



Gopher State Fall Baseball League

RULES & REGULATIONS

9U, 10U, 11U, 12U, 13U, 14U, 15U, 16U and 17-19U

Competitive 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 playing time defensively 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 this is for the kids and the focus of this league is their development as an athlete and a person.
- C. Encourage your athletes to play as many positions as possible.

III. FIELD DIMENSIONS FOR COMMUNITY FIELDS

- A. **The following base lengths are recommended:**
 - 9, 10 year olds - 60 feet
 - 11 year olds - 60-70 feet (GSFBL recommends 65')
 - 12 year olds - 70-75 feet (GSFBL recommends 75')
 - 13 year olds - 75-82 feet (GSFBL recommends 75')
 - 14-19 & Under - 90 feet
- B. **The following pitching distances are recommended:**
 - 9-11 year olds - 46 feet
 - 12 year olds - 50-54 feet (GSFBL recommends 52')
 - 13 year olds - 52-54 feet (GSFBL recommends 52')
 - 14-19 & 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 9-12 year old leagues; they may only use molded cleats or tennis shoes. **Players in the GSBL 13-19 year old leagues are allowed to use metal spikes.**
- B. **Bats** - Please see the MYAS/Gopher State Bat Standards on page 7 & 8 of this manual.
NOTE: With the transition from spring/summer to fall, the MYAS/GSFBL will be flexible with ages when there is a change in the length to weight ratio or bat drop (i.e. 14U and 15U).

V. GENERAL RULES

- A. Each team must supply one new game ball (supplied 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 “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 (See Exception)

Continuous batting and free substitution will be used in **ALL** Gopher State Fall Baseball Leagues at the 9-19 year old age levels.

Exception: The NFHS pitching substitution is in effect for all age divisions. Only a starting pitcher may re-enter once (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)

9-10 years old	75 pitches/game or play date
11-12 years old	85 pitches/game or play date
13-16 years old	95 pitches/game or play date
17-18 years old	105 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.

- B.** Submit “pitch count” of ***OPPOSING TEAM***. Coaches must submit/input the jersey number and number of pitches thrown for each player of the OPPOSING TEAM who pitches during a Sunday Fall Baseball League game. **Simply input the “pitch count” of the OPPOSING TEAM within 24 hours after each game is completed. This information will be inputted using the “Score Entry” feature under your “Games” tab in the Register Play system.** Pitch Counts will become public information and will be available immediately in the league schedule and standings.

Specific Pitch Type & Recommended age to begin throwing different types of pitches based on musculoskeletal development:

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§ion=positionStatement>

VII. PITCHING RESTRICTIONS (Continued)

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. Curve balls will **NOT** be allowed in the 9-12 year old divisions.
 - 1st offense: Dead ball - umpire issues a warning and the pitch is declared a "No Pitch"
 - 2nd offense: Dead ball - pitch is called a ball
 - 3rd offense: Dead ball - pitch is a ball and the pitcher is removed from the pitching position for the remainder of the game
- C. **Balks** will not be called in the **9-11 year old divisions**, but a fake pitch will be considered a balk, resulting in a dead ball and all runners advancing one base. **The 12-19 year old leagues will be playing by NFHS rules.**

VIII. BASE RUNNING

- A. **9-10 year olds:** A player may lead off and/or steal after the ball crosses home plate. Players may NOT advance home on a pitched passed ball at home plate.
11 year olds: A player may lead off and/or steal after the ball leaves the pitcher's hand.
12-19 year olds: A player may lead off and steal at any time (NFHS rules apply).
- B. In the 9-11 year old 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. **The 12-19 year old leagues will be playing by NFHS rules.**
- C. In the 9-11 year old leagues, 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 the list of associations providing umpires for the league in your handbook and on myas.org). A weekly schedule will be available on the MYAS website to notify all teams who is assigning umpires for their games. It is the host team's responsibility to verify the assignment prior to each play date.

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. Contact a member of the MYAS baseball staff the following Monday at (763) 781-2220 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 FOR 10-19 & UNDER TEAMS

- A. **9-12 & Under:** 6 innings
13-19 & Under: 7 innings

FOR ALL AGES: All Fall League games are being played under a strict TWO HOUR TIME LIMIT. If a player's at bat is in progress at the Two Hour mark, it will be completed then, the game is final.

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

Clarification: If the game is called when the teams have not had an equal number of completed turns at bat, the score will revert to the score at the end of the last completed inning unless the home team, in its half of the incomplete inning, scores a run(s) and equals or exceeds the opponent's score. In that case, the final score will be recorded as the score when the game was called. TIE GAMES are possible under normal circumstances.

- B. **9-12 & Under:** The 10-run rule will take effect after 3-1/2 innings if the home team is ahead, or after four innings if the visiting team is ahead.
13-19 & Under: The 10-run rule will take effect after 4-1/2 innings if the home team is ahead, or after five innings if the visiting team is ahead.

XI. STANDINGS

- A. The Gopher State Fall Baseball League will keep standings for the **Competitive Division only**. Schedules and other pertinent information about the league will be posted on the league website at www.myas.org (on the specific Gopher State Fall Baseball League page).
- B. **BOTH COACHES** (or a team representative) must report their scores through the Register Play (www.myas.registerplay.com) website using the "Score Entry" feature on the options menu (three lines to the left of any matchup), which is available on the "Games" tab of your Team Homepage . By utilizing the online score reporting, game scores will immediately be updated on the league website and will also update league standings. Please report your scores within 24 hours of each game's completion.
- C. Any games not reported by the end of the season (that weren't cancelled due to weather) will be counted as a loss in the final standings. Final day to report scores will be after the make-up week.

XIV. COACH/PLAYER/SPECTATOR CODE OF CONDUCT

- A. 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 | - Arguing judgment calls |
| - Physical aggression | - Profanity |
| - Tantrum-like acts | - Confronting/taunting opposing fans, players |
| - Malicious Contact | and/or coaches |
- B. Please keep in mind that you are coaching, playing and watching 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.
- C. **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 Compliance Review Committee (CRC). The ruling from the CRC 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 due to 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 ASAP so they know the games will not be played.
3. Report any cancelled games to the MYAS Baseball Office the following Monday.
4. Coordinate rescheduling possibilities with your opponents of cancelled games and notify the MYAS/GSFBL once you have rescheduled your game(s). The designated 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 "deaden" 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 bats made by approved 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

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.

MYAS/Gopher State Fall Baseball Bat Guidelines

Listed below are bat specifications for 9-19 year old teams participating in the Gopher State Fall Baseball League in 2025. This specification is in addition to the USSSA Bat Performance Standards. All bats must include the USSSA Mark, USA Mark **OR** is a qualified BBCOR bat and also **MUST** follow the size and/or weight differential listed in the chart below.

<i>Age</i>	<i>Maximum diameter @ thickest part</i>	<i>Length</i>	<i>Max Weight Differential</i>	<i>Example</i>
9U-11U	2¼” 2½” 2¾” 2⅝”	Unlimited	Unlimited	
12U-14U	2¼” 2½” 2¾” 2⅝”	Unlimited 36” or less 36” or less 36” or less	Unlimited -10 -10 -10	Unlimited 31-inch bat cannot weigh less than 21 ounces
15U	2¾”	36” or less	-5	32-inch bat cannot weigh less than 27 ounces
16U & 17-19U	2⅝”	36” or less	-3	32-inch bat cannot weigh less than 29 ounces

