



2025

Baseball/Softball

SFBI RULEBOOK

GENERAL RULES FOR SFBI

1. Game Time and Arrival:
 - Both teams are required to be at the field no later than 30 minutes prior to the start of the game (Teeball no later than 20 minutes prior). Coaches are to share the infield either taking turns or using their half of the field.
 - Home team is responsible for set-up and tear-down of the bases and pitcher's mound and should be completed before the teams arrive. The Home team is responsible to lock-up the box after the game.
 - Home team takes the first base dugout.
 - All umpires are REQUIRED to be at fields 15 minutes before game time, they are to be ready and dressed to meet with managers at home plate 5 minutes before game time.
2. Game Lengths:
 - Games will last 6 innings –OR– the inning that starts after the game time has passed 1 hr and 30 min will automatically become the last inning.
 - Example: at 1hr and 29 min a new inning begins, which means two more innings will be played – In another game a new inning begins at 1hr and 32min – this will be the last inning.
 - Last inning rules automatically come into effect once it has been determined the last inning is played.
 - *7-9 Baseball and 7-9 Softball may have slightly different interleague rules.
 - * Teeball games are always 3 innings.
 - The game time will start after the first pitch has been thrown, the umpire is to record the time and tell both coaches. When determining the start time of a new inning, the time of the last recorded out in the BOTTOM of the inning is used as the official time. This is when the umpire will determine which inning is the final inning.
3. Last Inning Rule:
 - If the **visiting team** is **WINNING**, they will be limited to the capped number of runs the division allows or 3 outs, whichever occurs first. The home team will then bat to win the game and score as many runs needed to win the game.
 - If the **home team** is **WINNING** by 4 or more runs, the visiting team will be allowed to score only as many runs to tie the game plus 1 run or 3 outs. If the visiting team has tied or taken the lead, the home team then bats to win the game.
 - If the game is **TIED**, both teams are limited to the capped number of runs during their at bats, with the home team allowed to score plus one in order to win the game. If the game ends up tied, no extra innings will be played, except for playoff games.
4. Bats – In baseball divisions, USA or USSSA bats are both acceptable for all divisions. In 7-9 baseball BBCOR is also acceptable. In softball divisions, bats must be 2 ¼ inch softball bats and not baseball bats.
5. Helmets, Fielding Facemasks, and cleats:
 - For all Baseball divisions: batters and runners, must always wear a helmet. Facemasks or cheek guards are required for all divisions.
 - For all Softball divisions: batters and runners, must always wear a helmet with a facemask. Additionally, fielding facemasks must be used by all infielders.

- Rubber cleats are required for all divisions, except 7-9 baseball, rubber cleats are encouraged.
6. Sliding:
- Players must slide on all close plays beginning in 3rd grade. Sliding should be done when necessary to avoid collisions during a play.
 - Only feet first sliding is allowed on advancing bases. NO HEAD first sliding on advancing bases.
 - If the player DID NOT SLIDE, resulting in either a collision or the threat of a collision, or slides head first, the player may be called out for violating the rule. This is a JUDGEMENT CALL by the umpire.
7. Weather:
- If SFBI cancels a game due to weather, it will be announced by 5 PM on weekday games, and 9 AM on Saturday mornings. If the game is not cancelled by SFBI, you are expected to be at the fields to play. If the fields are not suitable for play, due to weather, the umpire will confer with the 2 managers and after agreement, will decide to cancel or play the game.
 - The home team has the discretion to start the game in case of questionable weather. After the start of the game, only the umpire can stop the game due to lightning, darkness, snow or severe weather.
 - If a game is called because of darkness, the score will revert to the last complete inning played. The umpire will have the sole discretion to stop a game after it has started.
 - Complete games are those that reach 4 innings. Games called shorter than 4 innings are suspended games and may or may not be rescheduled.
 - **When lightning is seen OR thunder is heard, all games are IMMEDIATELY suspended.** All managers, coaches, players, fans and umpires are to take shelter in a building or vehicle. **Under no circumstances are the players to be outside of vehicles.** Do not take shelter in unsafe areas including picnic shelters, canopies or under trees. All activities shall be suspended for 30 minutes after the last observed lightning or thunder is heard. If the lightning lasts 30 minutes, the game is cancelled.
 - **If a tornado siren sounds, all games are to be suspended IMMEDIATELY.** Leave equipment and find shelter in the nearest substantial building. Games will be suspended until the “all clear” has been issued by the National Weather Service.
8. If a player is injured and cannot continue with the game or practice a SFBI Incident report must be completed by the coach and given to the **Safety Officer or President** within 48 hours of the incident.
9. Score Reporting: For all leagues above Tee-Ball, scores will be reported and recorded by the division director. The winning team’s head coach is required to report the scores within 24 hours of the completion of the game so that standing can be kept up to date.

DEFINITIONS

Infield Fly Rule – The infield fly rule applies only when there is fewer than two outs and there is a force play at third (runners on first and second, or bases loaded). If a fair, fly ball is hit that in the umpire’s judgment could be caught by an infielder with **ordinary** effort, the batter is out regardless if the ball is caught or not. The runners may run at their own risk, but if the ball is caught, they must tag up.

Intentional Walk – An intentional walk is when the pitcher deliberately pitches the ball away from the batter in order to issue a walk. If in the umpire’s judgment a pitcher is deliberately trying to walk a batter, a warning will be issued for an “unintentional-intentional” walk. If the pitcher continues this action, the umpire will award two bases for the first occurrence with all runners on base moving up the same amount. After the first incident, a home run will be awarded each time the same team attempts an intentional walk in the same game. This call is **NOT SUBJECT** to Discussion.

Hit by Pitch – Batters must attempt to get out of the way of a pitched ball. Batters that are hit by a called strike are not considered hit by a pitch. If a batter is swinging at a pitched ball and is hit by a pitch, it is not considered “Hit by pitch.” Beginning in 3-4 baseball and in 7-9 softball, a pitched ball that hits the ground then hits the batter is considered hit by pitch, but only if an attempt is made to get out of the way.

