

SOUTHWEST VIRGINIA BASEBALL LEAGUE

City of Galax
Fries Recreation Dept.
Floyd County
Town of Wytheville



Grayson County
Wythe County
Carroll County

LEAGUE RULES - All N.F.H.S. Association rules will apply except for the local league rules as listed below.

The primary objective of the *Southwest Virginia Baseball league* is for *all player's* to have the opportunity to participate in practice, games, receive instructions, skills and have the experience of getting to play in the season ending tournaments. All player's will have fun, play their required time in all games, and be taught the sport of baseball. The goal of the league is to have kids play baseball with an emphasis on the youth's enjoyment of the game. Getting all kids on the field each game as much as possible is the #1 priority of Southwest Va. Baseball League. League directors are responsible for assigning players to teams equally as possible to insure quality games and experiences on the field. Leagues will be responsible for providing gold medals for 1st place winners and silver medals for 2nd place winners in "Pool" tournaments. Also, for the championship games, leagues will be responsible for providing 1st place gold medals and a baseball to the winner of the tournament and 2nd place medals for the runner-up.

Coaches are reminded they are expected to represent themselves in a professional manner toward the youth at all times. Abusive behavior towards umpires, staff, coaches, parents or kids will not be tolerated during games or practices. Providing kids a positive baseball experience is most important aspect for coaches.

League Ages: (7-9), (10-12), (13-15) League age cut-off will be July 1 of each year this insures the kids playing games during the season will be playing with their respective age groups. Any exceptions must be approved by the local recreation department. The league will schedule games with each other for the 10-12 & 13-15 age groups. Local areas will play their own league with the age 7-9 teams, with a few extra games with other areas.

Playing Field, Starting times and Equipment

1. Teams may start practice any time after April 1. Games will begin the around the first week of May
2. Batting helmets must have a *face guard and chin-strap*. If batting helmet style has snaps for them they must be worn at all times when batting or running the bases in age groups 7-12. No metal spikes all allowed to be worn.
3. Age Group 7-9 Legal bats will be 2 ¼" or smaller and have any national baseball league approved name stamped on them.
4. Age Group 10-12 Legal bats will be 2 5/8" or smaller and have any national baseball league approved name stamped on them.
5. Age Group 13-15 Legal bats will be any NHFS approved high school or middle school bat.
6. Bases will be 60 ft. for 7-9 age groups, 70ft. 10-12 age groups, and 90 ft. for 13-15 age groups.
7. Pitching will be 43 ft. for 7-9 age groups, 50 ft. for 10-12 age groups , and 60 ft. for 13-15 age groups.

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The following rules apply to the designated age groups.



7 – 8 – 9 Years old Division (League age determined as of July 1)

PLAYING RULES:

1. Official Youth baseball approved by any national baseball organization will be used during games.
2. Pitching rubber will be 43 feet from the rear of home plate.
3. All illegal pitches will be dead. No balks allowed.
4. All players must play a minimum of 3 outs in the field and have at least one time at bat in each game. If playing a double header game. Kids who don't start first game must start the second game of the day all age groups.
5. There is no infield fly rule in this division.
6. Pitchers must be in contact with the pitching plate until the release of the ball.
7. No Intentional walks are allowed players are to be encouraged to pitch and hit each at bat.
8. All starters, including the pitcher, may re-enter the game one time. Only the starting pitcher may re-enter as a pitcher.
9. During the regular season, all players will be in the batting rotation for each team, no matter how many players each team has. There will be no change in the batting order when players are substituted into the game in a defensive position.
10. Pitchers may pitch a total of 12 innings a week (Mon-Sun.). If pitching 4 or more innings in a DAY, pitchers must have 2 calendar days rest before they can pitch again (IT DOES NOT MATTER IF IT IS A NEW WEEK). Coaches and umpire must sign pitching record after each game. The maximum number of innings a pitcher can pitch in a day is 7. They may pitch both games of a doubleheader as long as they haven't pitched more than 3 innings in the first game and don't exceed 12 innings for that week. One pitch constitutes an inning pitched.
11. Any pitched ball that hits the playing field prior to reaching home plate and then hits the batter shall be declared a dead ball and the batter does not get first base and runners don't advance.
12. All local games will be 6 innings with a 1 hour and 45 minute time limit. *No new inning may begin after 1 hour and 45 minutes from the start of the game.* If an inning has started before the time limit is up, the inning will be finished if the visiting team has no chance of scoring enough runs to win.
13. All Saturday double header games will be 4 innings with a 1 hour and 30 minute time limit.
14. A 10-run rule is in effect after 3, 4, 5, innings of a 5, 6, 7 inning game respectively.
 - a. The game is over if leading by 10 after each situation listed above for all age groups.
15. A 6-run limit is in effect each inning. After a team has reached their sixth run during an inning, all plays are dead and the inning is ended. If a team is leading by more than 6 runs going into the last inning the game is over and the inning will not be played. Ex.: If a team is leading by more than 12 runs with 2 innings to play the game is over.

