

# Vantis Life Baseball League

## 2019 Playing Rules

An Asterisk (\*) denotes a change to the rule from the 2018 season.

**The Vantis Life Baseball League will follow the National Federation High School (NFHS) baseball rules with some modifications:**

RULE	NFHS ("Federation")	Vantis Life Baseball League
ABANDONMENT - BR & RUNNER	No provision for BR abandoning batter's box for dugout, but per 8-4-2 (p), BR or runner is out, if after at least touching 1st base, leaves the baseline, obviously abandoning his effort to touch the next base.	Same as NFHS
APPEALS	8-2-6 - Live ball or dead ball appeals. Defense does not lose right if offense initiates a play. Defensive coach or any player may make a verbal dead ball appeal.	Same as NFHS
BALK	6-2-(4,5) - Immediate dead ball.	Same as NFHS
BASE COACHES	Players must wear helmets but adult coaches are not required to wear a helmet.	Players and adult coaches are required to wear helmets. Players and adult coaches must be in uniform (refer to Other Playing Rules #9).
*BATS/EQUIPMENT	1-3-2 – Beginning January 1, 2012, all bats not made of a single piece of wood shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be labeled with a silkscreen or other permanent certification mark. No BBCOR label, sticker or decal will be accepted on any non-wood bat. The certification mark shall be rectangular, a minimum of one inch on each side and located on the barrel of the bat in any contrasting color to read: BBCOR .50.” 1-5-4 – The catcher’s helmet and mask combination shall meet the NOCSAE standard. Any helmet or helmet and mask combination shall have full ear protection (dual ear flaps). A throat protector, which is either part of or attached to the catcher’s mask, is mandatory.	Prep: Drop -5 bats are allowed Junior: Same as NFHS Senior: Same as NFHS  Same as NFHS
BATTER REMAINING IN BOX	The batter must keep at least one foot in the batter's box throughout the time at bat except for 7-3-1a-h.	Same as NFHS

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BATTER STEPPING ON PLATE	7-3-2 - The batter shall not hit the ball fair or foul while either foot (or a knee) is touching the ground completely outside of the batter's box lines OR touching home plate.	Same as NFHS
BLOOD RULE	Any player who is bleeding, has an open wound, or has any amount of blood on his uniform or body must leave the game until the bleeding has stopped, wound has been covered and uniform has been cleaned or changed.	Same as NFHS
COURTESY RUNNERS	Suggested Speed-Up Rules, including provision for courtesy runners, have not been adopted in Connecticut.	Not allowed
DEAD BALL LINES	5-1(i) - Fielder after catching a fair or foul ball leaves the field of play with both feet or falling into dead ball area. Defensive player can straddle the dead ball lines and make a legal catch.	Same as NFHS; ball is dead. One base awarded to runners, two bases if fielder intentionally carries ball into dead ball territory
DEFENSIVE VISITS/CONFERENCES	3-4-1 - three conferences during 7-inning game. One per each extra inning but conferences are not cumulative. Pitcher must be replaced after 3 charged conferences in a 7-inning game or in excess of 1 per extra inning. Conference is not charged if pitcher is replaced. Defensive conferences apply to and may include any defensive player. Conference ends when coach re-enters foul territory or, if held in foul territory, when coach turns to head back to the dugout.	Pitcher is removed on the 2nd trip to the mound by a coach in the same inning. Pitcher may not return to pitch in the game. If the pitcher is removed on the first visit he can return to pitch as long as he is not substituted in the lineup.
DH RULE	3-1-4 - A DH may be designated for any starting player, not just pitchers, but is not mandatory. The DH ends when he plays defense, or designated defensive player bats or runs for DH. DH and designated defensive player are locked into their spots in the batting order, and if listed as starters, may re-enter once.	No DH permitted.

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EH RULE	None at the varsity level but JV and below may use the EH. EH may play both offense and defense at coach's discretion.	An extra offensive player (EH) is permitted if declared prior to the start of the game. The EH does not bat for a defensive player. A team may change the EH, but cannot alter the batting order. Example - Smith batting 5th as EH, and Jones batting 6th as catcher. If Smith goes into catch, he must continue to bat 5th, and Jones now becomes EH and continues to bat 6th.
EJECTIONS	3-3-2 - A coach who is ejected must leave the vicinity of the playing area immediately and is prohibited from further contact with his team during the remainder of the game. He may return, if requested by the umpire to attend to an ill or injured player. Rather than ejection, an umpire may restrict a coach to the bench/dugout for the remainder of the game. A coach who is restricted shall be ejected for further misconduct. 3-3-1- (g) (6) - Any member of the coaching staff who is not the head coach (or designee) shall not leave the vicinity of the coaching box or dugout to dispute a judgment call by an umpire. Penalty: Both the head coach and the offending coach shall be restricted to the dugout for the remainder of the game, or if the offense is severe enough, the umpire may object the offender and restrict or eject the head coach.	Same as NFHS
FORCE PLAY SLIDE RULE	8-4-2 - If a runner slides, it must be "in a direct line between the bases." The runner may slide (or run) away from the fielder to avoid altering the play. A runner who slides legally into a fielder in front of the back edge of a base is not guilty of interference (2-32-1,5-1-10);Roll-block, slashing above knee, pop-up slide into defender, slide beyond base and contact after play constitute an illegal slide.	Same as NFHS; must slide legally or avoid contact.