Home Plate – Home plate is in fair territory. Balls that hit the plate and bounce into fair territory are fair balls. A ball is fair or foul based on where it comes to rest, not where it initially hits the ground, unless it is beyond the first or third bases or when touched.

Balk Rule – The pitcher must come set by coming to a complete stop before he throws a pitch home. Once the pitcher is set he can't move his shoulders or move around unless they step off the back of the rubber. If the pitcher stops a balk will be called. As a result, any men on base are awarded the next base, and the pitch (if it was thrown in the first place) is waved off for a dead ball.

Interference/Obstruction – It is the runner’s responsibility to avoid defensive players when involved in a play. Defensive players that are not involved in a play must not obstruct the base runner. There is no blocking of a base.

Dropped third strike – A dropped third strike occurs when the catcher fails to cleanly catch a pitch for the third strike. A pitch is considered uncaught if the ball touches the ground, or the ball is dropped after being caught. A dropped third strike does not exist if first base is occupied with less than two outs. If there are two outs, it does not matter if first base is occupied or not. The batter becomes a runner and must be tagged or thrown out at first base. If the play is not made, the runner is safe at first and becomes an active base runner.

PENALTIES:

- The penalty for the illegal use of a pitcher, either age or inning count rule is an automatic forfeiture of any game(s) the player was involved in.
- Interference by the runner in the umpire's judgment will result in the runner being called out.
- Interference by the defensive player in the umpire's judgment was intentional will result in the runner being awarded as many base(s) as the umpire deems necessary.
- Any manager or coach ejected from a game will result in an automatic one game suspension and forfeiture of the game. See Umpires section for a more detailed description of this rule.
- Batting out of turn will not result in a penalty. But a team will not gain an advantage from batting out of order. Cordial discussions over this issue will take place between managers and umpire if it should arise.
 - For 7-9 Baseball ONLY – if a player bats out of order – it is recorded as an out. The out will stand and play will continue. If batting out of order results in a hit, walk or hit by pitch, the play will not count and the order will be reset. This must be caught in the inning it occurs in and cannot be more than 1 batter past the out of order, otherwise the lineup continues.
- Leaving a base early when stealing will result in an out after one warning per team per game.
- **Throwing a bat while batting will result in one warning per game for both teams.** After the warning, any bat thrown will result in an out. For clarification, bat throwing is the intentional or accidental throwing of a bat by the batter which, in the judgment of the umpire, constitutes a dangerous situation, or in the judgment of the Umpire the bat hit a player, Umpire or fence.

UMPIRES

- Umpires should arrive 15 minutes before the scheduled game time. You should have your meeting at the plate 5 minutes before game time. If an umpire is not present, both teams should ask for volunteers from the bystanders or coaches. Substitute umpires will be paid. Please report the name and phone number to the league director. The director will pass the information on to the Umpire Director.
- Questions regarding a clarification of the rules must involve the other manager. A manager should ask the umpire for a time out and call the other manager over for a consultation. All conversations with the umpire will be in a normal tone of voice and controlled emotion.
- If a manager believes the umpire has misinterpreted a rule or otherwise erred in the application of a rule, the manager can confer with the umpire to clarify the ruling. If the ruling is to be overturned, the opposing manager is to be informed. Judgment calls are not to be changed. Sometimes it is best to let the umpire's decision stand during the game, and then talk to the umpire after the game.
- You are NOT to question balls and strikes, nor make comments regarding these calls. Please share this philosophy with your fans as well. It is the managers responsibility to control the conduct of the players, parents and fans. The umpire has the right to call a forfeit after a warning (first step) to the manager for unruly behavior.
- DO NOT intimidate, disrespect or argue with an umpire. No verbal abuse or physical contact in any form will be tolerated. Umpires are instructed to eject all violators of this rule, whether it is a manager, coach, player or spectator. Fans (parents and friends) that are seated behind the backstop must refrain from calling balls and strikes and from trying to persuade the umpire. Umpires may ask the manager to clear the area behind the backstop if there is a problem.
- If an umpire ejects a manager or coach for any reason, that manager or coach's team will forfeit the game. A manager will be given one warning prior to ejection. It is the manager's responsibility to control the behavior of all coaches, players and themselves. A coach will be anyone who assists in the dugout or on the field regardless if in uniform or not. In addition to the team, TEAMS' spectators will be given one warning if their behavior is unacceptable to the umpire. If a second warning is given, the team associated with the spectator(s) will forfeit the game.
- If ejected, a manager or coach will be suspended for the next game. If a second violation occurs, the manager will be suspended for the remainder of the season. The league director will investigate all complaints involving managers, coaches and umpires. If the investigation finds any of the rules were violated, the manager or coach could be suspended for the remainder of the season, depending on the severity of the incident.
- The umpire has the right to speed up the game if he feels a manager is deliberately slowing down a game.

Tee-Ball

Base length: 50 Feet

Home to 2nd Base: 70 Feet 8 Inches

Pitching Mound: 40 Feet

Game Length: 3 innings

Official Game: No official Scorekeeping, No umpires, No Forfeits

Bat Restrictions: 2 ¼ Barrel, there is no drop limit. All bats must be in good condition with no dents or cracks.

Safety:

- Cages are strongly recommended on batting helmets.
- All Pitchers, Catchers and First Base players are required to wear a helmet with cage.
- Only one player should have a bat in his or her hands. Warm up swings are to be taken when it is time to bat. The on-deck batter should not have a bat.
- The pitcher must stay in the mound area until the batter hits the ball.
- The manager should warn the other team when a “hard” hitter is up.
- Throwing the bat after hitting the ball is dangerous. If it happens, the batter should be shown the correct way to drop the bat. The player may bat again after this happens.
- An offensive coach must be at home plate with each hitter and hold the ball until everyone is ready.

