

OFFICIAL BASEBALL RULES AND REGULATIONS

Revised May 11, 2025



THE PURPOSE AND GOAL OF OUR LEAGUE:

The Colonial Heights Athletic Commission (CHAC) Youth Baseball program is designed for each child to learn the fundamentals of the game, a respect for the rules, and the basic ideals of sportsmanship, and fair play. The goal is for kids to have FUN learning the game of baseball, during practice and games, while also inspiring life lessons such as responsibility, teamwork, discipline, self-control, sacrifice, and picking yourself up from failure.

Division	Grade as of April 1
Beginner Tee Ball	Preschool
Rookie Coach Pitch Division	Kindergarten/1st
Junior Coach Pitch Division	2nd/3rd
Senior Kid Pitch Division	4th/5th/6th

*The league reserves the right to make exceptions based on circumstances.

GENERAL RULES:

1. USSSA rules will prevail except for local league and ground rules. (<https://www.ussa.com>)
2. Each player must be registered through CHAC's Team Sideline portal and accept all rules and waivers.
3. Each team must have at least seven (7) players to begin a game and to continue play. If a team does not have enough players at the official start time, the game is a forfeit. When both teams do not have enough players to start the game it is a double forfeit. If for any reason a team must forfeit, they will be allowed to scrimmage.
4. All first games will begin as scheduled. There is no grace period.
5. Umpires have complete control of the games. Tee Ball games will be umpired by the coaches.
6. Rained out games will be made up at the discretion of CHAC.
7. No games will be cancelled before 4:00 pm because of inclement weather. Parents and coaches will get an email notification from Team Sideline about game cancelations and/or reschedules.
8. Players cannot sit out more than one defensive inning per game.
9. All players and coaches should line up and say good game immediately following the game.
10. Players must wear tennis shoes or baseball shoes with molded cleats. No metal cleats are permitted.
11. Each batter, on-deck batter, catcher, and base runner must wear protective headgear and equipment. Throat protectors are required on a catcher's mask.
12. All bats must be permanently stamped with the USSSA 1.15 BPF mark, or BBCOR .50 mark. The bat may not exceed 34" in length, and the bat barrel may not exceed 2 3/4" in diameter. USA bats and wood barrel bats conforming to the specifications of the rules are permitted.





GENERAL RULES SPECIFIC TO DIVISIONS

SENIOR KID PITCH DIVISION:

1. Six (6) innings will constitute a game. However, in case of inclement weather or time expiring, a game will be considered complete after three (3) complete innings of play (2 ½ innings if the home team is ahead).
2. Playing time is limited to sixty-five (65) minutes **once** three (3) innings have been completed. No new inning will begin after time has expired and three (3) innings have been completed. If teams are tied, the game will result in a tie (except for tournament play).
3. Offensive team coaches may coach from first and third base coach's boxes. No defensive coaches can be in fair territory.
4. If a team is ahead by ten (10) or more runs after three (3) complete innings, the game will be over.

JUNIOR COACH PITCH DIVISION:

1. Six (6) innings will constitute a game. However, in case of inclement weather or time expiring, a game will be considered complete after three (3) complete innings of play (2 ½ innings if the home team is ahead).
2. Playing time is limited to sixty-five (65) minutes **once** three (3) innings have been completed. No new inning will begin after time has expired and three (3) innings have been completed. If teams are tied, the game will result in a tie (except for tournament play).
3. Offensive team coaches may coach from first and third base coach's boxes. A third coach (if available) may be placed around home plate. Two (2) defensive coaches may coach from the outfield.
4. If a team is ahead by ten (10) or more runs after three (3) complete innings, the game will be over.

ROOKIE COACH PITCH DIVISION:

1. Six (6) innings will constitute a game. However, in case of inclement weather or time expiring, a game will be considered complete after three (3) complete innings of play (2 ½ innings if the home team is ahead).
2. Playing time is limited to fifty (50) minutes **once** three (3) innings have been completed. No new inning will begin after time has expired and three (3) innings have been completed. If teams are tied, the game will result in a tie (except for tournament play).
3. Offensive team coaches may coach from first and third base coach's boxes. A third coach (if available) may be placed around home plate. Two (2) defensive coaches may coach from the outfield.
4. If a team is ahead by ten (10) or more runs after three (3) complete innings, the game will be over.

BATTING RULES:

1. Each team may score a maximum of five (5) runs per inning. Once the fifth run is scored, the inning is over.
2. All players present at the game are placed in the batting order. The batting order must be given to the scorekeeper five (5) minutes prior to the scheduled starting time. Players that arrive after the start of the game will be placed at the end of the batting order. Players who must leave the game for any reason will not be counted out when it is their turn at bat. Instead, the next player in the line-up will bat.
3. A batter, who in the umpire's judgment, slings or throws the bat will be given one (1) warning, then the batter will be called out.



