

1st GRADE
LEVEL II: Coach Pitch
LEAGUE RULES

Fort Collins Baseball Club uses the **National Federation of State High School Associations** baseball rules. The following are the **League Modifications** to those rules for all age groups and divisions with references to NFHS rules where appropriate. All coaches are expected to familiarize themselves with the rules regarding conduct of coaches, spectators, and players toward FCBC Umpires.

Whether it is during a practice, or during pre-game warm-ups, do not hit any balls against chain fencing.

Home team wears the royal side of jersey. Dugouts are first-come, first-claimed.

RULE 1 - Players, Field and Equipment

1-1-3 There will be 9 defensive players on the field at a time: 3 outfielders, 5 infielders, 1 catcher.

1-2-1 The diamond shall be 60 feet between bases.

1-2-11 The pitcher's rubber shall be 30 feet from the point of home plate.

1-3-1 **The official ball shall be a Safe-T-Ball provided by FCBC.**

1-3-4 Hitting aids: Only bats (including weighted warm-up bats) and items designed to remain part of the bat while warming up may be used for on-field, in-game warm-up.

In other words, hitting aids – other than bat-weights (donuts, sleeves) – are not allowed for warm-up anywhere on the field (inside the fence in fair or foul territory) during a game. This includes Hurricanes, hitting sticks, Ts, and nets

1-3-6 The size of gloves/mitts is not restricted.

1-3-9 Official throw down bases will be furnished by FCBC for game play.

1-4-1 No metal cleats allowed.

1-5 **It is strongly recommended that every player wears a protective cup.**

1-5-1 It is mandatory for on-deck batters, batters, runners, and retired runners to wear a batting helmet that meets the NOCSAE standard.

1-5-4 Catchers must wear a helmet that includes ear protection. The mask must have a separate, attached throat protector. The chest protector shall have a tail that protects the groin area. **All male catchers must wear protective cups.**

1-5-11 Non-traditional playing equipment must be reviewed by the League Commissioner(s) before it will be permitted.

1-5-12 Jewelry shall not be worn (See 3.3.1d) except for religious or medical medals ... these items must be taped and worn under the uniform.

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RULE 2 - Playing Terms and Definitions

- 2-8 Bunting is not allowed.
- 2-19 There is no infield fly rule.
- 2-20-2 A half-inning is over when there are 3 outs or when the number of players in attendance of the larger team have batted. **There will be no coach-to-coach agreements made to change this rule.** A coach shall announce the last batter prior to their at-bat. The last batter (and all runners on base) will advance the appropriate number of bases earned by the batted ball (see Rule 5). Do *not* have the runners continue running after the play has completed.
- 2-35-1 The strike zone includes the neck and the knees, the width of the plate *plus* 3 inches to either side of the plate. Batters should be swinging. Please be liberal with this.

RULE 3 - Substituting - Coaching - Bench & Field Conduct – Charged Conference

- 3-1-1 On defense, free substitution shall be allowed. All players will play – at minimum – every other inning. All players should be allowed to play one full defensive inning in the infield within the first three innings.

Base-runners may only be substituted in the case of injury. In such case, the player who made the last out may be inserted for an injured base-runner.

Late Players: In the situation where a player is late arriving for a game, whether this is pre-announced to the coach or not, the player shall still be allowed to play. Offensively, the late player is placed at the last spot in the line-up (because we bat the entire roster, a late player may not be used merely as a substitute for another player). Defensively, the player may be freely substituted.

Benching and Ejection: If a *Coach* elects to remove a player from the game due to misconduct, an automatic out will be charged in the batting order. If a player is ejected from the game by the *Umpire*, an automatic out will be charged in the batting order for each of the ejected player's subsequent at bats.

- 3-1-4 On offense the batting order shall contain the entire roster of players.
- 3-1-5 **Injury Removal:** If a player is forced to leave the game due to injury or illness, an automatic out will not be charged in the batting order.

If a player is removed from the game due to injury while the team is on offense, the player who made the last out shall be inserted as a courtesy runner.

With any injury that requires the removal of a player from a game, the player must have written permission from a parent (or legal guardian) to resume play.

- 3-2-1 **Coach Uniform:** Coaches are not required to be in team uniform. However, coaches should wear athletic attire that corresponds to the team's uniform colors. A player base-coach is required to wear a batting helmet. Players and coaches will show respect for the game by wearing league issued or approved baseball hats bill-forward except while playing catcher.

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- 3-3-1c A player who carelessly or unintentionally throws their bat or helmet shall receive 1 warning. Further infractions by the same player, or a player who intentionally throws their bat or helmet, shall result in the player being called out and in forfeiture of their next turn at bat (automatic out).
- 3-3-1p Use of tobacco or tobacco-like products within 250 feet of the dugout is prohibited for all players, coaches, and team personnel (scorekeepers, attendants, etc.). Offenders shall be ejected immediately upon discovery, and the league may impose additional sanctions.