FIELD SET-UP:

- The batting tee should be set on home plate.
- The home team should draw an arc that reaches from the first base line to the third base line approximately 5 feet from home plate. Any batted ball that stops within the arc is to be considered a foul ball.
- The tees are adjustable and should be adjusted as necessary to match height of batter. Dish soap can be used to make them adjust easier.

GENERAL RULES:

- The entire roster of players on each team, regardless of the number, shall bat each inning.
- When everyone has batted the inning is over.
- All players in attendance shall bat throughout the game.
- All players play the field, with a pitcher, catcher and 5 infielders. Everyone else shall be in the outfield.
- Each player must play at least a minimum of 1 inning in the infield.
- Teams may have 3 adult coaches stationed in the field to provide direction.
- The official ball will be a soft-Tee-ball, provided by the league. The home team should supply the ball.
- The focus of Tee-Ball is to teach the players the game without pressures of winning or losing. Enjoy the game, have fun, let the players have fun.

HITTING RULES:

- There are no strikeouts. Players may take as many swings as necessary to hit the ball off the tee.
- Kids may advance only one base at a time on a hit ball only.
- After Memorial Day [in the SPRING season] and for the FALL season, kids who hit the ball to the grass (out of the infield) can advance to second for a double. All other players may advance one extra base.

- After Memorial Day [in the SPRING season] and for the FALL season, the third inning will be a coach pitch inning, with each child getting three chances to hit a thrown pitch. After three chances they will be given a chance to hit off the tee.
- Coaches may pitch overhand or underhand from wherever they feel comfortable pitching.

BASE RUNNING RULES:

- There is no stealing or leadoffs. Player must stay on base until the ball is hit.
- After Memorial Day [in the SPRING season] and for the FALL season, if a player is called out as a base runner or batter, they are to return to the bench. Please explain why the player was called out and encourage racing to each base.
- If the base runner runs more than 6 feet from a direct line between the two bases to avoid a tag, he/she will be deemed out. Please explain to your player why he/she was called out.
- With the last batter, ALL runners including the hitter will run all the bases.

FIELDING RULES:

- Players are encouraged to get outs all season. The simplest out is always a force out where the defense beats the baserunner to the bag. But please encourage tag-outs as well.
- Encourage pitchers to throw the ball to the first baseman whenever they field the ball.

1st – 2nd Grade Baseball

Base length: 55 Feet

Home to 2nd Base: 77 Feet 9 Inches

Pitching Mound: 38 Feet

Game Length: 6 Innings OR the inning starting after 1hr 30min will automatically be the last inning

Official Game: Maximum 4 runs per inning. Scores will be recorded at completion of game and standings will be kept. See league rules for more information.

Bat Restrictions: From 2 ¼ up to 2 ¾ bats are allowed. See League rules for more information.

Safety:

- Helmets required at all times while batting and running bases. See league rules for more information.
- No ON DECK HITTERS allowed. Player comes from dugout to plate. NO Batting warm-ups allowed (including outside the fence area) once game starts, all practice swings will occur when player approaches plate.
- All players are REQUIRED to wear an athletic supporter including a cup. A player not wearing a cup will only be allowed to play in the outfield.
- All Pitchers are required to wear a helmet when coach is pitching, they are not required when they are pitching. 1st Basemen may wear a helmet if they desire.
- No head-first sliding.

GENERAL RULES:

- An inning is 3 outs or 4 runs. And last inning rules are in effect.
- All players in attendance shall bat throughout the game.
- Catchers on base with 2 outs are eligible to have a pinch runner in order to get ready for the next inning. The runner shall be the player that made the last recorded out.
- A Five-foot arc in front of home plate and extending to the fences on either side denotes the dead ball zone. Any ball hit which does not travel out of the dead ball zone will be considered a foul ball.
- Teams must have at least 7 players to start a game and up to 10 will play defense, with 4 outfielders and 4 infielders, plus pitcher and catcher. Teams may borrow a player from the other team to play OF only. The player borrowed will be the last recorded out from the previous inning.

PITCHING RULES:

Coach Pitch:

- Coaches will pitch innings 1, 3, 4, 6, Players will pitch Innings 2 & 5.
- Umpire is placed behind the catcher all game. When Coach pitches the pitcher will play on either side but must be placed behind the coach.
- When Coach pitches, batter will get 5 pitchers with only swinging strikes called by umpire, there will be NO called strikes. Batter will be called out after 3 strikes or 5 pitches. A foul Ball on last pitch will result in another pitch. An unhittable pitch on the last pitch also will give one bonus pitch. There is no hit by pitch called.
- The coach must pitch from the pitching rubber and pitch overhand. He may or may not pitch from a knee.
- The coach chosen to pitch must be signed up as a volunteer in the SFBI system.

Kid Pitch:

- Kids must pitch from the pitching rubber at 38 feet. No moving up.
- When a player pitches, balls and strikes are called and hit by pitch is allowed.
- There will be no walks. After 4 balls are called, the coach comes in to finish the count, throwing a maximum of 3 pitches. Only swinging strikes on coach pitches will count as strikes.

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- If a kid pitcher hits two batters in their inning, they must be relieved of pitching for the remainder of that game.
- Players can only pitch 1 inning per game.
- All players must be given the opportunity to pitch, if demonstrated they can get the ball to the plate area.

BASE RUNNING RULES:

- On a ball hit to the outfield, when the outfielder gets control of the ball, all runners will be available to advance to the next base only.
- When a hit ball remains in the infield, runners may only attempt to advance one base.
- No leadoffs, no stealing bases, no headfirst sliding. No leaving early allowed – One warning per player. The second warning result in being called out.
- Secondary leads allowed after ball crosses plate, but runners cannot advance until the ball is put in play (even on overthrows or throw downs from the catcher).
- Runners must attempt to slide to avoid contact (except 1st base) – if the runner does not slide, use this as a coaching moment.
- Infielders cannot block base paths – One warning per player. The second warning results in the baserunner being awarded the next base.

