

# Co-Ed Baseball Rules

# Denver Metro League

# 2026

## **PREGAME**

1. The home team is responsible for field preparation, which must be completed prior to game time.
2. The last 10 minutes before game time shall be reserved for grooming the field and discussing ground rules with the umpire.
3. Both the home team and the visiting team shall supply the umpire with 2 new baseballs prior to the start of the game.

## **OTHER**

1. -5 on all bats for official game days. To clarify this is the difference between the weight and length of the bat which can be no more than 5.
2. 6 innings or 2 hour games (you can't start a new inning after the time limit has passed).
3. 80 foot base paths and a distance from the pitcher's mound to home plate of 56 feet.
4. Maximum of 7 runs per inning (once a team gets to 7 their at-bat is over).
5. Mercy rule of 10 runs after the 5th inning.

## **Equipment**

1. A catcher must wear:
  - a. A chest protector
  - b. Shin-guards
  - c. Protective cup (Male catcher's only)
  - d. NOCSAE approved helmet with mask
  - e. Throat protector
2. At least 4 batting helmets
3. Appropriate number of gloves
4. Appropriate number of bats

5. Appropriate number of practice balls and game balls (2 per team)
6. No metal spikes

## **DUGOUTS**

Only eligible players in uniform, the manager, and two coaches shall occupy the bench or dugout. Players, coaches, and manager should remain in the dugout or on the field throughout the game. An adult manager or coach must be in the dugout at all times. The home team will occupy the first base dugout. While a team is out in the field on defense, one coach and the manager may sit outside of the dugout on a bucket.

## **GRACE PERIOD**

There is a 15 minute grace period before the game is suspended due to insufficient players. Games must be played with at least 8 eligible players on each team at all times.

## **RAINOUTS/CANCELLATIONS**

Do not assume a rainout. Call the appropriate field closure number AND the manager of the opposing team to verify. The home team manager should then contact the appropriate commissioner/divisional vice president for their league ASAP to cancel the umpires.

## **UMPIRES**

A minimum of one volunteer or contracted umpire will be scheduled by the home team. **NOTE:** The home team should strive to provide two umpires.

## **BATTING LINEUPS & SUBSTITUTIONS**

1. Each team may bat everyone in the lineup.
2. Each team will be allowed to freely substitute defensive players
  - a. **NOTE:** Free defensive substitutions precludes a manager's right to exercise regulation VI, (b) on page 39 of the Official Little League Baseball Regulations and Playing Rules. "This means that once a pitcher is removed from the mound, he/she cannot return as a pitcher in the same game."
  - b. Sidebar: If you absolutely need a pitcher back in the game, it is allowable as long as they have not reached their pitch count limit.
3. Minimum playing time will be 1 at bat and 6 defensive outs for all eligible players present

## **OFFICIAL SCOREKEEPER**

1. Both teams should maintain their own scorebook but only the home team scorebook is the official scorebook.

### **OFFICIAL PITCH COUNT RECORDER**

1. Both teams should maintain their own pitch count record for all pitchers on both teams but only the home team pitch count record is the official pitch count record. a. Pitch counts should be compared by each team after each game. ADs should be maintaining their own pitch counts for the season, ensuring no athlete is over the designated number of 85 pitches per day.

### **BALKS**

1. No balks for middle school pitchers.

### **Baserunning/ Stealing**

- **No Leading Off: Runners must remain in contact with the base until the ball reaches the batter. Leaving early results in a "no pitch" and the runner must return to the base.**
- **When to Steal: A runner can steal once the pitched ball has crossed home plate.**
- **Stealing home is prohibited.**
- **One Base Rule: Runners can only steal one base per pitch, even on an overthrow.**
- **Overthrows: If the catcher makes an errant throw, runners may not be permitted to advance further.**
- **Dead Ball: If the pitcher is on the mound with the ball and the catcher is ready, base runners cannot advance.**

### **MERCY RULE**

1. In accordance with rule 4.10(e) of the Official Little League Baseball Regulations and Playing Rules, if one team is ahead by 10 or more runs after 5 innings (4 1/2 if home team), the losing team shall concede the game.

### **TIME LIMITS and OFFICIAL GAMES**

1. Games are 6 innings
2. No new inning shall start after 2 hours, with a drop dead time of 3 hours. a.  
Exception to the no-new inning rule if a game is tied: The 2 hour time rule is applicable UNLESS THE GAME IS TIED.  
b. If the game is tied at the end of the 2 hour scheduled game time, a new inning shall commence beyond this time limit until such time as the tie is broken.  
Regardless of the score, the game will end after 3 hours of play and no pitch will be thrown beyond that time. If the game is still tied at the end of 3 hours and 30 minutes, it will be scored as a tie.

### **PROTEST COMMITTEE**

1. All protests must follow rule 4.19 of the Official Little League Baseball Regulations and Playing Rules. All protests must first be submitted by the manager to the umpire on the field of play and then in writing to his/her league president within 24 hours. All protests involving two interleague teams shall be handled by a three person protest committee consisting of the local league director involved (or their designees) and the umpire in chief of the game under protest. The committee will render a decision and inform the managers of their decision. The committee's decision is final.