpire and scorer before the game. All players must be listed in the batting order and that order will not change during the game. In the event that a player leaves a game for any reason other than an ejection, the scorekeeper will be notified and the player will be out for the remainder of the game with no penalty. No player shall sit in the dugout for two consecutive innings (defensively). Ten players are allowed on defense and must play a minimum of every other inning defensively.
2. A maximum of 5 runs or 3 outs will constitute an offensive inning.
3. Six innings will constitute a game.
4. No new inning can begin after 60 minutes has elapsed. Time should start with the first pitch of the game. Inning must be completed if home team is behind. There is not a Drop Dead time limit.
5. If after 4 innings, a team is mathematically eliminated due to the 5 run rule, the game shall be called.
6. No intentional bunting is allowed. No walks are allowed. Any attempted bunts will be called a strike.
7. A 4 foot line will be drawn off the side of the pitcher's rubber or a 8 foot radius circle around the pitching rubber. The defensive pitcher must have at least one foot on the line until the batter hits the ball (both feet must be inside both lines or in the circle).
8. All outfielders shall be positioned in a similar radius. No short fielder or 5 infielders will be allowed.
9. Each batter will be allowed 5 pitches or 3 strikes. There will be no limit on the number of foul balls on the third strike or the fifth pitch. The adult pitcher must pitch over handed!!
10. Headfirst sliding will not be allowed into any base. Penalty: Runner will be declared out. Diving back to a base IS NOT considered a head first slide.
11. There will be no infield fly rule.

12. No base stealing will be allowed. A runner leaving the base before the ball reaches home plate will be removed from the base and an out will be declared. This will be a delayed dead ball call by the umpire.
13. The umpire, upon completion of the play, shall call out base runners that miss touching a base. There will be no appeals on missed bases. This will also be a delayed dead ball call by the umpire.
14. The umpire's judgment will rule on a runner's position at the time that timeout is called by either official. **The defense MUST contain the lead runner before timeout will be granted.**
15. The coach pitcher must stay in contact with the pitching rubber until the ball is released. Once the ball is released, he/she cannot be involved with coaching until time is called. Coach may not deceive defensive players to get ball thrown before time is called. Penalty: all runners will return to last base.
16. The catcher **MUST** be in a squatted catching position. Catcher must also wear a mask, throat protector (highly recommended, but not required), helmet with earflaps, shin guards and a chest protector.
17. If a batted ball hits the coach pitcher before the defense touches the ball, the ball will be ruled dead and the batter will be awarded first base. All runners will advance one base **IF FORCED**. If the coach pitcher intentionally interferes with a batted ball, the ball will be ruled dead, the batter will be called out and all runners will return to the base they occupied before the pitch.
18. The umpire will call time **once the lead runner is contained**.
19. Field playing dimensions:

Bases:	60 feet
Pitchers Rubber	40 feet
Pitchers Rubber	4 foot line
Defensive Coach's Line	60 foot line behind 1 st and 3 rd base
(Defensive coach cannot come within 60 feet of base during a live ball. Hash mark shall be on foul line)	
20. If the defense chooses to have coaches on the field they must remain in foul territory at all times and must not interfere with play at any time. The defensive coaches must remain in the outfield at all times. If a coach interferes with play, it will be the officials judgment as to how many bases the offensive team will be awarded.

21. This league will use a regulation baseball.

9-10 (10U) Midget League Rules

1. Coach must submit a batting order to the umpire and scorer before the game. All players must be listed in the batting order and that order will not change during the game. In the event that a player leaves a game for any reason other than an ejection, the scorekeeper will be notified and the player will be out for the remainder of the game with no penalty.

2. If a player is ejected, an out will be recorded in the lineup each time their name appears.

3. Six innings will constitute a complete game unless one team is ahead by ten or more runs after 4 complete innings (3.5 innings if the home team is ahead). **Five (5) Runs per inning.**

4. No new inning can begin after 70 minutes (one hour and 10 minutes) has elapsed. Inning must be completed if home team is behind. There is not a Drop Dead time limit.