FIELDING and HITTING RULES:

- There will be no advancements on overthrows. We want our defense to learn to try to make a play.
- Four outfielders are used in the game. All Outfielders MUST start play on the grass. All players must play two innings in the infield, before the end of the 4th inning.
- Two coaches are allowed in the field for defensive coaching, along with one at the mound during kid pitch innings.
- To speed up the game, please have an offensive coach behind the catcher to retrieve pitched balls.

BASEBALL RULES NOT USED:

- Infield Fly, Dropped 3rd strike, Bunting, Intentional walk, Balks

3rd – 4th Grade Baseball

Base length: 60 Feet

Home to 2nd Base: 84 Feet 10 Inches

Pitching Mound: 44 Feet

Game Length: 6 Innings OR the inning starting after 1hr 30min will automatically be the last inning.

Official Game: Maximum 4 runs per inning. Scores will be recorded at completion of game and standings will be kept. See league rules for more information.

Bat Restrictions: From 2 ¼ up to 2 ¾ bats are allowed. See League rules for more information.

Safety:

- Helmets required at all times while batting and running bases. See league rules for more information.
- On deck batters are allowed. Only batters and on-deck batters are allowed to have bats in hands.
- All players are REQUIRED to wear an athletic supporter including a cup. A player not wearing a cup will only be allowed to play in the outfield.
- No head-first sliding.

GENERAL RULES:

- An inning is 3 outs or 4 runs. And last inning rules are in effect.
- All players in attendance shall bat throughout the game.
- Catchers on base with 2 outs are eligible to have a pinch runner in order to get ready for the next inning. The runner shall be the player that made the last recorded out.
- Teams must have at least 7 players to start a game and up to 10 will play defense, with 4 outfielders and 4 infielders. Teams may borrow a player from the other team to play OF only. The player borrowed will be the last recorded out from previous inning.

PITCHING:

- Each game must start with a 3rd grade pitcher.
- Pitchers may pitch 2 innings or 6 outs per game, and no more than 6 innings per week (Sunday through Saturday) and 2 innings max per day.
- Once a pitcher is removed from the game he may not pitch again that game.
- If a pitcher hits 2 batters in a game, he shall be removed from pitching in that game. Any exception to this rule must be mutually agreed upon by both managers.
- Managers are allowed 1 visit to the mound per pitcher per game. The 2nd visit requires removing the pitcher from the game.
- All players must be given the opportunity to pitch, if demonstrated they can get the ball to the plate area.
- Walks are issued after 4 balls.

BASE RUNNING:

- Stealing of 2nd & 3rd Base will be allowed, AFTER the ball has crossed the plate. Only ONE successful steal of home is allowed per half-inning. After a successful steal home, the only way for a player to advance home is on a walk or a batted ball.
- There will be NO base advancements on overthrows during a steal. We want our young catchers to throw.
- Runners must attempt to slide to avoid contact (except 1st base) – if the runner does not slide, use this as a coaching moment.
- Infielders cannot block base paths – one warning per player. The second warning results in the baserunner being awarded the next base.

- Leading off the bases is not allowed, but secondary leads are allowed after the ball crosses the plate. A player stealing (leaving) early will be called back and then out after one warning per team.

FIELDING and HITTING RULES:

- When a ball is hit to the outfield, as soon as the ball is in CONTROL by an INFIELDER (cut-off man) the base runner(s) will stop at the base they are heading to, no advancing to any additional bases, the key is CONTROL by the first INFIELDER to control the ball during the play (including the catcher).
- There will be no advancements on overthrows. We want our defense to learn to try to make a play.
- A ball that goes out of play results in a one base advancement for all runners including home. This does not count as a steal of home.
- Four outfielders are used in the game. All outfielders MUST start play on the grass. All players must play two innings in the infield, before the end of the 5th inning.

BASEBALL RULES NOT ALLOWED:

- Infield Fly Rule, Dropped 3rd strike, Bunting, Intentional walk, Balks

5th – 6th Grade Baseball (House)

Base length: 70 Feet

Home to 2nd Base: 99 Feet

Pitching Mound: 50 Feet

Game Length: 6 Innings OR the inning starting after 1hr 30min will automatically be the last inning.

Official Game: Maximum 4 runs per inning. Scores will be recorded at completion of game and standings will be kept. See league rules for more information.

Bat Restrictions: From 2 ¼ up to 2 ¾ bats are allowed. See League rules for more information.

Safety:

- Helmets required at all times while batting and running bases. See league rules for more information.
- On deck batters are allowed. Only batters and on-deck batters are allowed to have bats in hands.
- All players are REQUIRED to wear an athletic supporter including a cup. A player not wearing a cup will only be allowed to play in the outfield.
- No head-first sliding (except when heading back to a base).

GENERAL RULES:

- An inning is 3 outs or 4 runs. And last inning rules are in effect.
- All players in attendance shall bat throughout the game.
- Catchers on base with 2 outs are eligible to have a pinch runner in order to get ready for the next inning. The runner shall be the player that made the last recorded out.
- Teams must have at least 8 players to start a game and up to 9 will play defense in standard baseball positions. Teams may borrow a player from the other team to play OF only. The player borrowed will be the last recorded out from previous inning.

PITCHING:

- Pitchers may pitch 2 innings or 6 outs per game, and no more than 6 innings per week (Sunday through Saturday) and 4 innings max per day, in case of double headers (or extra innings).
- Once a pitcher is removed from the game, he may not pitch again that game.
- If a pitcher hits 2 batters in one inning or 3 hit batters in a game, he shall be removed from pitching in that game.
- Managers are allowed 2 visits to the mound per pitcher per game. The 3rd visit requires removing the pitcher from the game.
- All players must be given the opportunity to pitch, if demonstrated they can throw one strike out in a simulated inning of 3 batters.

