



RULES AND REGULATIONS

The following rules and regulations will govern play in the Gopher State Rec Baseball League (GSRBL) for the 14-game regular season. This 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 GSRBL has adopted National Federation of State High School Associations baseball rules, except where modified/clarified in this document.

National Federation of State
High School Associations



I. Player Registration/Eligibility

Players in their respective age groups must not reach the next age before May 1, 2023. The GSRBL also allows a “Grade Based” team philosophy to be used by communities. The grade level used for the 2023 season will be the participant’s grade as of January 2023. It is permissible for a player to play up from their designated age/grade division, but they may not play down. Players must qualify in either of the grade/age criteria, depending on the philosophy of their home community.

A player may only be rostered on one team within the GSRBL and also may not be rostered on any Gopher State Baseball League team. Each Community Director will collect and maintain each team’s roster for their respective community. Any roster changes that are necessary for your team should be communicated through your Community Director. Coach information will be supplied to the MYAS office for communication purposes.

II. Residency

The GSRBL is a community-based program. Players that make up official GSRBL rosters are eligible to participate on teams that are from the community of their parent’s or legal guardian’s residence or from their school attendance area. The GSRBL will recognize a team if they are part of a bona fide association (consisting of multiple teams of perpetual nature) within their community. Individual teams that are formed from outside an association will not knowingly be allowed to participate in the league under any circumstances. In addition, a community may not supply a “portion” of their in-house teams to the GSRBL; all teams at the offered age levels must become members of the league. Every GSRBL team must be formed by their community via a democratic, non-biased process (i.e. random draw, draft).

III. Bat Rules

A. Please review the 2023 Bat Rules/Standards document posted on the league website regarding bat restrictions. All bats used in the GSRBL must meet the listed requirements.

B. The 8th-9th Grade/14-15U League will have the option of either using a –5 or a –3 drop bat in league play as long as it fits the specifications outlined in the Bat Standards document. The 7th Grade/13U league will be allowed to use up to a –10 drop bat as long as it fits the posted specifications. All lower levels will have unlimited weight difference in bats as long as it fits the guidelines of the Bat Standards document.

IV. Field Dimensions for Community Fields

A. These are the recommended pitching and base distances for the 3rd-4th Grade/9-10U division:

Pitching: 46 ft.

Bases: 60 ft.

B. These are the recommended pitching and base distances for the 5th-6th Grade/11-12U division:

Pitching: 46-52 ft.

Bases: 60-75 ft.

C. These are the recommended pitching and base distances for the 7th Grade/13U division:

Pitching: 52-54 ft.

Bases: 75-82 ft.

D. These are the required pitching and base distances for the 8th-9th Grade/14U-15U division:

Pitching: 60 ft., 6 inches

Bases: 90 ft.

NOTE: For a variety of reasons, 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.

Coaches should contact their opponents if they will be using a 60/90 field for their 7th Grade/13U home games.

V. General Rules

- A. The home team will keep the official scorebook.
- B. All field maintenance is the responsibility of the home team/Association.
- C. All players must be in matching uniforms.
- D. A **courtesy runner** (the last player to be put out) will be allowed only for the catcher and may only be used with two outs. **Exception:** Courtesy runners 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. Only the starting pitcher may re-enter the pitching position once during a game. See the league website for a FAQ document regarding Continuous Batting/Free Substitution.
- F. Metal cleats **are allowed** in the 7th Grade/13U & 8th-9th Grade/14U-15U leagues.
- G. A team cannot score more than 7 runs in an inning. The half inning automatically ends once the 7th run is scored. The final inning of the game does not have a run limit. **If a dead ball play with automatic advance happens, all runs advancing home score.**

VI. Ending a Game

A league game will be preemptively ended only when:

- there is a concern for safety (darkness or inclement weather)
- the game has reached the 2 hour-15 min time limit. No new inning will begin after the time limit. The “stop watch” for games does not begin until the actual start of the game (first official pitch thrown), not necessarily the time listed on the league schedule.
- If a game has reached the “10-Run Rule” according to the NFHS Baseball Rules Book*

Ultimately, the final decision to suspend a game is at the umpire’s discretion. Under normal circumstances, a game will be complete at the end of seven innings unless extra innings are needed in the case of a tie game.

*If a game does end prior to the seventh inning by the “10-Run” rule, teams should play out the remaining innings of their game as exhibition innings. The intent of the GSRBL is player participation and all teams should share equal opportunity each game day.

