

Saraland

Baseball Rules & Regulations

This document outlines the rules and regulations for player eligibility, proper equipment, and game play within our league. All participants, including players, coaches, and officials, are expected to adhere to the following guidelines to ensure a fair and enjoyable experience for everyone involved.

For the generic Cal Ripken League Rules please [CLICK HERE](#)



T-Ball Division Rules & Regulations

These rules apply specifically to the **T-ball division** of our baseball league, including all players, coaches, and officials. The following guidelines have been established to ensure a safe, fair, and enjoyable experience for all participants, with a focus on player development and skill enhancement.

In addition to these rules, modifications specific to the T-ball and Minor League divisions are in place to further support the developmental needs of the players.



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SARALAND SPORTS & RECREATION COMPLEX

1. General Rules for the T-Ball Division

- **Code of Conduct:**
 - a. No tobacco, alcohol, firearms, fighting, arguing with umpires, or profanity on the field or in the stands at any time.
 - b. The home team is in the 1st base dugout; the visiting team is in the 3rd base dugout.
 - c. If a team has fewer than 8 players, the game will be forfeited. However, the game may still be played for practice purposes, but the recorded score will be 1-0.
- **Game Duration:**
 - a. Games consist of 5 innings or a 75-minute time limit, whichever comes first. A new inning may start if time remains before the 5th inning.
 - b. No extra innings are allowed.
- **Run Limitations:**
 - a. 3 outs or 6 runs per inning.
 - b. 13-run rule after 3 innings; 7-run rule after 4 innings. The game ends when the run-rule limit is reached, unless coaches decide to continue for additional practice.
- **Equipment:**
 - a. Only **USA Baseball T-ball** and **USSSA Jr Big Barrel stamped bats** are allowed.
 - b. Real baseballs will be used in play.
- **Coaches and Background Checks:**
 - a. All coaches on the field and any parent in the dugout must pass a background check through the city.
 - b. At least one coach must be CPR certified through the city's training program.
- **Ejections:**
 - a. Any coach or player ejected from the game must leave the premises immediately.
 - b. Ejections are subject to review by the park's Governing Board.
- **Throwing Bats:**
 - a. No throwing bats back to the dugout.

2. T-Ball Division Offense Rules

- **Coaching:**
 - a. Three coaches are allowed on the field: one to run the tee, one at 1st base, and one at 3rd base. All other coaches must remain in the dugout.
 - b. Coaches may not touch or aid any baserunner, including pushing them toward the next base.



- **Batting:**

- a. Each batter is allowed 6 swings before being considered a strikeout.
- b. No bunting or intentional walks are allowed.
- c. The tee must be placed at the center of home plate. The coach running the tee may not touch the batter once the ball is on the tee. The batter's feet must stay inside the batter's box during the swing.
- d. The batted ball must be touching or beyond the 20-foot painted arch to be considered in fair play.

- **Safety:**

- a. A batter will be warned the first time they sling the bat while hitting. The second occurrence will result in an automatic out.
- b. If a batted ball strikes a runner, the play is ruled dead. The runner will return to their original base, and the offensive team will re-hit.

3. T-Ball Division Defense Rules

- **Coaching on Defense:**

- a. Three coaches are allowed on defense. Two coaches may assist outfielders in the outfield grass, while one coach may stand behind the pitcher or near the dugout to help infield play.
- b. If a batted ball touches a coach in fair territory, the batter has the option to either be awarded 1st base, or the batter may re-hit.

- **Player Positions:**

- a. All players must play on defense, with normal positions (1st base, 2nd base, shortstop, 3rd base, pitcher, and catcher).
- b. If a team has fewer than 9 players, the catcher position is optional for both teams. However, catchers must wear helmets and stand opposite the batter.
- c. Infielders must remain inside the infield dirt and cannot position themselves in the outfield grass. The 1st and 3rd basemen must be positioned no more than 10 feet in front of the base.
- d. The pitcher must have at least one foot on the rubber or be directly behind it, within the pitching circle.

- **Pitching and Fielding:**

- a. If the pitcher fields the ball within the pitcher's circle, they must throw the ball to the appropriate base.
- b. If the pitcher fields the ball outside the pitcher's circle, they may either run to tag the runner or throw the ball to 1st base for the out.
- c. Defensive shifts are not allowed. The 1st baseman and 2nd baseman must remain on the right side or directly behind second base, while the shortstop and 3rd baseman must be positioned on the left side or directly behind second base.

Player Substitutions:

- a. No defensive position switching is allowed during an active half-inning unless there is an injury or immediate safety issue.

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4. Overthrow Rules

- **Overthrows and Advancing Bases:**

- a. An overthrow is any failed throw that goes past the player fielding the base.
- b. In the 5U division, the batter must remain at 1st base on an overthrow to 1st.
- c. A runner may advance one base on an overthrow, at their own risk. The rule applies at the base where the overthrow occurs. Runners ahead of the base where the overthrow happens may advance as many bases as they want.