BASE RUNNING:

- Stealing of all bases will be allowed, AFTER the ball has left the pitcher's hand, including home.
- One extra base is allowed on an overthrow by the catcher – either an overthrow to a base or to the pitcher – but the runner runs at his own risk.
- Runners established at third base can only steal home once an inning. This includes scoring on wild pitches, passed balls and pitcher-catcher exchanges.
- After one established third base runner has successfully stolen home in an inning, the only way for such a runner on third to come home is with a batted ball put in play, or forced in with a walk or hit by pitch.
- A runner cannot steal home after the pitcher has caught a clean throw back from the catcher.

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- Runners must attempt to slide to avoid contact (except 1st base) – if the runner does not slide, both teams will be warned the first time. Subsequent failures to slide or avoid contact, can result in an out – at the umpires discretion.
- Infielders cannot block base paths – if they do, the baserunner will be awarded the next base.
- Leading off the bases is not allowed, but secondary leads are allowed after the ball leaves the pitchers hand. A player leaving early on a steal will be called back and then out after one warning per team.

FIELDING and HITTING RULES:

- The ball is live at all times until the umpire calls time when the pitcher has the ball and all runners have been looked back to the base. Until that point, runners may advance at their own risk.
 - This **does not** mean either that the pitcher is a dead-ball zone (with the defense rushing to get the ball to the pitcher), nor that runners can try to keep running once the pitcher has control and they have arrived safely at a base.
- A ball that goes out of play results in a one base advancement for all runners including home. This does not count as a steal of home.
- All outfielders MUST start play on the grass.
- All players must play two innings in the infield, before the end of the 5th inning.

BASEBALL RULES ALLOWED:

- Bunting

BASEBALL RULES NOT ALLOWED:

- Infield Fly Rule, Dropped 3rd strike, Intentional walk, Balks

7th – 9th Grade Baseball (House)

Base length: 80 Feet

Home to 2nd Base: 113 Feet 2 Inches

Pitching Mound: 54 Feet

Game Length: 7 Innings OR the inning starting after 1hr 30min will automatically be the last inning.

Official Game: Maximum 5 runs per inning. Scores will be recorded at completion of game and standings will be kept. See league rules for more information.

Mercy Rule: If behind 10 runs or more after 5 innings (4 ½ if home team is ahead), the losing team may call mercy.

Bat Restrictions: From 2 ¼ up to 2 ¾ bats are allowed. See League rules for more information.

Safety:

- Helmets required at all times while batting and running bases. See league rules for more information.
- On deck batters are allowed. Only batters and on-deck batters are allowed to have bats in hands.
- All players are REQUIRED to wear an athletic supporter including a cup. A player not wearing a cup will only be allowed to play in the outfield.
- No head-first sliding (except when heading back to a base).
- Players may coach bases, but they are required to wear a helmet.

GENERAL RULES:

- An inning is 3 outs or 5 runs. And last inning rules are in effect.
- All players in attendance shall bat throughout the game.
- Catchers or pitchers on base are eligible to have a pinch runner in order to get ready for the next inning. The runner shall be the player that made the last recorded out.
- Teams must have at least 8 players to start a game and up to 9 will play defense in standard baseball positions. Teams may borrow a player from the other team to play OF only. The player borrowed will be the last recorded out from previous inning.

PITCHING:

- Each game must start with a 7th grade pitcher who must complete at least one full inning.
- There will be one balk warning per pitcher.
- Pitchers may pitch 3 innings or 9 outs per game. No max per week.
- Once a pitcher is removed from the game, he may not pitch again that game.
- If a pitcher hits 2 batter in one inning or 3 batters in a game, he shall be removed from pitching for that game.
- Managers are allowed 2 visits to the mound per pitcher per game. The 3rd visit requires removing the pitcher from the game.
- All players must be given the opportunity to pitch, if demonstrated they can throw one strike out in a simulated inning of 3 batters.

BASE RUNNING:

- Stealing of all bases will be allowed and lead-offs are allowed.
- Runners must attempt to slide to avoid contact (except 1st base) – if the runner does not slide, the umpire may call him out.
- Sliding head-first into an advancing base is an automatic out.
- Infielders cannot block base paths – if they do, the baserunner will be awarded the next base.

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- One base will be awarded on an overthrown ball that goes out of play.

FIELDING and HITTING RULES:

- The ball is live at all times until the umpire calls time. Runners advance at their own risk.
- All outfielders MUST start play on the grass.
- All players must play at least one innings in the infield, before the end of the 5th inning.

BASEBALL RULES ALLOWED:

- Infield Fly Rule, Bunting, Dropped 3rd strike, Balks

BASEBALL RULES NOT ALLOWED:

- Intentional walk

1st – 3rd Grade Softball

Base length: 60 Feet

Home to 2nd Base: 84 Feet 10 Inches

Pitching Mound: 30 Feet

Ball Size: 11 inches

Game Length: 6 Innings OR the inning starting after 1hr 30min will automatically be the last inning.

Official Game: Maximum 4 runs per inning. Scores will be recorded at completion of game and standings will be kept if more than 2 teams. See league rules for more information.

Playoffs Only: All 6 innings will be played unless winning team is ahead by 10 or more runs after 2 hours.

Bat Restrictions: 2 ¼ barrel max, no longer than 33 inches. See League rules for more information.

Safety:

- Cages are required on batting helmets.
- All infielders must wear protective face masks or helmets.
- Helmets required at all times while batting and running bases. See league rules for more information.
- No on deck hitters allowed. Player comes from dugout to plate. NO Batting warm-ups allowed (including outside the fence area) once game starts, all practice swings will occur when player approaches plate.
- Only managers, coaches and players are allowed in the dugout.
- No head-first sliding.

