

12U LEAGUE RULES

The primary goal of the Windsor Recreation Summer Baseball Program is to help each participant experience success as they develop their skills and abilities. An emphasis is placed not only upon the basic skills of baseball, but also on the development of important character qualities such as sportsmanship, teamwork, honesty, courtesy, leadership, and. Our philosophy of success is based upon the premise that a winner is someone who gives his or her best effort whether it is in practice or in games.

High School Rules apply with the following exceptions:

Game Rules

Field of Play:

- A. Bases will be set at 70 feet
- B. Pitchers will pitch from 50 feet

Players and Substitutions:

- A. Nine defensive players on the playing field.
- B. Everyone gets an opportunity to bat before you go through the line-up again.
- C. A pitcher should only pitch 5 innings per week, one pitch equals a full inning (Sun - Sat).
- D. **Between innings, a pitcher is allowed eight warm-up pitches if new and five warm-ups if returning.**
- E. Playing time will be equitable for all players who attend regular practice.

Equipment:

- A. Catchers must wear full protective gear, including athletic supporter.
- B. Batters and runners must wear protective helmet at all times.
- C. No Jewelry may be worn by players. This includes watches, necklaces, and earrings.
- D. Pitchers are strongly encouraged to wear heart guards.
- E. No metal cleats are allowed.
- F. Players must wear issued Town of Windsor jerseys.
- G. All players are encouraged to wear baseball pants or sweats. (No Shorts)

Coaching:

- A. Teams are asked to practice at least once a week and not more than twice a week.
- B. Coaches should start to encourage the players to pick 2-3 specific positions and coach them to positions. At least one infield and one outfield position should be picked by each player.
- C. Players or coaches shall not argue with umpires. If a concern arises as to a rule interpretation the coach shall approach the umpire in a calm and respectful manner to discuss it. **The final decision will rest with the umpire.**
- D. Players shall not intentionally or maliciously run into fielders.
- E. Players and coaches shall conduct themselves in a sportsmanlike manner.

- F. Players and coaches shall not verbalize in any way with the opposing team for intimidation. (**This includes own team members**).
- G. Players shall not carelessly or deliberately throw a bat or other equipment. (Result will be an automatic out and/or possible dismissal from the game.)

Start and End of Game:

- A. Dugout rule: Home team takes the 1st base dugout and Away team takes the 3rd base dugout. Failure to oblige may result in forfeit.
- B. Six (6) innings or a time limit of 75 minutes. **Games will “drop-bat” upon reaching time limit.**
- C. No new inning can start after 75 minutes.
- D. If game ends in a tie – No extra innings will be played.
- E. Clock will begin at the start of the pitch.

Game Play:

- A. **Three outs or 8 batters, whichever comes first.**
- B. On any overthrow, base runners may advance a base at their own risk. The umpire will control the game by calling time when a player has retrieved and returned the ball to the infield or has attempted to throw the ball back to the pitcher. It is the umpire’s decision as to whether a runner had advanced half-way to the next base before the ball had returned to the infield. If the runner had not sufficiently advanced, then he/she must return to the previous base.
- C. Players shall not intentionally or maliciously run into fielders. Runners must stay within the base path, or they are automatically out.
- D. There will be no mercy rule enforced.
- E. **Bunting is allowed.**
- F. Batter is out on a dropped third strike.
- G. Leading off is allowed. Stealing is allowed, except from 3rd base to home. No stealing home on passed balls. No stealing home on throws from the catcher back to the pitcher
- H. No intentional walks.
- I. Free substitution.
- J. Infield fly rule will be enforced.
- K. Pitchers can only pitch five (5) innings per week. One out equals 1/3 inning.
- L. Due to safety concerns, teaching or promoting pitchers to throw curve balls is prohibited.