



# ***Gopher State Fall Baseball League***

## ***RULES & REGULATIONS***

### ***10-15 & Under***

#### ***Recreational Divisions***

The following rules and regulations will govern play in the Gopher State Fall Baseball League (GSFBL) for the duration of the four-week season from September 7th through September 28th, 2025. The list of rules and regulations is **NOT** intended to cover all of the playing rules, but rather highlight those areas that are referenced most often by the coaches, players and participants. In general, the GSFBL has adopted the National Federation of High School Associations rules, except where modified below.

#### ***I. PLAYER REGISTRATION/ELIGIBILITY***

Players in their respective age groups must not reach the next age before May 1, 2026. It is permissible for a player to play up from their designated age division, but they may not play down. A player may only be rostered on one team in the GSFBL. There is a roster limit of 15 players per team.

#### ***II. PHILOSOPHY OF THE LEAGUE***

- A. Keep the integrity of this great game of baseball in mind during the Gopher State Fall Baseball League. Play only those players who are rostered with your team. All players, coaches and spectators are to behave in a manner that reflects the positive **FUN** associated with the game. **Unsportsmanlike conduct will result in removal from the league without a refund.**
- B. Provide equal playing time for **ALL** participants regardless of ability. The focus of the GSFBL is participation and player development. NOTE: It is the responsibility of all coaches to find equal defensive playing time for rostered players. Remind yourself that the success of the league is **NOT** measured by wins and losses, but rather by the level of improvement and enjoyment the athletes receive. Everyone will benefit from this league if we remember that it is for the kids and the focus is their development as athletes and individuals.
- C. Encourage your athletes to play as many positions as possible.

#### ***III. FIELD DIMENSIONS FOR COMMUNITY FIELDS***

- A. **The following base lengths are recommended:**
  - 10/11 & Under: 60-70 feet (GSFBL recommends 65')
  - 12/13 & Under: 70-75 feet (GSFBL recommends 75')
  - 14/15 & Under: 90 feet
- B. **The following pitching distances are recommended:**
  - 10/11 & Under: 46 feet
  - 12/13 & Under: 50-54 feet (GSFBL recommends 52')
  - 14/15 & Under: 60 feet, 6 inches

**NOTE:** For a variety of reasons, at the younger age levels the base and pitching rubber distances vary in length from one city to the next. Be prepared to be flexible, but **do not** compromise safety.

#### ***IV. EQUIPMENT***

- A. **Shoes** - Metal spikes are prohibited in the 10/11 & Under leagues; they may only use molded cleats or tennis shoes. **Players in the GSFBL 12-15 year old leagues are allowed to use metal spikes.**
- B. **Bats** - Please see the 2025 MYAS/Gopher State Bat Standards on pages 6 & 7 of this manual.  
**NOTE:** With the transition from spring/summer to fall, the MYAS/GSFBL will be flexible with ages when there is a transition to a new bat drop.

#### ***V. GENERAL RULES***

- A. Each team must supply one new game ball (provided by the league) for the start of each game. (Additional balls are to be supplied alternately as needed.)
- B. The home team will keep the official scorebook. **Note:** A mutually agreed upon format for each play date will be used so each team is the “home team” in one of their games and the “visiting team” in their other game each Sunday.
- C. Line markings, field dragging and bases are the responsibility of the **host** team.
- D. **Courtesy Runners:** A courtesy runner (the last runner to be put out) will be allowed only for the catcher and only when there are two outs. **Projected substitutions are not allowed.** Exception: Courtesy Runner(s) for an injured player will be the player making the most recent out.
- E. All teams must use a continuous batting order and implement free substitution.

#### ***VI. CONTINUOUS BATTING & FREE SUBSTITUTION***

Continuous batting and free substitution will be used in **ALL** Gopher State Fall Baseball Leagues at the 10-15 year old age levels.