GENERAL RULES:

- An inning is 3 outs or 4 runs. And last inning rules are in effect.
- All players in attendance shall bat throughout the game.
- Catchers on base with 2 outs are eligible to have a pinch runner in order to get ready for the next inning. The runner shall be the player that made the last recorded out.
- Teams must have at least 7 players to start a game and up to 10 will play defense, with 4 outfielders and 4 infielders, plus pitcher and catcher. Teams may borrow a player from the other team to play OF only. The player borrowed will be the last recorded out from the previous inning.
- Coaches will make an effort to keep the game moving by having catchers ready quickly and limiting warm-up pitches to 5-7 (Umpire watches warm-up pitches as well), and ensuring batters are on-deck.
- To speed up the game, please have an offensive coach behind the catcher to retrieve pitched balls.
- As a standard, the umpires will be standing behind the plate / catcher in this division, like our older divisions.

PITCHING RULES:

Coach Pitch:

- Coaches will pitch innings 2, 4, & 6.
- When Coach pitches the pitcher will play on either side but must be placed behind the coach.
- When Coach pitches, batter will get 5 pitches with only swinging strikes called by umpire, there will be no called strikes. Batter will be called out after 3 strikes or 5 pitches (They do not get to swing 5 times). A foul ball on last pitch will result in another pitch. An unhittable pitch on the last pitch also will give one bonus pitch. An unhittable pitch should be obviously outside of the strike zone, but is up to the umpires discretion. There is no hit by pitch called.
- The coach must pitch underhand from the mound.
- The coach chosen to pitch must be signed up as a volunteer in the SFBI system.

Kid Pitch:

- Players will pitch Innings 1, 3, & 5.

- There will be no walks. After 4 balls are called, the coach comes in to finish the count, throwing the number of remaining strikes. Example, kid throws 1 strike, coach would have 2 pitches to finish count. Kid throws 0 strikes, coach would have 3 pitches to finish count.
- Hit by pitch is called when it hits a batter in the air, NOT on the ground or on a bounce. However, the batter must attempt to get out of the way for this and will be called at the umpire's discretion.
- If a kid pitcher hits 2 batters in her inning, she must be relieved of pitching for the remainder of that game.
- Relief pitchers will be given a minimum of 5 and a maximum of 7 pitches for warm-up. Pitchers will get 7 warm-up throws to start each inning.
- Either windmill style or underhand style of pitching is acceptable in this division.
- Every player is required to pitch 1 inning within the first 4 games. If a player is determined not to pitch, even with encouragement, an exception can be made.
- Pitchers can pitch only 1 inning per game.
- FOR PLAYOFFS ONLY: If a game is tied at the end of 6 innings it requires extra innings until a winner is established. Odd number innings will be kid pitch innings, an even number inning will coach pitch.
 - A player that pitched in inning 1,3 or 5 may pitch one additional inning in overtime.
- As a coaching opportunity, encourage one foot to start on the pitching rubber and remaining in contact with the rubber when the ball is released. No leaping.

BASE RUNNING RULES:

- No leadoffs, no stealing bases, no headfirst sliding. No leaving early allowed – One warning per player. The second warning result in being called out.
- Secondary leads allowed after ball crosses plate, but runners cannot advance until the ball is hit in play (even on overthrows or throw downs from the catcher).
- Runners must attempt to slide to avoid contact (except 1st base) – if the runner does not slide, use this as a coaching moment only.
- On a ball hit to the outfield (grass), continue taking bases until the outfielder gets control of the ball, all runners will be available to advance to the base they are headed to at that point.
- When a hit ball remains in the infield, runners may only attempt to advance one base.
- Infielders cannot block base paths – if the fielder blocks the path, use this as a coaching moment only.

FIELDING and HITTING RULES:

- There will be no advancements on overthrows. We want our defense to learn to try to make a play.
- Maximum of four outfielders are used in the game. All Outfielders MUST start play on the grass.
- All players must play two innings in the infield, before the end of the 4th inning.
- Two coaches are allowed in the field for defensive coaching, along with one at the mound during kid pitch.
- There is no minimum distance a hit ball must land from home plate to be fair. (T-ball and baseball play with a semi-circle at home plate that creates a minimum distance the ball must be hit to be considered fair, 1-3 softball does not.)
- Please teach your fielders to cover their bases appropriately. Standing with 2 feet on the bag is a safety concern. Use this as a coaching moment only.
- Please remind your players to play in front of or behind the baselines, not on the baselines. This is for safety. Continue to remind them during the games. This is a coaching opportunity, not a penalty.

SOFTBALL RULES ALLOWED:

- Bunting

SOFTBALL RULES NOT USED:

- Infield Fly, Dropped 3rd strike, Intentional walk, Balks

4th – 6th Grade Fastpitch Softball

Base length: 60 Feet

Home to 2nd Base: 84 Feet 10 Inches

Pitching Mound: 35 Feet

Ball Size: 11 inches

Game Length: 6 Innings OR the inning starting after 1hr 30min will automatically be the last inning.

Official Game: Maximum 4 runs per inning. Scores will be recorded at completion of game and standings will be kept. See league rules for more information.

Playoffs Only: All 6 innings will be played unless winning team is ahead by 10 or more runs after 2 hours.

Bat Restrictions: 2 ¼ barrel max, no longer than 33 inches. See League rules for more information.

Safety:

- Cages are required on batting helmets.
- All infielders must wear protective face masks or helmets.
- Helmets required at all times while batting and running bases. See league rules for more information.
- On deck batters are allowed. Only batters and on-deck batters are allowed to have bats in hands.
- No head-first sliding.

GENERAL RULES:

- An inning is 3 outs or 4 runs. And last inning rules are in effect.
- All players in attendance shall bat throughout the game.
- Catchers/Pitchers on base with 2 outs are eligible to have a pinch runner in order to get ready for the next inning.
- Teams must have at least 8 players to start a game and up to 10 will play defense, with 4 outfielders and 4 infielders, plus pitcher and catcher. Teams may borrow a player from the opposing team to play outfield only. The player borrowed will be the last recorded out from the previous inning.
- Substitute players for a game may be found in advance if you will not have 8 players. These subs must be South Farmington players from other teams in the division or 1 division below. They can play any position other than pitcher, and bat in any order.
- Coaches will make an effort to keep the game moving by having catchers ready quickly and limiting warm-up pitches to 5-7 (Umpire watches warm-up pitches as well), and ensuring batters are on-deck.