- **Examples**

- i. If the shortstop or 3rd baseman throws to 2nd base and the throw is unsuccessful, the runner may advance to 3rd at their own risk, but they cannot advance to home unless an additional throw to 3rd is made and is unsuccessful.

5. Additional T-Ball and Minor League Modifications

In addition to the general rules, the following modifications are in place to further enhance the development of the players in the T-ball division:

- **General Modifications:**

- a. T-ball players are encouraged to play for experience and skill development rather than competition alone.
- b. Modified rules may be implemented based on age and skill level to foster a positive and educational environment for the players.



These rules ensure that all T-ball participants have a fair opportunity to learn and enjoy the game while maintaining a focus on safety, development, and sportsmanship. Coaches, players, and parents are encouraged to review these rules before each game to ensure compliance and contribute to a positive playing experience for all.

Minor League Rules & Regulations

In addition to the Cal Ripken Rules, the Minor League Division has modified rules to further enhance the development of players. The following rules apply to all participants in the Minor League Division.

1. General Rules

- **Game Duration and Time Limit:**

- All games will consist of **6 innings** or **1 hour and 15 minutes**, whichever comes first.
- No new inning shall begin after the time limit is reached, but the current inning may be completed.
- **Mercy Rule**
 - 15-run rule after 3 innings;
 - 10-run rule after 4 complete innings, or 3-1/2 innings if the home team is leading.

- **Tie Game**

- In the event of a tie after time has expired or 6 innings have been played, the visiting team will start the last out at second base, with one out. The same rule applies to the home team: the last out will be placed at second base to start the inning with one out.

- **Scoring**

- Teams may score a maximum of **6 runs per inning** for the first five innings.
- During the sixth inning and any subsequent innings, runs are **unlimited**.

- **Player Availability and Forfeits**

- Games may be played with **8 players**, but the 9th batter in the lineup is an automatic out.
- Games cannot be played with fewer than **8 players** and will be considered a **forfeit** if this occurs.
- Games started with over 8 players are considered legal games.
- Any player placed in the lineup must remain in the game. If a player leaves the game after batting, the next at-bat will be recorded as an out.
- Batting out of order will result in an out for the batter who bats incorrectly. If discovered in the middle of an at-bat, the correct batter will resume with the current pitch count.
- Forfeited games will be recorded as a **1-0** victory for the non-forfeiting team.

2. Batting / Offense (All Players Must Bat)

- **Batting Rules:**

- Each batter is allowed **6 pitches** or **3 strikes**. If the 6th pitch is fouled off, the batter continues until they strike out or put the ball in play.
- There are **no walks** or **bases awarded for hit batters**.
- **Bunt Limit:** Each team is allowed **ONE bunt per inning**.
- **Illegal Bunting:** Slash bunting (where the batter shows bunt and then pulls back to swing) is prohibited. If this occurs, the batter is automatically out, and no runners can advance.
- **The Infield Fly Rule** is **not** in effect.
- **Stealing and Leaving the Base:**
 - Runners may not leave their base until the ball is put into play.
 - If a runner leaves early, they will be called out, and the pitch will be considered a **NO PITCH**. No runners can advance.
- **Courtesy Runners:** A **courtesy runner** is allowed only for the **catcher of record**, and the runner must be the **last recorded out**.
- **Base Coaches:** Coaches may not have any contact with the baserunners while the ball is live and in play.
 - **Penalty:** The runner will be called out.
- **Sliding**
 - On a double play ball, the runner going to second or third must **slide** or **peel out of the way**. If the runner continues to run straight across the base, the umpire has the authority to call a double play.



- **Other Offensive Rules:**

- **Coaching Location:** The offensive team is permitted to have a coach positioned behind the backstop to assist with retrieving passed balls, which helps to speed up the game.
- **Time-Outs:** Time may be called by the umpire when the lead runner has been stopped on a base by a defensive player in possession of the ball and in a position to tag the runner out if they attempt to advance.

3. Pitching (Adult Pitcher)

- **Pitching Location:**

- The adult pitcher must pitch from **35 feet** and keep at least one foot in contact with the rubber when pitching.
- The pitcher must remain within the **pitching circle** until the ball is hit. The pitcher is not allowed to leave the circle unless the ball is bunted.
- The adult pitcher may pitch from one knee, if desired, but must throw overhand.

- **Pitching Instructions and Restrictions:**

- The adult pitcher may only instruct the batter **before** the pitch, not the baserunners.
- **Penalty:** If the adult pitcher instructs the baserunners once the ball is in play, the adult pitcher will be restricted to the dugout and may not pitch for the remainder of that game.
- The **same adult pitcher** must pitch for the entire inning, and a switch of adult pitchers can only occur at the start of a new inning.
- The adult pitcher must avoid interference once the ball is put into play, moving to the nearest sideline. In a bunting situation, the adult pitcher must take a knee in the pitching circle.
- A **batted ball** that hits the adult pitcher is considered a **NO PITCH** and the ball is immediately dead. All runners will return to their original base.

