



Sports Mission and Purpose

To provide exceptional community-based Athletic programs for all ages by providing quality service to all participants while offering a safe and well-maintained environment where our customers can gather for a fun and enjoyable experience.

Sports Goals

- Learning fundamental and basic sport-specific skills and establishing building blocks for overall improvement.
- Teaching the value of teamwork and becoming an effective member of a team.
- Teach sportsmanship and fair play by emphasizing proper treatment of teammates, coaches, opponents, and officials.
- Create opportunities for the community members of Dacono, Frederick, and Firestone to connect and build relationships and friendships through sports programs.

Code of Conduct

As a coach, player, parent, or spectator at a Carbon Valley Parks and Recreation District (CVPRD) I understand:

1. Verbal abuse, physical abuse and/or altercation, harassment, and/or unsportsmanlike behavior towards an official, player, spectator, supervisor, or CVPRD staff member is not tolerated.
2. All coaches, players, parents, and spectators will abide by the official's decision. The official's decision and/or calls are not arguable. If you have a concern regarding the officiating, contact CVPRD Staff.
3. **Smoking/vaping/chewing tobacco and alcohol are prohibited at all CVPRD programs, activities, and facilities; at SVVSD facilities, and at parks and facilities in the Town/City of Firestone, Frederick, and Dacono unless otherwise noted.**
4. Any coach, player, parent, or spectator ejected from the game must leave the playing facility/area immediately upon request. Refusal to leave is considered trespassing and law enforcement will be called to assist in removal.
5. The zero-tolerance policy is in effect at all CVPRD sports events.

Zero Tolerance Policy

Officials, game supervisors, and CVPRD Sports Staff have the authority to reprimand any player, coach, spectator, or team if code of conduct is violated.

Penalties will range from:

- Warning
- Ejection from game
- Suspension from future games
- Forfeit of the game or season
- Law enforcement called

CVPRD Coordinators will handle disciplinary procedures on a case-by-case basis.

By receiving this form, you agreeing to the CVPRD Code of Conduct



Baseball Rules

Rules follow NFHS Rules unless otherwise modified by league. - Revised April 2025

Player's Equipment

Mandatory Equipment:

- League-provided jerseys & hats
- Athletic pants or baseball pants
- Glove
- Footwear – tennis shoes or soft-cleated baseball shoes without a toe cleat

Prohibited Items:

- Jewelry of any sort, including earrings, necklaces, and watches

Conditionally Permitted Items:

- Religious medals or medical tags taped to the body
- Splints, casts, braces, or other joint support devices, which, in the umpire's opinion, are not inherently dangerous or are padded with pliable materials to eliminate the dangerous condition
- In cold weather, players may wear athletic pants or long sleeves under the jersey. Knitted stocking caps and gloves are permitted during adverse weather conditions

Umpires

- All games will have 1 umpire
- If no umpire is appointed, a parent/coach or assistant from both teams shall serve as umpires. The field supervisor will provide an umpire mask and clicker
- All rule infractions shall be briefly explained to the offending player

Number of Players

- Minimum number of players to start a game shall be 8
- If a team starts with only 8 players, there is no automatic out for the 9th batting position
- If a 9th player arrives during the game, they will be added to the bottom of the batting order. The team may have nine players on the field and in the batting order for the remainder of the game. Maximum number of players on the game field shall be 9
- Recommended number of players on the roster shall be 12-14

The Field

- 10U
 - Base distance shall be 60 feet
 - Pitching distance shall be 45 feet
- 12U
 - Base distance shall be 70 feet
 - Pitching distance shall be 50 feet

The Equipment

- Bats: Stamped with the official USA or USSSA
- 10U (-10) & 12U (-5) or (-3)

Start of Play

- Home team will take the 1st base dugout and start in the field
- Away team will take the 3rd base dugout and start batting

Method of Scoring

- Teams will report scores directly to TeamSideline via the app



10U (age: 9-10)

Rules of the Game

1. Game Duration:

- 1 hour and 30 minutes or 6 innings (5 1/2 if the home team is ahead), whichever comes first.
- In case of bad weather, light failure, etc. three (3) complete innings will constitute a complete game **or** if one hour has elapsed. If neither has occurred, the game will be scored 0-0 or game not played.
- 5 runs per inning.

2. Run Rule:

- Game will be called if the following run rule happens:
 - 15 after 3 innings
 - 10 after 4 innings

3. Playing Time:

- Players will receive equal playing time
- All players will play at least one inning in the infield per game. If a shortened game prevents this, the player will start in the infield the next game
- Any coach who feels a player could be in danger or unsafe to participate in the infield should notify the umpire and opposing coach prior to the game
- No player shall sit out more than one (1) inning consecutively except for disciplinary reasons, injury, or ejection. No player shall sit a second time before EVERY player sits one complete inning

4. Pitching Rules:

- All pitchers will be limited to two (2) innings per game - ENFORCED
- Pitch counts are recommendations, but not enforced:
 - Per day max = 75 pitches
 - Per week max = 90 pitches. Week starts on Sunday
 - Days of Rest: Recommended, but not enforced:
 - 1-34 pitches = 0 days
 - 35-44 pitches = 1 day
 - 45-54 pitches = 2 days
 - 55-65 pitches = 3 days
 - 66+ pitches = 4 days

5. Balks:

- Balks will be called. Each pitcher will receive 1 warning
- **Leading Off:**
 - No Leading Off in 10U.
- **Prolonged Delay:**
 - To avoid prolonged delay of the game, when all reasonable play has ended, and the pitcher has possession of the ball in the pitcher's mound area, all runners must return to the previous base occupied
- **Infield Fly Rule:**
 - No infield fly rule
- **Bunting:**
 - Bunting is allowed. A bunt that goes foul as strike 3 is an out