RULE 4 - Starting and Ending the Game

Note: Dugouts are first-come, first-claimed. *Don't let this become a pointless source of dispute.*

- 4-1-1 The Head Coaches of both teams shall decide if the grounds and conditions are suitable for play at game-time. Every effort will be made to start the game even if it necessitates a brief delay.
- 4-1-3 A team may start or end a game with 8 players, and an automatic out will not be charged for the missing players. If a team has fewer than eight players, that team shall borrow players from the other team to allow the game to be played.
- 4-2-1, 2 Games shall start and end on time. **A regulation game consists of 6 innings or 1 hour and 15 minutes.** No inning shall begin later than 75 minutes after the game's scheduled starting time.
- 4-2-3 The league will not reschedule rainouts. Managers may reschedule unplayed games at their option.

RULE 5 - Dead Ball - Suspension of Play

- 5-1-1 Once the defense has control of the ball in the infield, base running must stop. See also rule 8-1-1a.
- 5-1-1g On an overthrown ball to **any** base, base runners may only advance one base (at their own risk). The play is dead at that point.

RULE 6 – Pitching: An adult pitcher will pitch to his or her own team

- 6-1-1-6
- The adult pitcher shall be considered a defensive player.
 - If a batted or thrown ball hits the adult pitcher, the ball remains live and play continues. If a batted ball lodges in the adult pitcher's clothing or is caught by the adult pitcher, the ball is dead and the count reverts back to what it was before the pitch was thrown.
 - If a batted ball hits the adult pitcher and bounces into foul territory without going past first or third base and without being touched by a defensive player, a dead-ball single is awarded the batter and base runners will not advance unless in a force situation.
 - The adult pitcher should be either the coach or manager of the team and shall pitch to the players of their own team. If a coach or manager is unable to pitch, any adult may assume the pitching duties.

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- The adult pitcher shall pitch to his/her own team when at bat. There are no restrictions as to how many adult pitchers are used in one game, or on how many times the pitcher may be replaced. If a change is made in the middle of an inning, no warm-up pitches are permitted.
- Bases on balls are NOT awarded when an adult pitcher is pitching. If an adult pitcher is not able to throw strikes consistently, a new adult pitcher should be brought in.
- Adult pitchers are prohibited from fielding any batted or thrown ball, except in self-defense, other than a return throw from a fielder at the end of playing action. If a batted or thrown ball inadvertently strikes the adult pitcher, refer to the rule above dealing with this issue. If an adult pitcher, in the judgment of either umpire, intentionally fields a batted or thrown ball the batter is out and the play ends (base runners will not advance).
- Any combination of three strikes (swinging or looking) and the batter is out.

6-2-4, 5 Balks will not be called.

RULE 8 - Base Running

8-1-1a Once the defense has control of the ball in the infield, base running must stop.

8-2-8 Once the pitcher has control of the ball within an 8-foot radius of the pitcher's rubber, runners must remain in contact with their bases until the next pitch crosses home plate. The first time a runner leaves too soon, a warning shall be issued to the runner. The second time, the runner shall be called out. Each runner shall be issued one warning per time on base. Warnings and penalties shall be called immediately, and the ball will be considered dead before the pitch.

8-4-1e A batter is out when the umpire, regardless of whether the ball is caught by the catcher or not, calls the third strike.

8-4-2b1 **Sliding** – Sliding is allowed. Any slide must be feet first and should be attempted only after proper training.

RULE 9 - Scoring - Record Keeping

9-2-2 Official game scores and team standings shall not be kept.

RULE 10 - Umpiring

10-1-1 Each team shall provide one umpire for each game. The umpires shall trade positions after three innings. The Umpire-In-Chief (plate umpire) shall make the calls at home and third base, keep track of the count and number of outs; the Field Umpire shall make the calls at first and second base in the field and determine that all base runners remain in contact with their bases until the pitch has crossed the plate.

10-1-3 Field Umpire may take any position he/she desires for the best vantage point to make calls.

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FCBC Additional Rules and Protocol

Non-Game Team Functions: Any use of alcohol by team personnel – before games, at tournaments, team parties, or any other functions where the players are present – is prohibited

Suspension and Ejection Policy: The following league ejection and suspension policies will be in effect for all League games and Tournaments, including the End-of-Season Playoff:

Definition of terms:

- Ejection: A penalty for un-sportsmanlike conduct or other violation penalized by ejection as outlined by NFHS baseball rules. An ejection is served during the game in which the ejection occurred.
- Suspension: A penalty for un-sportsmanlike or other inappropriate conduct. The League Recreational Committee governs suspensions. A suspension is additional punishment to an ejection. A player, coach, or other person associated with a team may be suspended even if they haven't been previously ejected.

Ejections:

- Coach Ejections: All coach ejections are governed by the NFHS baseball rules.
- Player Ejections: All player ejections are governed by the NFHS baseball rules.

Suspensions:

- Coach Suspensions: **A coach, or other person associated with the team, who is ejected from any league game will be suspended for a minimum of one (1) additional game, and is not allowed on site at the game or warm-up. A coach, or other person associated with the team, may be suspended for more than one game.** A coach, or other person associated with the team, may be suspended without having been previously ejected. If both sanctioned coaches are ejected from the same game then the head coach is suspended from the next league game and the manager is suspended from the subsequent league game.
- Player Suspensions: All player ejections will be reviewed by the Competitive Committee to determine if a suspension is necessary.