4. Defense

- **Fielding Positions:**

- A team will field **10 players** at a time: **6 infielders** (1st base, 2nd base, shortstop, 3rd base, pitcher, and catcher) and **4 outfielders** (left field, left-center field, right-center field, right field).
- **Shifting: No shifts** are allowed. Outfielders must remain in their designated positions.
- **Outfield Positioning:**
 - Outfielders must position themselves **in the grass** during play.

- **Coaching and Substitutions:**

- A coach may be positioned along the foul lines to assist the outfielders. This coach must remain in foul territory and can coach the players.
- **Substitutions** are at the discretion of the coach. Players sitting out must play in the next inning.

- **Defensive Coaching Restrictions:**

- A coach behind home plate (near the backstop) cannot speak to players in the field once the pitcher toes the rubber, during play.
- Any violation of this rule will result in the coach being restricted to the dugout.

These rules are designed to ensure fair play, enhance player development, and create a safe and enjoyable environment for all Minor League participants. Coaches, players, and parents are encouraged to review these rules prior to each game to ensure understanding and compliance.

Age Requirements

- **T-Ball:** Born between 04/2021 and 05/2018
- **Rookie:** Born between 04/2018 and 05/2016
- **Minor:** Born between 04/2016 and 05/2014
- **Major:** Born between 04/2014 and 05/2012
- **Babe Ruth:** Born between 04/2012 and 05/2009

Registration Dates

- **Baseball/Softball:** 12/1/24 - 2/12/25
- **Babe Ruth (13-15):** 03/14/25 - 04/04/25



Evaluation Dates

Player evaluations are for team formation and ensuring balanced teams. The evaluation process includes assessments of skills such as batting, fielding, pitching, and base running.

T-Ball (Amelia Park)

- 9:30 AM – A through C
- 10:00 AM – D through G
- 10:30 AM – H through K
- 11:00 AM – L through O
- 11:30 AM – P through T
- 12:00 PM – U through Z

Rookie (Amelia Park)

- 2/15/2025
 - 9:00 AM – 8-year-olds
 - 10:00 AM – 7-year-olds

Minor (Amelia Park)

- 2/16/2025 – 5:00 PM

Major (Amelia Park)

- 2/16/2025 – 2:00 PM

Babe Ruth

- 4/5/2025 – 10:00 AM

Softball (Oscar Driver Park)

- 2/16/2025 – 5:00 PM

What Evaluations Consist Of

Evaluations consist of:

- **Baseball:** Batting, fielding, pitching, base running, etc.
- **Softball:** Batting, fielding, pitching, catching, base running, etc.

All head coaches will evaluate each player using a grading scale of 1-10, with 10 being the highest performance rating. Players, including coaches' children and returning players, are to be evaluated. Evaluation grade sheets will be submitted at the conclusion of the evaluation.

Draft Rules and Regulations

Draft Process

- **Participants:** The draft will include head coaches, assistant coaches, and an official in attendance.
- **Player Ranking:** Players will be ranked according to their evaluation scores. Coaches can save up to 3 players (if their parent is coaching).
- **Draft Order:** The draft order will be decided by a random drawing. The draft will follow a **snake format**.

Draft Process

- **Saved Players:** Saved players will be added first to their respective teams.
 - **Team Selection:** Based on evaluation rankings, teams will lose their draft pick to maintain competitive balance. For example, if a coach's child is ranked highly, that coach will lose their draft pick to maintain fairness.
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Regular Season Games

- **Total Number of Games:**
 - **T-Ball:** 10 Game Guaranteed
 - **Rookie:** 10 Game Guaranteed
 - **Minor:** 10 Game Guaranteed
 - **Major:** 10 Game Guaranteed
 - **Game Schedule:** Games will be scheduled for both weeknights and weekends.
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Post-Season Structure

- **T-Ball:** Championship will be played between the top two teams with the best records.
 - **Rookie:** A single-elimination bracket will include all 10 teams to determine the league's champion.
 - **Minor:** Championship will be played between the top two teams with the best records.
 - **Major:** Championship will be played between the top two teams with the best records.
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All-Star Selection Process

Eligibility

To be eligible for All-Star selection, players must:

- Participate in the majority of league games.(More than ½ of the games)
- Show exceptional performance and sportsmanship throughout the season.

Team Selection

- **Nominations:** All head coaches must submit nominations by **Monday, April 7th.**
- **Ballot:** A ballot of nominations will be emailed to all head coaches by **April 10th.** Coaches will have until **April 27th** to submit their 10 selections for the All-Star team.
- **Team Composition:**
 - **8U and below:** The 12 players with the most votes.
 - **10U and above:** The 11 players with the most votes.
- **Team Announcement:** The All-Star teams will be announced on **April 28th.**

Head Coach Selection

- The Head Coach for each All-Star team will be the coach of the team that wins the league championship. If that coach chooses not to participate, the next highest-ranked team's head coach will take over.

All-Star Tournament Dates

- **1st Warm-Up:** May 23 – May 25 (Locations TBD)
- **2nd Warm-Up:** May 30 – June 1
- **District:** June 12 – June 15
- **State:** July 16 – July 20
- **Regional:** July 16 – July 20