

AAD/USSSA Overview/Summary of the Current League Rules

Fall 2025

Playing Rules

1. USSSA rules will be the rules foundation for the league program – If a rule is not covered there refer to MLB rules.
2. Maximum of 90 seconds, once a pitcher has the proper shoes on (if applicable), allowed between innings to warm up pitchers with a max of 5 warm up pitches. Please Hustle!!!
3. The 12u and younger league will play 6 innings and have a “No New Inning Rule” after 1hr and 40 minutes and a “Game Stop” rule at 1hr and 50 min, but the individuals at bat, when the game stop time is reached, will be completed.
4. The 13u and older leagues will play 7 innings and have a “No New Inning Rule” after 1 hr and 50 min and a “Game Stop” rule at 2 hours, but the individuals at bat, when the game stop time is reached, will be completed.
5. If the game is called on time, prior to the completion of an inning the score will revert to the previous complete inning. If, in the last inning with the home team behind, if the home team ties the game before the game is called on time the game will end in a tie and not revert to the previous complete inning.
6. 9u – 12u are not allowed to wear metal spikes. 13u+ No Metal or Hard plastic spikes on any Synthetic turf fields, batter boxes or mounds.
 - a. This affects games on NVLLJR, EDLLJR, ALTLLJR, RRSC#7 and all Sparks complex fields. Turf or tennis shoes only.
7. Bats – The current national USSSA rules relating to bats will be enforce. <https://ussa.com/baseball/baseball-bat-ball-equipment-info>
 - a. 12u and younger leagues have no weight to length bat restrictions
 - b. 13u has a minus 8 limit.
 - c. 14u and older is -5 wood barrel or BBCOR – Follow NMAA bat rule – No USSSA stamped or USA stamped bats allowed.
8. Pitching limits will be applied as the USSSA Rule book addresses single day pitching limits per age division. 12u and younger - 6 innings max. 13u/14u - 7 innings max. HS – no restrictions.
9. No infield practice before games – warm up (if time allows) must be done in the grass.
10. Conduct post-game meetings outside the field, after games.
11. One coach will be allowed to be outside the dugout while on defense and only to call pitches. When on offense a 1st and 3rd base coach is allowed – this is still subject to conduct related restrictions. All other coaches, are restricted to the dugout. Parents / spectators are prohibited from being in the dugout or on the field at any time.
12. Run Rule – 15 after 3, 12 after 4, 10 after 5 and 8 after 6 (except 12u and younger – they only play 6 innings)
 - a. In the 9u division a maximum of 7 runs are allowed per inning, per team. In the last inning, as determined by game officials, a team shall be allowed to score as many runs as possible to go ahead by one run (home or visitor).
13. Teams can start a game with 8 players but there will be an out recorded in the 9th spot until it is filled. Teams can have multiple EH's (any number) or hit their entire line up if they choose but if a player leaves (due to an injury or ejection) once the line ups have been exchanged an out will be recorded in that spot when the players come to bat.
14. In the HS league there are unrestricted defensive substitutions with all present players without affecting the offensive line up.
15. Guest Players (GP) are allowed once an email is sent to the league office PRIOR to that game. If no email is sent and the GP is protested, the offending team will forfeit that game. GP's can come from any USSSA registered team if they meet the age limit of the team the GP is playing on and the GP is on a current USSSA roster. Age limit exception – a 14u age player may GP on an 18u team in the fall league. GP's are not allowed if a team has 10 or more of their regular players. Maximum line up size, for a team using a GP is 10.
16. Courtesy Runners allowed for the pitcher and catcher, at any time, by any player not currently in the offensive line up. If you have no substitutes the last recorded out can courtesy run.
17. Cheering or chanting in a way, aft the pitcher is “set” that, in the Officials interpretation, is meant to distract the opposing team or incite balks is prohibited. IF, IN THE OPINION OF THE OFFICIAL AND WHILE THE CHEERING TEAM IS ON OFFENSE, THE CHANTING/CHEERING INCREASES IN VOLUME OR INTENSITY ONCE A PITCHER IS SET IT COULD BE INTREPRETED AS AN ATTEMPT TO BALK THE PITCHER AND WOULD BE CONSIDERED UNSPORTSMANLIKE CONDUCT. Music (walk up or inspirational) is restricted to dead ball periods and must not contain explicit lyrics.
18. If a spectator is ejected, he/she is suspended from league until an appeal is made to the league office. When a spectator is ejected the player that person was there to watch is also ejected, for that game. The game involved will not continue until both the spectator and player are removed. An ejected player may remain in the dugout for the balance of the game or leave with the ejected spectator.

Park Rules

1. NO ALCOHOL AT ANY FIELD OR IN THE PARKING LOT OF ANY FACILITY!
2. Tobacco is restricted at several of the parks – please follow their rules.
3. Please leave the dugout and stands clean after your games. We are guests at each facility and if your team leave's the park trashed any fee assessed the program for clean-up will be passed on to your team and must be paid before your next game.
4. No sunflower seeds in the dugout or near ANY Synthetic Turf fields – This is a zero-tolerance policy and any team violating this rule can be removed from the league program.
 - a. This affects games at NVLL, CIBLL, EDLL, ALTLL and all Sparks complex fields