

RULES AND REGULATIONS-2008 **EAST BERGEN BASEBALL LEAGUE**

GAMES

All games are scheduled to be seven innings. Umpires and Managers are asked to move the game along by getting the teams to hustle on and off the field between innings. **A game can be considered complete after five innings or four and one half innings with the home team leading in the event of rain or darkness.** Any curfew must be announced before the start of the game.

If a game is scheduled, the game is played. Cancellations MUST be kept to a minimum. Game cancellations are not only disruptive to all participants, but create problems with scheduling umpires.

Games must begin no later than 15 minutes after the designated start time, weather conditions permitting. Otherwise, the delaying team will forfeit the game. Allowances may be made if the delay is due to High School baseball players returning from a High School game. However, if a team knows about a potential problem, they should arrange for younger players to be brought up.

Teams must exchange lineups prior to the game and also submit a copy to the umpires.

PITCHERS

Regular pitchers for the High School team are not eligible to pitch in the junior or senior division, regardless of whether they are starters or relievers. However, a relief pitcher that pitches at irregular intervals (i.e. an inning every other week) is eligible to pitch in the league. It is up to each town to monitor those ineligible pitchers.

PITCHING RULES

A pitcher may pitch no more than nine innings in one calendar week or seven innings in one game. The pitching week runs from Monday to Sunday.

If a pitcher pitches five or more innings in any game, he must have three full days rest before pitching again. If he pitches less than five innings, he must have one full day between outings. A pitcher cannot pitch on back-to-back days under any circumstances. An illegal pitcher used will be cause for a forfeit to be awarded. One pitch constitutes an inning. If a pitcher pitches five innings on Sunday, he must still have three full days rest even though his next assignment is in a new week.

A manager/coach is allowed one (1) trip to the mound per inning. A second trip in the inning requires the removal of the pitcher, unless one of the trips is due to an injury. In such a case, the manager/coach must get approval from the umpire prior to visiting the pitcher.

A pitcher who is replaced is not eligible to pitch again in the same game.

ROSTERS

Every town will complete and give to the League a roster of players for each of its teams listing player's names, address, telephone number and date of birth. Players must live within the town they represent. These lists MUST be delivered to the League no later than two weeks after the start of the season.

STARTING GAME

A team may start a game with eight players, but can't continue if a player is injured and the number of players is reduced to seven. In a game started with eight players, the ninth player will enter and soon as he arrives, batting ninth in the order. A tenth player can take the tenth spot in the order (extra hitter). Additional players can substitute for starters.

BALKS

Balks will be called from the beginning of the season in both divisions. In the thirteen year-old division, however, the first occurrence will constitute a warning from the umpire, who will explain the infraction to the pitcher so that he may learn from the experience. The second occurrence of the same balk in that game for the same pitcher will be enforced as normal. As of Mother's day, all balks will be called and count from the first instance in both divisions.

PLAYING TIME

All participants must play at least two full consecutive innings in the field and have AT LEAST one at bat. A team may start a game with eight players, but can't continue if a player is injured and the number of players is reduced to seven. In a game started with eight players, the ninth player will enter as soon as he arrives, batting ninth in the order. A tenth player can take the tenth spot in the order (extra hitter). Additional players can substitute for starters. All players must play unless suspended or if being disciplined by the manager. In either event, the umpire and opposing manager must be advised prior to the start of the game.

EXTRA HITTER (EH)

Both divisions will employ a ten man batting order. The EH can spend the whole game as the EH and does not have to play the field. However, a player can't be an EH for two straight games.

INTENTIONAL WALKS

A batter can be intentionally walked without being thrown a pitch or at any time during the count after time is called and the intent is made known to the umpire.

PLAYER SUBSTITUTION

Substitutes may enter the game replacing any starter or another substitute. However, once a substitute has left the game he is ineligible to re-enter the game except in the case of injury to another player when no other unused substitutes are available.

Starters can re-enter the game, but must take their original place in the batting order. However, if there is an injury or ejection and all substitutes have been used and the

starters original spot is still occupied by a sub, a starter may be put into the injured or ejected players spot in the batting order.

A runner can be substituted for a base runner with a prior injury using the following guidelines: 1) once per game, 2) substitute runner shall be the player who made the last out at the plate, 3) pre-game notification of the umpire and opposing team, or, if the injury took place during the game, at the time of the injury.