PITCHING:

- **SPRING SEASON ONLY:** Every player is required to pitch 1 inning within the first 4 games. If a player is determined not to pitch, even with encouragement, an exception can be made.
- **New for Spring 2025: Coach pitching will only be permitted until Memorial Day (May 26). After Memorial Day this division will move to standard baseball/softball with 4 balls pitched resulting in a walk.**
- **Coach pitch (Until Memorial Day):** There will be no walks. After 4 balls are called, the coach comes in to finish the count, throwing the number of remaining strikes. If the final coach pitch is unhittable a bonus pitch is thrown. An unhittable pitch should be obviously outside of the strike zone, but is up to the umpires discretion.
- **For coaches pitching:** One foot to remain contact with rubber through the pitch.
- **For players:** One foot must start on the rubber during a pitch. No leaping.
- **Hit by pitch** is called when it hits a batter in the air or ground, however, a player must make an attempt to get out of the way of the pitch or the base will not be awarded.

- This division is fastpitch, pitchers should utilize the windmill delivery. However, underhand delivery may also be used on occasion.
- Pitchers limit is 2 innings per game. They do not have to be consecutive. If a pitcher has pitched one pitch in an inning, it is considered an inning.
- FOR PLAYOFFS ONLY: If a game is tied at the end of 6 innings it requires extra innings until a winner is established. Extra innings (beginning in the 7th inning) resets a pitchers count to zero, so she may pitch 2 extra innings.
- If a pitcher hits 3 batters in a game, she shall be removed from pitching in that game.
- Managers/Coaches are allowed 2 visits to the mound per pitcher per game. The 3rd visit requires removing the pitcher from the game.

BASE RUNNING:

- All Runners can steal 2nd and 3rd unlimited but only one runner can successfully steal home per inning.
- Runners may only leave the base to steal or advance when the pitch crosses the plate or is hit. Leaving a base early will result in an out after one warning per team per game. This is at the Umpires' discretion and is not subject to discussion.
- Runners must slide or give themselves up to avoid a collision with the fielder (except 1st base). All base runners can be called out for failing to avoid contact.
- Infielders cannot block base paths. If the umpire deems the baserunner's path was blocked, the baserunner will be awarded the next base.
- There will be NO base advancements on overthrows during a steal. We want our young catchers to throw.

FIELDING and HITTING RULES:

- No runners may advance on an overthrow, except for an overthrow to first base, if the ball is thrown past first base, all runners may advance one base at their own risk. If the overthrown ball is deemed out of play, then all runners receive one free base.
- When a ball is hit to the outfield, as soon as the ball is in control by **any infielder** the base runner(s) will stop at the base they are heading to. No advancing to any additional bases.
- This is a learning league and we want to teach kids to throw the ball and learn where to throw it and not punish them for doing so.
- All outfielders MUST start play on the grass.
- All players must play two innings in the infield, before the end of the 5th inning.

SOFTBALL RULES ALLOWED:

- Bunting, Slap bunting

SOFTBALL RULES NOT ALLOWED:

- Dropped 3rd strike, Intentional walk, Balks, Infield Fly Rule

7th – 9th Grade Fastpitch Softball (House)

Base length: 60 Feet

Home to 2nd Base: 84 Feet 10 Inches

Pitching Mound: 40 Feet

Ball Size: 12 inches

Game Length: 6 Innings OR the inning starting after 1hr 30min will automatically be the last inning.

Mercy Rule: If behind 12 runs or more after 5 innings (4 ½ if home team is ahead), the losing team may call mercy.

Official Game: Maximum 5 runs per inning. Scores will be recorded at completion of game and standings will be kept. See league rules for more information.

Playoffs Only: All 6 innings will be played unless winning team is ahead by 10 or more runs after 2 hours.

Bat Restrictions: 2 ¼ barrel max, no drop limit. See League rules for more information.

Safety:

- Cages are required on batting helmets.
- All infielders must wear protective face masks.
- Helmets required at all times while batting and running bases. See league rules for more information.
- On deck batters are allowed. Only batters and on-deck batters are allowed to have bats in hands.
- No head-first sliding (except when heading back to a base).

GENERAL RULES:

- An inning is 3 outs or 5 runs. And last inning rules are in effect.
- All players in attendance shall bat throughout the game.
- Catchers on base with 2 outs are eligible to have a pinch runner in order to get ready for the next inning. The runner shall be the player that made the last recorded out.
- Teams must have at least 8 players to start a game and up to 9 will play defense, with 3 outfielders and typical softball positions. Teams may borrow a player from the other team to play outfield only. The player borrowed will be the last recorded out from the previous inning.
- Substitute players for a game may be found in advance if you will not have 8 players. These subs must be South Farmington players from other teams in the division or 1 division below. They can play any position other than pitcher, and bat in any order.

PITCHING:

- Walks are issued after 4 balls.
- Hit by pitch is called according to normal softball rules.
- If a pitcher hits three batters in the game, she must be relieved of pitching for the remainder of that game.
- No pitcher may pitch more than 9 outs per game. Once the pitcher has been removed from the game as a pitcher, they can not return as a pitcher to that game.
- FOR PLAYOFFS ONLY: If a game is tied at the end of 6 innings it requires extra innings until a winner is established. Extra innings (beginning in the 7th inning) resets a pitchers out count to zero, so she may pitch 9 outs in extra innings.
- Managers/Coaches are allowed 2 visits to the mound per pitcher per game. The 3rd visit requires removing the pitcher from the game.
- Fastpitch technique should begin to be taught to all pitchers.
 - One foot must start on the rubber during a pitch. No leaping.
 - All pitchers should utilize the windmill delivery if able.