**Exception: The NFHS pitching substitution is in effect for all age divisions. Only a starting pitcher may re-enter and only once during that game (NFHS Rule 3-1-3).**



## **VII. PITCHING RESTRICTIONS**

***The Gopher State Fall Baseball League will institute a “pitch count” for league play.  
Pitch Counts by Age (Both teams must verify “pitch counts” during and after each game)***

10/11 years old League	85 pitches/game or play date
12/13 year old League	95 pitches/game or play date
14/15 years old League	95 pitches/game or play date

**\*If a pitcher reaches their maximum number of pitches for the day during an at-bat, the pitcher may finish with that batter but must be removed from the pitching position prior to the next batter in the lineup.**

**PENALTY:** Violation of the above rule will result in the ejection of the head coach and a potential forfeiture of the game in question.

**Recommended Rest/Recovery Days** – The recommended number of days of rest is dependent upon the number of pitches thrown in their previous outing. This rest time allows the pitcher’s arm to recover prior to pitching again.

### **Recommendations for preventing injuries in youth baseball pitchers:**

1. Watch and respond to signs of fatigue (such as decreased ball velocity, decreased accuracy, upright trunk during pitching, dropped elbow during pitching, or increased time between pitches). If a youth pitcher complains of fatigue or looks fatigued, let him rest from pitching and other throwing.
2. No overhead throwing of any kind for at least 2-3 months per year (4 months is preferred). No competitive baseball pitching for at least 4 months per year.
3. Do not pitch more than 100 innings in games in any calendar year.
4. Follow limits for pitch counts and days rest.
5. Avoid pitching on multiple teams with overlapping seasons.
6. Learn good throwing mechanics as soon as possible. The first steps should be to learn, in order: 1) basic throwing, 2) fastball pitching, 3) change-up pitching.
7. Avoid using radar guns.
8. A pitcher should not also be a catcher for his team. The pitcher-catcher combination results in many throws and may increase the risk of injury.
9. If a pitcher complains of pain in his elbow or shoulder, discontinue pitching until evaluated by a sports medicine physician. Inspire youth pitchers to have fun playing baseball and other sports. Participation and enjoyment of various physical activities will increase the youth's athleticism and interest in sports.

### References:

American Sports Medicine Institute & USA Baseball Medical & Safety Advisory Committee;  
<http://www.asmi.org/research.php?page=research&section=positionStatement>



## ***VII. PITCHING RESTRICTIONS cont.***

- A. Curve balls will **NOT** be allowed in the 10/11 and 12/13 & Under divisions.  
1<sup>st</sup> offense: Dead ball; umpire issues a warning and the pitch is declared a “No Pitch”  
2<sup>nd</sup> offense: Dead ball; pitch is called a ball  
3<sup>rd</sup> offense: Dead ball; pitch is called a ball and the pitcher is removed from the pitching position for the remainder of the game

**NOTE: Stresses on a pitcher’s arm are caused from overuse, lack of conditioning, improper mechanics of pitching and lack of understanding of proper recovery time.**

- B. **Balks** will not be called in the **10/11 & Under divisions**, but a fake pitch will be considered a balk, resulting in a dead ball and all baserunners advancing one base. **The 12-15 year old leagues will be playing by NFHS rules.**

## ***VIII. BASE RUNNING***

- A. **10/11 & Under:** A player may lead off and/or steal after the ball crosses the plate, including a passed ball at home plate. The runner is out upon leaving the base early.  
**12-15 year olds:** A player may lead off and steal at any time (NFHS rules apply).
- B. In the 10/11 & Under divisions, a batter may **NOT** attempt to advance to first base on a dropped third strike. Runners already on base may advance at their own risk.
- C. In the 10/11 & Under divisions, a player sliding head first into home plate will be called out.
- D. **Interference (NFHS Rule 2-21)**

Offensive interference is an act (physical or verbal) by the team at bat:

1. which interferes with, obstructs, impedes, hinders or confuses any fielder attempting to make a play; or
2. when a runner creates malicious contact with any fielder, with or without the ball, in or out of the baseline; or
3. when a coach physically assists a runner during playing action.

- E. **Obstruction (NFHS Rule 2-22)**

Obstruction is the act (intentional or unintentional, as well as physical or verbal) by a fielder, any member of the defensive team or its team personnel that hinders a runner or changes the pattern of play. A fake tag is considered obstruction.