There will never be an automatic out for a player who is removed for injury or ejection.

PLAYER SAFETY

All players must wear a protective cup. Metal cleats are NOT PERMITTED in the 13 year-old division and are optional in the 14 and 15-year-old division.

MERCY RULE

The game shall end when the losing team is behind ten or more runs after five innings and teams have had an equal number of turns at bat.

CURFEWS

There will be no curfews on single games. However, when a double header is scheduled, the first game can't start an inning after the two-hour mark. As mentioned, it is imperative that managers, coaches and umpires make every effort to move the game along.

APPEALS

The League will follow High School rules.

RAINOUTS

Each town is required to check the condition of their field(s) on game days when rain/field conditions may be a factor. The home team manager, or his designee, shall notify the visiting team manager so that his team can avoid traveling to an away game in vain. It is recommended that this call take place AT LEAST two hours prior to the start of the game. After the game has started, the responsibility of whether to call a game because of rain/field conditions becomes the umpires. If a game is stopped or suspended, it will be played from the point at which it was stopped or suspended.

Rainouts must be made up by the following calendar week in which they were scheduled. Neutral fields can be used if a conflict exists which would prevent the playing of the game on either of the team's home fields. Sunday's could be left open for make up games. Make-up games must not be left until the end of the season.

Teams having difficulty in getting their opponents to make up games should notify their town's representatives who will then notify League officials (Bill Folli, Lou Pidi or Rich LoRusso). Teams that can't make up a game in the time allotted will forfeit the game.

UMPIRES

It is the responsibility of the home team to supply umpires for the game. In the 14/15 year-old division, two carded umpires shall be provided. In the 13-year-old division, a carded plate umpire and a non-carded base umpire shall be provided.

SLIDING

Basically, umpires should use the "slide or avoid" rule when determining whether or not a slide is legal. A slide can be either feet first or head first. If a runner slides feet first, at least one leg and buttock shall be on the ground. If a runner slides, he must slide within reach of the base with either a hand or foot. A slide is illegal if a) the runner uses a rolling, cross body or pop-up slide into the fielder, 2) a runner's raised leg is higher than the fielder's knee when the fielder is in a standing position, 3) the runner goes beyond the base and makes contact with or alters the play of the fielder, 4) the runner slashes or kicks the fielder with either leg, 5) the runner tries to injure the fielder, 6) the runner, on a force play, does not slide on the ground and is in a direct line between the two bases and 7) hurdling is not allowed. A runner MAY slide or run in a direction away from the fielder to avoid making contact or altering the play of the fielder.

PLAYOFFS

A playoff will determine a championship in each of the two age groups. All teams will be eligible to play in the first round. Games will be played at the field of the higher ranked team. If teams with the same rank (won-loss record) are playing each other, head-to-head competition will determine the higher ranked team. Otherwise, a coin toss will determine the higher ranked team. The championship game in each division will be held at a neutral site, if possible. Brackets, rules and other pertinent matters regarding the playoffs will be discussed between each town's administrators towards the end of the regular season. The teams participating in a playoff game shall split the cost of the umpires for the game.

BATS

In the thirteen year-old division, bats that indicate "Official Little League" or "Official Babe Ruth League" are allowed. In the 14/15 year-old division, bats up to minus 5 are allowed. A 13 year-old player temporarily brought up to the 14/15 year-old division may use his regular bat.

ILLEGAL PLAYERS

Only those players on a team's roster may play for that team. If a team is short players, they may bring up players from a lower league. For example, if a 14/15 year-old team is short players, they may bring up players from a 13 year-old team. Under no circumstance can a team use a player from another team in the same age bracket. Using illegal players can result in a forfeiture.

Players called up are NOT permitted to pitch or catch.

EJECTIONS

Players shall be ejected for cursing and for throwing equipment and any other improper action. Players ejected from a game will be suspended for the next game but must spend that penalty on the bench. If a manager sees his player commit an act that should lead to an ejection, they should take the steps necessary to remove the player from the game before the umpire does. It is not the umpires' job to discipline players. Managers and coaches should bear the responsibility.

UNIFORMS

Each player must wear his team uniform and hat. It is expected that high school players change uniforms after a high school game and should be wearing at least his recreation team shirt and hat.