BATTING RULES SPECIFIC TO DIVISIONS

SENIOR KID PITCH DIVISION:

1. On a dropped third strike, the batter is not out and can attempt to reach first, providing first base is unoccupied or first base is occupied with two out. First is still considered occupied even if the runner is stealing second.

JUNIOR COACH PITCH DIVISION:

1. Coaches will be required to throw using a windup position thirty (30) feet from the front of home plate and come set prior to pitch being thrown. The ball should be thrown flat with limited arc in an overhand manor.
2. Batters will be given a maximum of six (6) pitches from the coach or three (3) swinging strikes. If the ball has not been hit into play after six (6) pitches, the batter is out, unless the batter fouls the third swinging strike or sixth non-swinging pitch. The batter cannot be called out on a fouled ball.
3. A hit ball must travel outside the batting circle in front of home plate to be considered a fair ball. The batting circle will be a twenty (20) foot arc that extends from foul line to foul line.
4. A batted ball will automatically become dead if it touches the coach pitching or the safety screen. A non-pitch is announced, no runners advance, and the hitter continues the at bat.
4. There is no bunting allowed.

ROOKIE COACH PITCH DIVISION:

1. Coaches will be required to throw using a windup position thirty (30) feet from the front of home plate and come set prior to pitch being thrown. The ball should be thrown flat with limited arc in an overhand manor.
2. Three pitches will be allowed by the coach before the tee is used. Once the tee is in place, the player will have three swings to put the ball into fair territory before being called out. A foul ball will extend the at bat.
3. A hit ball must travel outside the batting circle in front of home plate to be considered a fair ball. The batting circle will be a twenty (20) foot arc that extends from foul line to foul line.
4. A batted ball will automatically become dead if it touches the coach pitching or the safety screen. A non-pitch is announced, no runners advance, and the hitter continues the at bat.
5. There is no bunting allowed.

BEGINNER TEE BALL DIVISION:

1. Each team will bat each player in the lineup one time per inning. Teams will play two complete innings.
2. Each player will be allowed to run to a single base when the ball is hit. No doubles or triples. The final batter in the lineup will hit a home run each inning.
3. Each player will get 7 attempts to hit the ball into fair territory.
4. A hit ball must travel outside the batting circle in front of home plate to be considered a fair ball. The batting circle will be a 10' arc that extends from foul line to foul line.
5. Score is not kept as this is meant to be a fundamental teaching division.



BASE RUNNING RULES SPECIFIC TO DIVISIONS

GENERAL BASE RUNNING RULES:

1. A base runner must attempt to avoid a collision if the defensive player is making a play on the ball. If the base runner does not avoid a collision and makes aggressive contact, they will be automatically out.
2. Any runner is out at home plate when the runner does not slide or attempt to get around a defensive player who has the ball and is waiting to make the tag. The runner does not have to slide if the defensive player (any player, not just the catcher) does not have the ball.
3. Whenever a tag play is evident, a runner must slide or seek to avoid contact with the fielder. If in the umpire's judgement, aggressive contact is made the runner can be called out.

SENIOR KID PITCH DIVISION:

1. Runners are allowed to take leads and steal at any time if the ball is live.
2. A base runner may advance at any time on a fielding error.
3. Runners shall not advance when the pitcher is on the pitching rubber with the ball in their possession. On a base on balls, the batter may attempt to steal prior to the pitcher coming to this position at their own risk.
4. Each team will have the option to put a courtesy runner on, at any time, for catchers and pitchers only, to help speed up the game between innings. Courtesy runners must be the last batted out in the inning.

JUNIOR COACH PITCH DIVISION:

1. Runners are not allowed to take leads and steal at any time. A base runner that leaves the base before the ball is hit will be given one (1) warning and then will be called out.
2. In order to advance to the next base, the runner must be on or beyond the halfway mark between bases when time is called. If not, the runner must return to the previous base. This will be a judgment call by the umpires. Time is called when the ball is in the possession of a player in the pitching circle.
3. Each team will have the option to put a courtesy runner on, at any time, for catchers only, to help speed up the game between innings. Courtesy runners must be the last batted out in the inning.

ROOKIE COACH PITCH DIVISION:

1. Runners are not allowed to take leads and steal at any time. A base runner that leaves the base before the ball is hit will be given one (1) warning and then will be called out.
2. In order to advance to the next base, the runner must be on or beyond the halfway mark between bases when time is called. If not, the runner must return to the previous base. This will be a judgment call by the umpires. Time is called when the ball is in the possession of a player in the infield.



