

Bethesda Chevy Chase Baseball, Inc.

Senior League
**Rules and
Regulations**

For the 2016 Season

League Office

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On the Internet at
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Senior League Rules and Regulations

1. League Policies

Professional coaches are not permitted to coach a recreational team in any capacity while the team is playing a game. However, professional coaches may be hired by parents of players on a recreational team to assist the parent head coach at practice to help develop players' skills.

Recreational teams / rosters are not permitted to hold informal or formal try outs to form the team. Further, recreational teams may not be comprised in whole or in part of teams created via tryouts.

All team rosters and coaches must be reviewed and approved by the BCC Director for acceptance into the league, in order to ensure consistency with league rules and meet the goals and objectives of the league.

BCC Baseball reserves the right to refuse acceptance of any team and/or expel a team at any time if we feel that the team is not in compliance with the spirit and/or substance of the above mentioned policies.

2. General

Except as specified below the normal rules of Major League Baseball shall apply.

3. Official Players/Official Game

Open to players in grades 8-12, generally 14-18 years old. All players must be officially registered and assigned by the League management. No one who is not registered, and whose name does not appear on the official league roster, may ever play in a league game or practice with a team.

Each team must have at least eight official players and if the team cannot field such eight players within ten minutes after the scheduled start of the game, it will be considered a forfeit. If at any time during a game a team can only field seven (7) players for any reason (i.e. injuries, players having to leave, ejection of player) the game shall be deemed forfeited by that team.

Games are seven innings subject to time limits discussed below. An official game will consist of four innings (or three and one half innings if the home team is ahead) if there is a weather, darkness or time limitation. If the game is stopped before it becomes an official game, the game will be suspended and restarted from the exact point it is stopped. If an official game is stopped at the end of a complete inning,

the score stands. In the event of a tie, neither team will be awarded a win or a loss. Official games stopped during an inning (top or bottom) will be suspended and restarted (from the exact point it is stopped) if the visiting team is ahead or a tie exists; otherwise the home team is declared the winner. In this case, the game will be deemed finished at the end of the inning that is in process although tie games shall be played through the completion of an inning that is not tied up to and including the 7th inning if necessary. Managers are responsible for scheduling restarted or replayed games and must do so within a two week period unless given a waiver by the League Commissioner. Failure to do so will result in both teams being charged with a loss.

In accordance with the League's contract with the umpires, no new inning shall begin 2 hours 15 minutes after the scheduled start time of the game, and the game shall not extend beyond 2 hours 30 minutes in total. Coaches are therefore encouraged to make sure that games start on time and, if necessary, to begin the game without an umpire being present. If the game is not completed within the 2 hour 30 minute limit, the above rules apply.

In the event of a tie game at the end of 7 innings, one extra inning shall be played subject to the limitations of the preceding paragraph.

There is no Mercy Rule in effect for Senior League games. All games shall be played in full subject to the time limitations described herein, regardless of the score of any particular game.

For purposes of determining whether or not there is enough time to start a new inning, the actual start of a new inning shall be deemed the time at which the third out to end the prior inning occurs. In other words, the third out for the home team immediately triggers the next inning.

4. Stealing

A base runner may steal home. A batter is obligated to make efforts to get out of the batter's box so as not to obstruct the defensive players' efforts to tag the runner attempting to steal home.

5. Infield Fly Rule

The infield fly rule is in effect.

6. Specific Field Ground Rules

Prior to the game, the managers shall agree to necessary and reasonable ground rules not inconsistent with these rules, including agreement as to areas that are "out of play". Managers shall be responsible for keeping spectators, players, equipment and other objects out of areas that are deemed to be "in play" in order to prevent interference with players, thrown balls, etc.

6a. Bat Safety Rule/Violations

Where there is no safe (fenced-off) on-deck batting location, the on-deck batter shall only be permitted to swing a bat while standing on the field between the dugout (or the bench) and home plate on the side of the field facing the back side of the batter at the plate (e.g., with a right-handed batter at the plate, the on-deck batter will stand on the third-base side of the field). No other player is permitted to swing a bat, including the batter in the hole.

If any player on a team violates the bat safety rule (where the only player permitted to swing a bat is the on-deck batter per the rule), the team violating the rule shall be issued one team warning by the umpire. Following the team warning, any player on the team that has been warned who violates the Bat Safety Rule, will be ejected for the remainder of the game. The Bat Safety Rule and this penalty system will be strictly enforced.

7. Bowling Over/Interference

At no time and under no circumstances may a runner either "bowl over" a defensive player in pursuit of a base or slide head first into a base. Sliding may only be done "feet first" at any base unless a player is returning to a base to avoid being picked off or going back to a base (e.g. overrunning a base and then going back) during a play.

Also, whenever there is a reasonable prospect of a defensive play at home plate the runner must attempt to slide rather than run through the plate. However, if the catcher has moved up the third base line with the ball or to receive the throw, the runner may try to evade the tag and does not have to slide. A runner who violates any portion of this rule is automatically deemed "out".

Managers are directed to familiarize their players with the protective purpose and application of this rule before games are played.

7a. Second Base Force Slide Rule.

