



YMCA

We build strong kids,  
strong families, strong communities.

## Maquoketa Area Family YMCA Senior League Baseball Rules

1. The actions of players, managers, coaches and umpires must be above reproach.
2. Teams must have eight players to start a game – 10 minute delay from start time before a forfeit is declared.
3. Games will be 2 hours in length unless tied. No new innings will be started after 2 hours unless tied. A complete game is considered after five complete innings.
4. Make-up games should be re-scheduled by the coaches on open nights. Please call to notify umpires 48 hours in advance. **Call The Maquoketa Area Family YMCA, 652-6566.**
5. All requests to cancel must be made to the Maquoketa Area Family YMCA and opposing team head coach 3 days prior to game date. If game to be re-scheduled Rule #4 to take precedent.
6. The distance between the front side of the pitcher's plate and home base (the rear point of home plate) shall be 53 feet. Bases will be set at 75 ft.
7. Ten run rule applies after losing team completes its at bat in its half of the 5<sup>th</sup> inning unless time limit applies.
8. Except for the batter, base runners, the player "on deck" and coaches at first and third bases, all players shall be in their dugout or in the bullpen when their team is a bat. When the team is on defense, all reserve players shall be in their dugout or in the bullpen.
9. Slide Rule: A runner is out when the runner does not slide or attempt to get around a fielder who has the ball and is preparing to make the tag. Runner is allowed to stop before making contact with fielder (Ex. – to prevent double play when running between first and second base.)
10. Intentional walks are allowed.
11. In case of injury, any sub may replace injured player regardless of batting spot. All injuries must be reported to opposing coach at time of injury.
12. Courtesy runner for catcher after 2 outs. Must be the player who made the last out.
13. Player arriving after 2 complete innings may or may not play based on (coaches' decision). Coaches have option to not play a player for disciplinary reasons (example – missing practices). Opposing coach and head umpire must be notified before start of game. Home plate umpire will have line up card with correct game lineups. A coach must report all substitutions to home plate umpire. Not required to bat the entire lineup. However, coaches are responsible for getting every player into the game for at least 3 innings and 2 at bats.
14. A starter may re-enter the game in any spot in the batting order provided he sits out 6 consecutive defensive outs and his replacement has hit. Once a substitute player is removed from the lineup they may not re-enter. A player may only be re-entered in the batting order once.

15. A pitcher can only start one game per week, 3 innings as a starter and 2 as a relief. If pitchers are on a traveling team they need to notify coach of their innings pitched during those games.
16. When a pitcher leaves the mound he can not re-enter as a pitcher.
17. Pitchers shall be permitted only five warm-up pitches between innings. For injury replacement pitchers without opportunity to warm-up, the umpire shall allow the pitcher as many pitches as the umpire deems necessary.
18. No high school uniforms will be worn while playing in the Sr. League games. Players are required to wear the hats and shirts that were provided to them by their sponsors. Hats must be worn during games at all times – with exception of catchers and batters and base runners. No players shall wear ragged, frayed or slit sleeve shirts. Catchers must wear a catcher's cup. Pitchers shall not wear sweatbands on wrists. Shoes with metal spikes or cleats are not permitted.
19. Balk – If there is a runner, or runners, it is a balk when:
  - a) The pitcher, while touching the plate, makes any motion naturally associated with a pitch and fails to make such a delivery.
  - b) The pitcher, while touching the plate, feints a throw to first base and fails to complete the throw.
  - c) The pitcher, while touching the plate, fails to step directly toward a base before throwing to that base.
  - d) The pitcher delivers the ball to the batter while not facing the batter.
  - e) The pitcher makes any motion naturally associated with the pitch while not touching the pitcher's plate.
  - f) The pitcher, without having the ball, stands on or astride the pitcher's plate or while off the plate-said pitcher feints a pitch.
  - g) The pitcher delivers the pitch from **set position** without coming to a stop.

**PENALTY:** The ball is dead, and each runner shall advance one base without liability to be put out, unless the batter reaches first on a hit, an error, a base on balls, a hit batter, or otherwise, and all other runners advance at least one base in which case the play proceeds without reference to the balk.

**The Set Position** - Set Position shall be indicated by the pitcher when that pitcher stands facing the batter with the entire pivot foot on, or in front of, and in contact with, and not off the end of the pitcher's plate, and the other foot in front of the pitcher's plate, holding the ball in both hands in front of the body and coming to a complete stop. From such Set Position the pitcher may deliver the ball to the batter, throw to a base or step backward off the pitcher's plate with the pivot foot. Before assuming Set Position, the pitcher may elect to make any natural preliminary motion such as that known as "the stretch." But if the pitcher so elects, that pitcher shall come to Set Position before delivering the ball to the batter. After assuming Set Position, any natural motion associated with the delivery of the ball to the batter commits the pitcher to the pitch without alteration or interruption.

19. Participation Policy: Grades 7-8; players may play in both the YMCA recreation league and on a High School team.

20. Nor more than 3 non-players in the dugout during games.

21. There will be no protests about umpires regardless of relationship of umpire to players or teams. Limit non-players in the dugout to three (with exception of an added person to run the scoreboard). Make every attempt to re-schedule any games postponed due to weather or other circumstances.

22. IHSAA rules apply except as noted on this sheet.

23. Vulgarity by a coach or player will result in an automatic ejection from that game, and followed by a one game suspension.
24. In tournament play, the higher seed is the home team and takes the 3<sup>rd</sup> base dugout.
25. All out- of town teams that play in the Maquoketa YMCA League must follow the participation policy.
26. 8 players or less team must take 1 automatic out
27. Bat Restrictions: -9