## ***IX. UMPIRES***

Umpires will be provided by umpire associations throughout the metro area (please refer to your league handbook for the list of associations providing umpires for the league). A weekly schedule will be available on the MYAS website to notify all teams who is assigning umpires for their games.

If there is no umpire present for your scheduled game time, please refer to the GSFBL “umpire no-show policy.” If an umpire does not show up, please arrange for a mutually agreeable substitute to be used. Call an MYAS baseball staff member at (763) 781-2220 the following Monday to notify them of the problem and submit an umpire no-show invoice within 48 hours to the MYAS/GSFBL office (substitute umpires will be compensated for covering the game).

## ***X. GAME LENGTH/RUN LIMITS FOR 10-15 & UNDER TEAMS***

- A. **10/11 & Under:** 6 innings  
**12-15 & Under:** 7 innings

**FOR ALL AGES: All Fall League games are being played under a 2-HOUR TIME LIMIT. When the game has reached the time limit, if a player’s at bat is in progress it will be completed, at which point the game will be final.**

**NOTE: NO NEW INNING WILL BEGIN AFTER 1 HOUR AND 50 MINUTES HAS PASSED.**

- B. **10/11 & Under:** There will be a run limit of 5 runs per inning  
**12-15 & Under:** There will be a run limit of 7 runs per inning

**Since each game has a time limit and standings are not kept, the 10-run rule will not be in effect.**



## ***XI. COACH/PLAYER/SPECTATOR CODE OF CONDUCT***

- A. All players and coaches must sign a Code of Conduct prior to the start of the season. All participants in the GSFBL will be held responsible for their actions during league play.
- B. All players, coaches and spectators are to behave in a manner that reflects the positive fun associated with the game of baseball. **Unsportsmanlike conduct will not be tolerated, and includes but is not limited to (modified from NFHS Rule 3-3):**
- |                          |   |
|--------------------------|---|
| * Verbal abuse           | * Use of profanity  |
| * Physical aggression    | * Confronting/taunting opposing fans, players, and/or coaches |
| * Tantrum-like acts      | * Malicious Contact   |
| * Arguing judgment calls |   |
- C. Please keep in mind that you are coaching youth baseball. Therefore, unsportsmanlike conduct will not be tolerated. **Unsportsmanlike conduct will result in removal from the league without a refund.** Unsportsmanlike conduct **does** include verbal/physical abuse or harassment of members of the same team by a coach, player or spectator.
- D. **Any player, coach or spectator ejected or removed from a Fall Baseball League game due to unsportsmanlike conduct will be suspended for the remainder of the Gopher State Fall Baseball League season.** Anyone ejected from a fall baseball league game may appeal their suspension to the MYAS Baseball Board of Advisors. The ruling from the Board of Advisors is final and may not be further appealed.

## ***XV. GAME CANCELLATIONS***

Game cancellations must be made by the **HOST TEAM** coach. **If you are the host team coach, please follow the cancellation procedure listed below.**

If you are sure your games will not be played on your field because of inclement weather, please take the following steps:

1. **COMMUNICATE** with the other teams that were planning to play on your home field. You must contact each coach as soon as you determine that your field is unplayable.
2. Contact the designated umpire assignor so they know the games will not be played.
3. Report any cancelled games to the MYAS baseball office the following Monday.
4. Coordinate with your opponents the possibility of rescheduling cancelled games, and notify the MYAS/GSFBL once you have rescheduled your games. The GSFBL make-up date is **October 5th**. Do not assume teams can play on days other than Sundays.

## ***XVI. REFUND POLICY***

Fall Baseball Refund Policy

- Teams/players that drop out prior to the entry deadline will receive a 100% refund.
- Teams/players that drop out after the entry deadline will not receive a refund.