VII. Game Changes/Cancellations

Any game changes or cancellations reported to the League Commissioner via e-mail at ac@myas.org or by telephone at (763) 746-1728 on weekdays by 3:00pm will be posted on the GSRBL portion of www.myas.org by 4:00pm the same day. It is the responsibility of the home team coach to notify the visiting team of the cancellation. If you are cancelling a game, notify your Community Director as well so the assigned umpire is notified of the change. You must also communicate cancellations with your Community Director for the interest of field coordination and rescheduling. It is imperative that cancelled and/or rescheduled games be communicated with the league office as soon as possible so the league schedules stay accurate.

VIII. Standings

All game scores will be reported online at www.myas.org through the RegisterPlay system website. Any disputed score must be communicated within 48 hours of the time the score was posted on the league standings page and will be handled through your local Community Director and your opponent's Community Director.

IX. Pitching Restrictions

(Please refer to Rule 6 of the NFHS Rule Book except where modified below)

3rd & 4th Grade/9-10U: A pitcher may pitch a maximum of **75 pitches per day or TWO innings per game**, whichever comes first.

5th & 6th Grade/11-12U: A pitcher may pitch a maximum of **85 pitches per day or THREE innings per game**, whichever comes first.

7th Grade/13U and 8th & 9th Grade/14-15U: A pitcher may pitch a maximum of **95 pitches per game or FOUR innings per game**, whichever comes first.

The number of days of required rest until the pitcher is allowed to pitch again is dependent upon the number of pitches thrown in their previous outing. If a player reaches their maximum number of allowed pitches during an at-bat, they may finish pitching to that batter but then must immediately be removed from the pitching position.

Pitch Count	Days of Rest Required After Pitching
1-20	0
21-40	1
41-60	2
61-66	3
67-more	4

***PENALTY:** Violation of the above rule could result in forfeiture of the game in question or a coach's ejection.*

Special Note: Stresses on a pitcher's arm are caused from overuse, lack of conditioning, improper mechanics of pitching and/or lack of understanding of proper recovery time. Don't jeopardize your athletes' health!

Please remember this great game and the GSRBL are designed around participation and the players involved.

X. Statement on League Rules

The league rules listed in this document and in the NFHS Rules book will govern the GSRBL. **Teams/coaches may not impose their own individual community rules upon a visiting team/community.** Any disputes with a game rule or protests in any league game will be handled by the respective local Community Directors.

XI. MYAS Communications Policy

Over the past 32 years, the MYAS has experienced overwhelming growth in numbers of athletes, teams, tournaments, leagues, etc. Last year alone, we had over 150,000 participants in numerous sports. While we value everyone's opinion, it has become necessary for the MYAS to develop the policy whereby our staff will communicate with travel directors, coaches, and association representatives **ONLY**.

There is not adequate time in the day to discuss rulings, controversial situations, etc. with individual athletes, parents, grandparents, aunts, uncles, brothers and sisters, etc. As an alternative, we encourage constructive criticisms and suggestions be communicated to the proper team representative who is then welcome to contact our office for a response or necessary action.

XII. Post-Season Play

A tiered playoff structure will be offered at the conclusion of the regular season. Teams will have an opportunity to opt-out of the playoffs by the communicated date. If an opt-out has not been communicated by said date, and a team decides they don't wish to participate, their initial game will be counted as a forfeit. Each tier winner will be awarded champion shirts.

All teams participating in the GSRBL are eligible for the Rec State Baseball Championships as long as their rosters meet the requirements of that event. Please review the document titled "2022 Levels of Play Definitions" on the baseball page of the MYAS website (www.myas.org) for further information on potential post-season opportunities for teams participating in the 2022 GSRBL.

XIII. Sportsmanship

All coaches and parents are required to sign our Code of Conduct waiver prior participating in the GSRBL. Coaches will email the Code of Conduct to parents to electronically complete during the preseason.

All players, coaches and spectators are to behave in a manner that reflects the positive fun associated with game of baseball. **Unsportsmanlike conduct will not be tolerated, and includes but is not limited to (modified from the NFHS Baseball Rules Book, Rule 3-3): Verbal abuse, physical aggression, tantrum-like acts, arguing with judgement calls, and profanity.**

Any player, coach or spectator ejected from a game will be immediately be removed from the game and must exit the vicinity of the ballpark. Failure to comply with the ejection in a timely manner will result in the game being forfeited.

Any player, coach, or spectator that is ejected from a game for unsportsmanlike conduct, the head coach of that team is ejected for that game as well.

Any further disciplinary action for an unsportsmanlike ejection will be determined by the offending team's association and/or MYAS.