FIELDING RULES SPECIFIC TO DIVISIONS

GENERAL FIELDING RULES:

1. Obstruction will be called if a defensive player without the ball does not make way for the advancing base runner.

SENIOR KID PITCH DIVISION:

1. Teams will play nine (9) players on defense using the following positions: pitcher, catcher, four (4) infielders, & three (3) outfielders.
2. The infield fly rule will be called. A fair ball (not including a line drive nor an attempted bunt) which can be caught by an infielder with ordinary effort, when first and second, or first, second, and third bases are occupied, before two are out. The pitcher, catcher, and any outfielder who stations himself in the infield on the play shall be considered infielders for the purpose of this rule. Umpires will declare "Infield Fly" for the benefit of the runners.

JUNIOR COACH PITCH DIVISION:

1. Teams will play ten (10) players on defense using the following positions: pitcher, catcher, four (4) infielders, & four (4) outfielders.
2. Pitchers must remain inside the designated pitching circle until the ball has been hit. It is recommended that pitchers wear a face mask.
3. Infielders must remain behind the "player(s) line" until the ball has been hit. The "player(s) line" will be in the umpire's judgment five (5) feet in front of the baseline. Outfielders must remain in the outfield grass until the ball is hit.
4. On a defensive play, if a team tries to throw a runner out at any base, and the ball gets by the defensive player on the throw, the runner will only be allowed to advance one base at their own risk. Once the runner is ruled safe or out by the umpire at that base, that play will be ruled dead, and the next batter will be up.

ROOKIE COACH PITCH DIVISION:

1. Teams will play all eleven (11) players on defense using the following positions: pitcher, four (4) infielders, & six (6) outfielders.
2. Pitchers must remain inside the designated pitching circle until the ball has been hit. It is recommended that pitchers wear a face mask.
3. Fielders must make an overhand throw to first base in order to record an out at first base. The only exception is when the fielding player picks up a batted ball along the first base line.
4. Infielders must remain behind the "player(s) line" until the ball has been hit. The "player(s) line" will be in the umpire's judgment five (5) feet in front of the baseline. Outfielders must remain in the outfield grass until the ball is hit.
5. On a defensive play, if a team tries to throw a runner out at any base, and the ball gets by the defensive player on the throw, the runner will only be allowed to advance one base at their own risk. Once the runner is ruled safe or out by the umpire at that base, that play will be ruled dead, and the next batter will be up.

PITCHING RULES



GENERAL PITCHING RULES:

1. A player removed from the pitcher position may not return to the pitching position for that game.
2. After a coach visits the mound for the second time in one inning, the pitcher must be removed from the mound and cannot pitch again in that game.
3. A team may only use one (1) intentional walk per game. The batter shall be instructed to go straight to first without any pitches being thrown.
4. The balk will be called, but instructional with no penalty.
5. Any player warming up a pitcher must wear full catcher's gear. Coaches may warm up pitchers.
6. Pitch counts must be recorded in the scorebook for every pitcher and every game. The chart below shows the daily max a pitcher can throw and the number of days of rest required before pitching again. Scrimmages should be considered like games and should also follow these requirements.
7. If a pitcher reaches their daily maximum count for pitches while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1) That batter reaches base; 2) That batter is put out; 3) The third out is made to complete the half-inning.

REQUIRED CONSECUTIVE CALENDAR DAYS OF REST:

Age	Daily Max	0 Days	1 Day	2 Days	3 Days	4 Days
9	70	1-20	21-35	36-50	51-60	61+
10	75	1-20	21-35	36-50	51-60	61+
11	80	1-20	21-35	36-50	51-60	61+



FIELD SPECIFICATIONS BY DIVISIONS

SENIOR KID PITCH DIVISION:

1. Bases will be set at sixty (60) feet.
2. Pitching rubber will be set at forty-six (46) feet.

JUNIOR COACH PITCH DIVISION:

1. Bases will be set at sixty (60) feet.
2. Coach will pitch from thirty (30) feet from the back point of home plate.
3. Fair ball arc will be marked twenty (20) feet from the back point of home plate.

ROOKIE COACH PITCH DIVISION:

1. Bases will be set at sixty (60) feet.
2. Coach will pitch from thirty (30) feet from the back point of home plate.
3. Fair ball arc will be marked twenty (20) feet from the back point of home plate.

BEGINNER TEE BALL DIVISION:

1. Bases will be set at thirty (30) feet.
2. Coach will pitch from thirty (30) feet from the back point of home plate.
3. Fair ball arc will be marked ten (10) feet from the back point of home plate.