- A batter that "shows" bunt is committed to an attempt to bunt or take the pitch. Penalty: A batter who swings after "showing" bunt shall be called out and no runners may advance.
- **Stealing:**
 - Runners are **NOT** permitted to steal from 1st to 2nd base at any time.
 - Runners may advance from 1st base on a hit, or on a force caused by a walked batter.
 - Runners may steal from 2nd to 3rd base but may not leave until the pitched ball crosses home plate, or perpendicular to home plate on a passed ball or wild pitch.
 - Runners are NOT permitted to steal from 3rd to home.
- **Pick Offs:**
 - Pitchers are allowed to pick off. No limit on base advancement on an overthrow
- **Turn at Bat:**
 - A team's turn at bat is completed when any of the following occurs:
 - 3 outs made or 5 runs scored

Substitutions

- Defensive substitutions can be made at any time
- Batting order is a continuous lineup of all present players
- If a player arrives late, they will be added at the end of the lineup

Category	Rule – 10U Quick Rules
Game Duration	• 1 hour 30 minutes or 6 innings (5 1/2 if home team is ahead)
	• Complete game: 3 innings or 1 hour elapsed
	• Suspended game resumes from point of suspension
Run Rule	• Game called if:
	• 15 runs after 3 innings
	• 10 runs after 4 innings
Playing Time	• Equal playing time; 1 inning in infield per game
Pitching Rules	• Max 2 innings per game; pitch counts recommended but not enforced
Leading Off	• NO
Infield Fly Rule	• Not in effect
Stealing	<ul style="list-style-type: none"> • Runners are NOT permitted to steal from 1st to 2nd base at any time. <ul style="list-style-type: none"> ○ Runners may advance from 1st base on a hit, or on a force caused by a walked batter. • Runners may steal from 2nd to 3rd base but may not leave until the pitched ball crosses home plate, or perpendicular to home plate on a passed ball or wild pitch. • Runners are NOT permitted to steal from 3rd to home.
Turn at Bat	• Completed when 3 outs made or 5 runs scored



12U (age: 11-12)

Rules of the Game

1. Game Duration:

- 1 hour and 30 minutes or 6 innings (5 1/2 if the home team is ahead), whichever comes first.
- In case of bad weather, light failure, etc. three (3) complete innings will constitute a complete game **or** if one hour has elapsed. If neither has occurred, the game will be scored 0-0 or game not played.
- 8 runs per inning

2. Run Rule:

- Game will be called if the following run rule happens:
 - 15 after 3 innings
 - 10 after 4 innings

3. Playing Time:

- Players will receive equal playing time
- All players will play at least one inning in the infield per game. If a shortened game prevents this, the player will start in the infield the next game
- Any coach who feels a player could be in danger or unsafe to participate in the infield should notify the umpire and opposing coach prior to the game
- No player shall sit out more than one (1) inning consecutively except for disciplinary reasons, injury, or ejection. No player shall sit a second time before EVERY player sits one complete inning

4. Pitching Rules:

- All pitchers will be limited to three (3) innings per game - ENFORCED
- Pitch counts are recommendations, but not enforced:
 - Per day max = 85 pitches
 - Per week max = 100 pitches. Week starts on Sunday
 - Days of Rest: Recommended, but not enforced:
 - 1-34 pitches = 0 days
 - 35-44 pitches = 1 day
 - 45-54 pitches = 2 days
 - 55-65 pitches = 3 days
 - 66+ pitches = 4 days

5. Balks:

- Balks will be called. Each pitcher will receive 1 warning

6. Leading Off:

- Players may lead off. Leading off is defined as two steps and a shuffle

7. Prolonged Delay:

- To avoid prolonged delay of the game, when all reasonable play has ended, and the pitcher has possession of the ball in the pitcher's mound area, all runners must return to the previous base occupied

8. Infield Fly Rule:

- Infield fly rule is in effect for this age group



- The batter may advance on a dropped 3rd strike if first base is NOT occupied with less than 2 outs or if there are 2 outs

9. Bunting:

- Bunting is allowed. A bunt that goes foul as strike 3 is an out

10. Stealing:

- Stealing is allowed at any base, except home. Exception: Runners may only advance home on a passed ball/wild pitch or wild throwback to pitcher

11. Pick Offs:

- Pitchers are allowed to pick off. One limit on base advancement on an overthrow

12. Turn at Bat:

- A team's turn at bat is completed when any of the following occurs:
 - 3 outs made or 8 runs scored

Substitutions

- Defensive substitutions can be made at any time
- Batting order is a continuous lineup of all present players
- If a player arrives late, they will be added at the end of the lineup

Category	Rule – 12U Quick Rules
Game Duration	• 1 hour 30 minutes or 6 innings (5 1/2 if home team is ahead)
	• Complete game: 3 innings or 1 hour elapsed
	• Suspended game resumes from point of suspension
Run Rule	• Game called if:
	• 15 runs after 3 innings
	• 10 runs after 4 innings
Playing Time	• Equal playing time; 1 inning in infield per game
Pitching Rules	• Max 3 innings per game; pitch counts recommended but not enforced
Leading Off	• Defined as two steps and a shuffle
Infield Fly Rule	• In effect; batter may advance on dropped 3rd strike if 1st base not occupied with <2 outs or if 2 outs
Stealing	• Allowed at any base except home; advance home on passed ball/wild pitch/wild throwback
Turn at Bat	• Completed when 3 outs made or 8 runs scored