5. Players may steal once the ball reaches home plate.

6. Batters may not advance to first base on a dropped third strike. The ball, however, is not dead. Base runners may advance at their own risk.

7. No pitcher may pitch more than 2 innings per game. One pitch constitutes an inning.

8. A pitcher removed from the mound may not return to the mound as a pitcher in the same game.

9. The umpire, upon completion of the play, shall call out base runners that miss touching a base. There will be no appeals on missed bases. This will be a delayed dead ball call by the umpire.

10. Any player ejected may stay in the dugout. Any further problems from the ejected player can/will result in game being forfeited.

11. Field playing dimensions:

Bases: 60 feet

Rubber: 46 feet

12. Catcher must wear a mask, throat protector (highly recommended, but not required), helmet with earflaps, shin guards and a chest protector.

13. The infield fly rule will be in effect for this league.

11-12 (12U) Open Bases- Major League Rules

1. Coach must submit a batting order to the umpire and scorer before the game. All players must be listed in the batting order and that order will not change during the game. In the event that a player leaves a game for any reason other than an ejection, the scorekeeper will be notified and the player will be out for the remainder of the game with **no penalty**.

2. If a player is ejected, an out will be recorded in the lineup each time their name appears.

3. Six innings will constitute a complete game unless one team is ahead by ten or more runs after 4 complete innings (3.5 innings if the home team is ahead) or **12 runs after 3 complete innings (2.5 if home team is winning)**.

4. No new inning can begin after 90 minutes (one hour and 30 minutes) has elapsed. Inning must be completed if home team is behind. There is no Drop Dead time limit.

5. Players may lead off and steal at any time.

6. Dropped third strike rule: The batter/runner shall be called out when the catcher drops the third strike and is legally put out prior to reaching first base with two outs or less than two outs and first base is not occupied at the time of the pitch.

7. No pitcher may pitch more than 2 innings per game. One pitch constitutes an inning.

8. A pitcher removed from the mound may not return to the mound as a pitcher in the same game.

9. A player failing to touch a base during a live ball situation will be an appeal play.

10. Any player ejected may stay in the dugout. Any further problems from the ejected player can/will result in game being forfeited.

11. Field playing dimensions: **Bases: 70 feet** **Rubber: 50 feet**

12. Catcher must wear a mask with helmet and earflaps, throat protector (highly recommended, but not required), shin guards and a chest protector. The bat rule is covered under rule 4.0.2 on page 2.

13. Balks will be enforced in this age group. Pitcher will receive a warning the first time and then the balk may be called after each infraction.

14. The infield fly rule will be in effect for this league.

13-15 (15U) Junior League Rules

1. Coach must submit a batting order to the umpire and scorer before the game. All players must be listed in the batting order and that order will not change during the game. In the event that a player leaves a game for any reason other than an ejection, the scorekeeper will be notified and the player will be out for the remainder of the game with no penalty.

2. If a player is ejected, an out will be recorded in the lineup each time their name appears.

3. Seven innings will constitute a complete game unless one team is ahead by ten or more runs after 5 complete innings (4.5 innings if the home team is ahead).

4. No new inning can begin after 100 (one hour and forty minutes) minutes has elapsed. Inning must be completed if home team is behind. There is no Drop Dead time limit.

5. Players may steal at any time and leading off of bases is allowed.

6. No pitcher may pitch more than 3 innings per game. One pitch constitutes an inning.

7. A pitcher removed from the mound may not return to the mound as a pitcher in the same game.

8. A player failing to touch a base during a live ball situation will be an appeal play.

9. Any player ejected may stay in the dugout. Any further problems from the ejected player can/will result in game being forfeited.

10. Field playing dimensions: Bases: 90 feet Rubber: 60 feet, 6 inches

11. Catcher must wear a mask, throat protector (highly recommended, but not required), helmet with earflaps, shin guards and a chest protector.

12. Steal cleats MAY be worn in this league. When pitching on a portable mound, tennis shoes or ceramic / molded cleats must be worn on the temporary mound.

13. Balks will be enforced in this age group.

14. The infield fly rule will be in effect for this league.