# **MYAS/Gopher State Bat Standards**

The MYAS/Gopher State baseball programs have adopted the USSSA baseball bat performance standards. The standards that were implemented prior to the 2012 season encompass the regulation of big barrel (larger than 2¼" in diameter) and small barrel (2¼" or less) bats. These standards must be used in all MYAS/ Gopher State baseball programs. As part of the USSSA baseball bat standards, USA Baseball marked bats will be allowed in competition under USSSA standards. All bats must be manufactured by an approved USSSA or USA bat licensee and have the corresponding mark on its taper, or be a qualified BBCOR bat or a wood bat.

The USSSA finger print of 1.15 BPF is based on fundamental laws of physics that measure the relative performance of bats to be used in USSSA play. A qualified BBCOR bat stands for "Batted Ball Coefficient of Restitution" and it focuses on how much of a trampoline effect the barrel of a bat has on a ball. Bat manufacturers will have to in effect "deadens" the trampoline bounce that pitched balls experience when a batter makes contact. Basically, aluminum bats will theoretically be the same as wooden bats.

The following describes the legality of bats for all MYAS/Gopher State programs:

## **9-14 year old teams:**

**Big Barrel Bats** (larger than 2¼ inches in diameter) - only the following big barrel bats made by approved USSSA or USA licensed manufacturers will be allowed:

- 1) is made with the USSSA or USA mark (see image at right); or
- 2) is a qualified BBCOR bat; or
- 3) is wooden



**Small Barrel Bats** (2¼ inches in diameter) - only the following small barrel USSSA or USA licensed manufacturers will be allowed in USSSA play:

- 1) is made with the USSSA or USA mark (see image above right); or
- 2) is wooden

bats made by approved

## **15-19 year old teams:**

**All 15u-17-19u programs will follow the bat standards adopted by the National Federation of State High School Associations.**

MYAS/Gopher State/will continue its policy for 15-19 year-olds in following the bat standards adopted by the NFHS. Therefore, if a bat is legal under the NFHS rules, it is legal in all MYAS/Gopher State programs. If not legal for NFHS play, it is not legal for MYAS/Gopher State.

## **NFHS BASEBALL CHANGES**

Rule 1-3-2: The bat which may be a wood or non-wood product shall be a smooth implement, from the top of the cap to the top of the knob. All non-wood bats shall meet the Batted Ball Coefficient or Restitution (BBCOR) performance standard, and such bats shall be labeled with a silk screen or other permanent certification mark.



## ***2025 MYAS/Gopher State Fall Baseball Bat Guidelines***

Listed below are bat specifications for 10-19 year old teams participating in any MYAS/Gopher State baseball programs in 2025. This specification is in addition to the USSSA Bat Performance Standards for 2025. All bats must include the USSSA mark, USA mark or be a qualified BBCOR bat, and also must follow the size and/or weight differential listed in the chart below.

<b><i>Age</i></b>	<b><i>Maximum diameter @ thickest part</i></b>	<b><i>Length</i></b>	<b><i>Max Weight Differential</i></b>	<b><i>Example</i></b>
<b>10U-11U</b>	<b>2<sup>1</sup>/<sub>4</sub>" 2<sup>1</sup>/<sub>2</sub>" 2<sup>3</sup>/<sub>4</sub>" 2<sup>5</sup>/<sub>8</sub>"</b>	<b>Unlimited</b>	<b>Unlimited</b>	
<b>12U-14U</b>	<b>2<sup>1</sup>/<sub>4</sub>" 2<sup>1</sup>/<sub>2</sub>" 2<sup>3</sup>/<sub>4</sub>" 2<sup>5</sup>/<sub>8</sub>"</b>	<b>Unlimited 36" or less 36" or less 36" or less</b>	<b>Unlimited -10 -10 -10</b>	<b>Unlimited 31-inch bat cannot weigh less than 21 ounces</b>
<b>15U</b>	<b>2<sup>3</sup>/<sub>4</sub>"</b>	<b>36" or less</b>	<b>-5</b>	<b>32-inch bat cannot weigh less than 27 ounces</b>
<b>16U &amp; 17-19U</b>	<b>2<sup>5</sup>/<sub>8</sub>"</b>	<b>36" or less</b>	<b>-3</b>	<b>32-inch bat cannot weigh less than 29 ounces</b>