BASE RUNNING:

- Stealing all bases (including home) will be allowed, AFTER the ball has left the pitcher's hand.
- Runners must attempt to slide to avoid contact (except 1st base) – if the runner does not slide, the umpire may call him out.
- Sliding head-first into an advancing base is an automatic out.
- Infielders cannot block base paths – if they do, the baserunner will be awarded the next base.
- One base will be awarded on an overthrown ball that goes out of play.

FIELDING and HITTING RULES:

- The ball is live at all times until the umpire calls time and the ball is in the pitcher's hand and she is in the pitcher's circle. Until that point, runners advance at their own risk.
- All outfielders MUST start play on the grass.
- All players must play two innings in the infield, before the end of the 5th inning.
- Infielders cannot block base paths – one warning per player. The second warning results in the baserunner being awarded the next base.

SOFTBALL RULES ALLOWED:

- Infield Fly Rule, Bunting, Slap-bunting, Dropped 3rd Strike

SOFTBALL RULES NOT ALLOWED:

- Intentional walks

South Farmington CODE OF CONDUCT

PLAYERS:

All players participating in South Farmington Baseball & Softball League shall:

- Demonstrate good sportsmanship by example and encourage it from fellow players, coaches, officials, and parents.
- Play by the rules of the game set by your division.
- View baseball / softball as an opportunity to learn and to have fun.
- Remain respectful toward other players, coaches, referees, and spectators.
- Never argue or complain about referees' calls or decisions.
- Make every effort to be at ALL practices and games on time.
- Maintain an even temperament and resist retaliation.
- Concentrate on playing hard for both themselves and their team.

PARENTS/GUARDIANS/COACHES/SPECTATORS:

All parents, guardians, coaches, and/or spectators participating in or observing South Farmington Baseball & Softball League shall:

- Encourage good sportsmanship and self-discipline by demonstrating positive support for ALL players and coaches on both teams.
- Never argue or complain about referees' calls or decisions.
- Play by the rules of the game set by your division with no "gamesmanship" or "loophole" exploitation of how the rules are written.
- Make athletic participation for their child and all others a positive and fun experience.
- Give encouragement and show interest in their child's teams.
- Help their child work toward good sportsmanship in every game.
- Attempt to relieve the pressure of competition and place the emotional and physical wellbeing of players ahead of a desire to win.
- Be respectful toward coaches, referees, and other parents.
- Alert coaches of any player's health conditions that may impact his or her participation.
- Support all efforts to remove verbal and physical abuse from youth sports activities.
- Refrain from coaching and refereeing from the sidelines.
- Make every effort to drop off and pick up players at designated practice times.

Parents, guardians, and coaches are responsible for the behavior of the spectators in attendance for their respective teams. Any behavior deemed egregious by the ethics director, division director, league commissioner, and/or the league president will result in punishment to the team in addition to possible removal of the player/coach/parent/spectator from the league and all future events.

Egregious acts toward an umpire, player, coach, or spectator in attendance are considered (but not limited to) the following:

- Verbal Abuse or foul language.
- Pointing out / mocking errors, strikeouts, strikes, or any other play / coaching on the field
- Threat of violence and/or physical violence.
- Heckling, "Booing", Taunting, and/or any variation of abuse and/or tactics used to distract the umpire or teams.
- Disrupting a game, practice, or South Farmington Baseball & Softball event.
- Unsportsmanlike conducts and/or refusing to shake hands after the game.

Violations of these rules will result in the immediate removal of the parent(s)/Guardian(s)/coach(s)/ and/or player from the game, followed by a review by the ethics director, division director, league commissioner, and league president, possibly resulting in further discipline and/or removal from the league.

Removal from the league will result in a forfeit of league registration fees and no refund shall be issued.

South Farmington CHILD PROTECTION PLAN

The South Farmington Little League has adopted the following policies for the safety and well-being of its members. These policies primarily protect youth members; however, they also serve to protect adult leaders. Parents and youth using these safeguards outside the Little League program further increase the safety of their youth. Little League leaders in positions of youth leadership and supervision outside the Little League programs will find these policies help protect youth in those situations as well.

One-on-one contact between adults and youth members is prohibited. In situations requiring a personal conference, discipline or corrective behaviors, the meeting is to be conducted with the knowledge and in view of other adults and/or youth.

Discipline must be constructive. Discipline used in SFLL must be constructive and reflect the Little League values. Corporal punishment is never permitted. Disciplinary activities involving isolation, humiliation, or ridicule are prohibited. Examples of positive discipline include verbal praise and high fives.

Two-deep leadership and no one-on-one contact between adults and youth members includes digital communication. Leaders may not have one-on-one private online communications or engage one-on-one in other digital activities (games, social media, etc.) with youth members. Leaders should copy a parent and another leader in digital and online communication, ensuring no one-on-one contact exists in text, social media, or other forms of online or digital communication.

The buddy system should be used at all times. The buddy system is a safety measure for all Little League activities. Buddies should know and be comfortable with each other. Self-selection with no more than two years age or significant differences in maturity should be strongly encouraged. When necessary, a buddy team may consist of three players. No youth should be forced into or made to feel uncomfortable by a buddy assignment

Privacy of youth is respected. Adult leaders and youth must respect each other's privacy, especially in situations such as changing clothes and taking showers at Tournaments. Adults may enter youth changing or showering areas only to the extent that health and safety requires. Adults must protect their own privacy in similar situations.

No secret organizations. South Farmington Little League does not recognize any secret organizations as part of its program. All aspects of our programs are open to observation by parents and leaders.

No hazing. Hazing and initiations are prohibited and may not be included as part of any Scouting activity.

No bullying. Verbal, physical, and cyberbullying are prohibited in South Farmington Little League. Incidents requiring an immediate report to the South Farmington Executive Board. The following must be reported to the council Scout executive for action immediately:

- Any threat or use of a weapon
- Any negative behavior associated with race, color, national origin, religion, sexual orientation, or disability
- Any abuse of a child that meets state reporting mandates for bullying or harassment
- Any mention or threats of suicide