A baserunner advancing to second base on a force play (where there is a possible play at second base) must either slide or give up the out. The determina-

tion as to whether or not a play was made (or could have been made) at second by the defense will be at the discretion of the umpire. Failure by the baserunner to slide on a force at second (or otherwise give up the out at second by moving out of the way of the ball in play) may result in an interference call by the umpire and an "out" for the runner advancing to second base AND the baserunner advancing to first base.

8. Required Play

Each player must play 3 defensive innings in the field during the first six (6) innings of the game. This is to ensure players are afforded adequate defensive playing time during games where a team does not take the field for seven innings (due to time limit, darkness, etc.). Defensively, a player may be removed from the game and be reinserted any number of times thereafter for another defensive player in order to accumulate his/her three innings in the field (but all players retain their original spot in the batting order at all times). Coaches will employ a "continuous" batter order. That is, all players present at the start of the game will be listed in a continuous batting order, which will be followed whether or not the player is in the game defensively at the time. Players who are expected but have not arrived at the start of the game, will not be listed in the batting order. When they arrive they should be placed after the last player in the original batting order, and bat in that sequence.

9. Balks

The balk rules apply.

10. Leading

Base runners may take a lead from any base.

11. Adverse Weather Conditions

At the first instance of lightning or thunder managers shall halt the game and remove their teams from the field to the security of cars or buildings that offer appropriate protection. If field conditions permit and where otherwise reasonable, consistent with protection of the players and others in attendance, the game may resume 15 minutes after the last instance of lightning or thunder.

12. Equipment/Illegal Bat Violations

All catchers shall wear a catcher's helmet, facemask with throat protector, chest protector and shin guards. All catchers shall wear a supporter and protective cup. BCC Baseball strongly recommends that ALL players wear a protective cup. Coaches are strongly

encouraged to require their players to wear protective cups.

For players who are league age 14 or under, there is no limitation on bat size, length or weight. All players who are league age 15 or over shall be required to use a -3 or less length/weight bat. All managers, however, should be aware that for the strongest and most physically mature players in the 14 and 15-year old group, care should be taken to prevent the use of bats which because of their length/weight ratio might create safety issues, particularly for pitchers. In that regard, managers are advised that in general high school leagues have moved to a -3 length/weight standard.

Double-walled bats are prohibited in all cases. For more detailed bat restrictions, please see the **BCC Bat Restrictions**, which are incorporated into these rules.

If use of an illegal bat is identified during a player's at-bat (meaning from the moment the player steps into the batter's box until after the first pitch is thrown to the next batter), then the batter using the illegal bat will be called "out." If the illegal bat is identified at any time after the player's at-bat (as defined above), there shall be no retroactive change in scoring. In every case where an illegal bat is used, the bat shall be removed from the field. If the same illegal bat is used again by the offending team (either in the same game or any future game), then the game will be deemed a forfeit by the offending team.

13. Base Paths/Pitching Rubber

The base paths shall be 90 feet in length and the pitching rubber shall be set at 60 feet, 6 inches.

14. Official Ball

The ball shall be a regulation hard ball.

15. Hectoring:

Managers shall not permit their players, fans or parents to purposely hector or distract the opponent's players, either directly by comment or indirectly by the playing of music, singing, chanting or excessive cheering, even if ostensibly for your own batter. Upon the opposing manager's complaint in this regard, a manager shall take action to terminate the distracting behavior of his/her team.

16. Scorebooks:

Coaches are expected to utilize scorebooks to maintain a record of each game. Each coach shall designate a scorekeeper. The scorekeeper for each team

will record the game for both teams. The scorekeepers will confer on the score at the end of each half inning. The scorebooks will be turned in to the Senior League Commissioner at the end of the season. The scorebooks are necessary documentation to allow players to participate in state and national tournaments. Only scheduled league games shall be entered in the scorebooks. In case of a forfeited game, coaches will list the game, and the players who were available to play in the game. Failure to follow these procedures might result in the ineligibility of one of your players for post-season play.

17. Familiarity With Rules

All managers are expected to be fully familiar with these Rules and to carefully instruct their coaches and players on these Rules. Managers are also expected to bring the Rules to the game and to go over them with the umpires before the game to maximize efficient and orderly administration of the game.

18. Appeals

Any disputes over the Rules or judgment calls by the umpires shall be conducted in a brief, calm and dignified manner. If satisfaction is not obtained after such effort, the manager should simply note an Appeal of the situation to the umpire and continue the game in a sportsmanlike manner. Appeals shall be filed after the game with the Senior League Commissioner.

19. Pitching:

A. Pitch Count Guidelines:

A pitcher may not be removed from the pitcher position and subsequently reinserted as a pitcher during a particular game.

For more detailed pitching rules and regulations, please see the **BCC Baseball Pitching Regulations**, which are incorporated into these rules.

B. Hit Batters

If a pitcher hits two batters with pitches in the same inning, the Manager shall remove that player as pitcher (although the player may be moved to another position) for that inning. The player may not return to pitch in subsequent innings. The exception to this rule shall occur if the umpire determines in his/her sole judgment that the hit batter did not make a reasonable effort to avoid being hit by the pitch in which case the pitch shall not count toward the total hit-by-pitch count for the inning.