16. Bunting is allowed. If a player shows bunt, they must attempt bunt, if player swings this will result in player being called out.
17. Stealing is allowed after the ball has crossed home plate. . If player leaves the base early the play is stopped once the ball is returned to the pitcher's mound and the defense has a choice of taking the play or putting the runner back on the base with a "no play" called (no ball or strike is awarded to batter if they put runner back) Only 1 stolen base may be taken at a time during a live play which includes a stealing play or catcher to pitcher exchange only from each base occupied after that the ball becomes dead and must return to the pitcher and they take the mound before the next live play. If the ball is misplayed by the fielder on the play the runner will stay at the base that was stolen. Examples: Runner stealing 2nd base throw goes into the outfield the runner must stay at 2nd base until the next live play. Same also applies to runner stealing 3rd base if the catcher throws the ball into left field or mishandles the ball the runner must stay at 3rd until the next live play. Misplayed balls that occur during a hit by the batter don't apply. Rule is only for steal attempts; if ball is hit, the runner can advance more than one base.
18. Batters cannot advance on a dropped third strike call. Base runners may advance after a third strike and the ball has crossed home plate.
19. No headfirst sliding will be allowed. Penalty will be an automatic out. Players may dive back into an unoccupied base.
20. If a fielder is making a play on the ball or a runner, the runner must slide or attempt to avoid contact with the fielder. No aggressive contact will be allowed. If a runner does not attempt to slide or avoid contact the runner shall be declared out. Aggressive contact can result in an ejection from the game. This call is by umpire discretion.
21. Teams must have 8 players to start a game. If a team starts with 8 players, the 8 players will bat with no outs given to the 9th spot during the game or until a 9th player arrives. If a team starts with 8 players and loses a player and is down to 7 players then the game is over.
22. Teams will play with 4 outfielders. All outfielders must be positioned at a minimum of 10 yards behind the baselines and may not move beyond this line toward the infield until the ball is hit.
23. No extra inning games will be played during the regular season regardless of the time limit. The home plate umpire is the official time keeper during the game. A coin flip will be used at the start of games to determine the home team.
24. Noise makers are not allowed in team's dugouts or on the field. Any object that is used by players in the dugout as an intentional distraction to the opposing team will not be allowed. If the umpire deems a noise as distracting to the batters and game the umpire will ask the coach to remove the noisemakers before the game will continue.
25. Only 3 coaches are allowed in the dugout and inside the fenced area during games.
26. A coin flip will be used at the start of games to determine the home team during the weekend round robin games only. On week day games, the host team will be the home team. They will serve as the official book in any controversy.
27. Catcher with 2 outs may be replaced with player from previous out for base running
28. On a 4th ball drop, the runner may only take one base

SOUTHWEST VIRGINIA BASEBALL LEAGUE



The following rules apply to the designated age groups.

10 – 11 – 12 Years old Division (League age determined as of July 1)

PLAYING RULES:

1. Official Youth baseball approved by any national baseball organization will be used during all games.
2. All players must play a minimum of 3 outs in the field and have at least one time at bat in each game. If playing a double header game. Kids who don't start first game must start the second game of the day all age groups.
3. Teams will play with 3 outfielders. All outfielders must be positioned at a minimum of 10 yards behind the baselines and may not move beyond this line toward the infield until the ball is hit or a pick-off attempt has been initiated.
4. The front edge of the pitching rubber will be 50 feet from the rear of home plate. Bases will be at 70ft.
5. All illegal pitches will be dead ball plays. Balks will be called.
6. Pitchers must be in contact with the pitching plate until the release of the ball.
7. Stealing and Bunting are allowed. Players can lead off bases.
8. Bunting is allowed. If a player shows bunt, they must attempt bunt, if player swings this will result in player being called out.
9. Batters may advance after a dropped third strike and base runners may advance after a third strike
10. The infield fly rule will be in effect in this division.
11. No Intentional walks are allowed. Players are to be encouraged to pitch and hit each at bat.
12. All starters, including the pitcher, may re-enter the game one time. Only the starting pitcher may re-enter as a pitcher.
13. During the regular season, all players will be in the batting rotation for each team, no matter how many players each team has. There will be no change in the batting order when players are substituted into the game in a defensive position.
14. Pitchers may pitch a total of 12 innings a week (Mon-Sun.). If pitching 4 or more innings in a DAY, pitchers must have 2 calendar days rest before they can pitch again (IT DOES NOT MATTER IF IT IS A NEW WEEK). The maximum number of innings a pitcher can pitch in a day is 7. They may pitch both games of a doubleheader as long as they haven't pitched more than 3 innings in the first game and don't exceed 12 innings for that week. One pitch constitutes an inning pitched. Coaches and umpire must sign pitching record after each game.

15. All local games will be 6 innings with a 1 hour and 45 minute time limit. *No new inning may begin after* 1 hour and 45 minutes from the start of the game. If an inning has started before the time limit is up, the inning will be finished if the visiting team has no chance of scoring enough runs to win.
16. All Saturday double header games will be 4 innings with a 1 hour and 30 minute time limit.
17. A 10-run rule is in effect after 3, 4, 5, innings of a 5, 6, 7 inning game respectively.
 - a. The game is over if leading by 10 after each situation listed above for all age groups.
18. A 6-run limit is in effect each inning. After a team has reached their sixth run during an inning, all plays are dead and the inning is ended. If a team is leading by more than 6 runs going into the last inning the game is over and the inning will not be played. Ex.: If a team is leading by more than 12 runs with 2 innings to play the game is over.
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20. If a fielder is making a play on the ball or a runner, the runner must slide or attempt to avoid contact with the fielder. No aggressive contact will be allowed. If a runner does not attempt to slide or avoid contact the runner shall be declared out. Aggressive contact can result in an ejection from the game. This call is by umpire discretion.
21. Teams must have 8 players to start a game. If a team starts with 8 players, the 8 players will bat with no outs given to the 9th spot during the game or until a 9th player arrives. If a team starts with 8 players and loses a player and is down to 7 players then the game is over.
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24. Only 3 coaches are allowed in the dugout and inside the fenced area during games.
25. The player age is decided by their age as of July 1st, 2017. Players may play up as to the director's digression. However, players may NOT play down
26. A coin flip will be used at the start of games to determine the home team during the weekend round robin games only. On week day games, the host team will be the home team. They will serve as the official book in any controversy.
27. Catcher with 2 outs may be replaced with player from previous out for base running