

BASEBALL RULES

1. The season limit is ten (10) games plus a jamboree.
2. The season is not to start before Monday following the last scheduled week of the 2nd Winter sports season.
3. A pitcher is eligible to pitch in no more than seven (7) innings or one complete game if shorter than seven (7) innings in any given calendar week.
4. A player shall participate in no more than (3) games per week.
5. Game time is 4:00 p.m.
6. Bases will be eighty (80) feet and the pitcher's plate 57' 6" from home plate.
7. The ten (10) run rule will be used after five (5) complete innings.... if five (5) innings have been played and a team is ahead ten (10) or more runs, the game is ended.
8. Metal cleats are permitted.
9. The National Federation Rule Book applies.
10. **Our league will enforce suggested speed-up rules listed in the official baseball rulebook for the pitcher and catcher.**
11. **No new inning will start after 2 ½ hours from the time of the first official pitch.**
12. The home team must take infield practice first so games can be started as close to 4:00 p.m.
13. Schools whose field dimensions are at variance with league rules are responsible for notifying the opponents.
14. All suited players **must** play.
15. **5 run rule for B-teams only. 7th inning is a free inning. (score as many as you can)**

All "B" team participants must play an equal amount of time. Optional: "B"-teams - allowed open substitution. Everyone may bat.