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GAME ENDING PROCEDURES	<p>4-2-(1-4) - A state association may adopt game ending procedures that determine how games are ended, including suspended games. During the regular season, a "regulation game" (4.5 innings if home team is ahead; 5 full innings if the visiting team is ahead) that is stopped for any reason other than a forfeit, WHERE A WINNER CANNOT BE DETERMINED (4-4-2), shall be treated as a "suspended game" and shall be completed at a later date from the point of suspension. All runs scored prior to the point of suspension shall be carried over. A non-CIAC tourney game that is halted before it becomes a regulation game shall be declared "no game", and if rescheduled, must be replayed in its entirety. Note: CIAC Tournament games are always suspended at and resumed from the point of stoppage, without regard as to whether or not it is a regulation game.</p> <p>4-2 - If a regulation game, tied games are suspended at the point of stoppage, unless league has specific provision for tied games.</p>	<p>Regular Season: Games that are suspended before the first inning is completed shall be considered postponed. Legal pitches thrown are counted towards required rest. See the Pitching Rule.</p> <p>Games suspended after the first inning is completed are resumed from the point they were suspended.</p> <p>Games tied after a full 7 innings are played will continue unless the game is suspended by the Umpire-in-Chief due to darkness, weather, or other playing conditions. Regular season games may end in a tie, with each team being credited with 1 point in the standings.</p> <p>Playoffs: Games require a full 7 innings unless Mercy Rule is in effect.</p> <p>Suspended playoff games are resumed from the point of stoppage.</p>
HIDDEN BALL PLAY	6-2-5, Pitcher may not stand on or astride or within approximately 5 feet of the pitcher's plate without the ball.	Same as NFHS
INTENTIONAL WALK	2-4-3, Requested by catcher or coach to award the batter 1st base. May be done on any count and the ball is dead upon making the award. Batter may not refuse intentional walk and must go directly to 1st base.	Same as NFHS
INTERFERENCE	2-21-1a, Offensive interference is a physical or verbal act that impedes, hinders or confuses the defense.	Same as NFHS
JEWELRY	1-5-12, No player participating in the game (and on the playing field) shall wear jewelry of any kind except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible. Players also may not wear bandannas (3-3-1d)	Jewelry is allowed. However – players, especially pitchers, may not wear jewelry which the umpires deem to be distracting.

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LIGHTNING	Lightning Guidelines, When thunder is heard, or a cloud-to-ground lightning bolt is seen, immediately suspend play and take shelter. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning observed prior to resuming play. Reset the 30-minute clock with each subsequent thunder or lightning occurrence.	Same as NFHS
MALICIOUS CONTACT/COLLISION	3-3-1 - Judgment call, but never allowed. Violators will be immediately ejected. 8-3-2 - malicious contact always supersedes obstruction.	Same as NFHS
MERCY RULE	Mercy rule has not been adopted in Connecticut. However, a regulation game where a winner can be determined may be terminated early by mutual consent of both head coaches. NOTE: Many AAU programs/tourneys use 10-run mercy rule. This should be confirmed in pre-game conference.	12-run mercy rule once game becomes regulation (5 innings). Home team must complete its half inning at bat if visiting team goes ahead by 12 or more runs in top of inning. Mercy rule is in effect in playoff games.
MINIMUM PLAYERS	4-1-3 - Teams must list a minimum of 9 players to start the game continue with at least 8 players. A team may return to 9 players if a player or substitute becomes available.	A team with a 10-player lineup to start the game (using an EH) is allowed to finish the game with a 9-player lineup due to not having any eligible substitutes. There is no penalty for reducing from a 10 to a 9-player lineup. A team with a 9-player lineup to start the game (no EH) is allowed to finish with an 8-player lineup due to not having any eligible substitutes. An out will be called each time the vacated spot in the order comes to bat. A team that must reduce its lineup may return to the number in original lineup (9 back to 10, or 8 back to 9), providing an eligible rostered player becomes available.
OBSTRUCTION	2-22 - Always a delayed dead ball. A fake tag is considered obstruction, and a defensive player must have possession of the ball to block or deny access to the plate or a base.	Same as NFHS

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OFFENSIVE VISITS/CONFERENCES	3-4-2 - 1 visit per inning with any offensive player. When either team has a charged conference, the other team may also have an uncharged conference, provided the conference concludes when the opposing team's charged conference concludes.	Same as NFHS
PICK OFF FROM WINDUP	6-1-2 - May only deliver a pitch or step backward off of the pitcher's plate with his pivot foot.	Same as NFHS
PITCHER RE-ENTRY	3-1-2 - A player may be removed as pitcher and returned as pitcher only once per inning. However, if replacement pitcher requires more warm-up throws than permitted in 6-2-2 exception (generally eight), pitcher cannot return to the game as a pitcher.	Same as NFHS Clarification: A pitcher can move to another position and return to the mound, as long as he has not been removed from the lineup.
PITCHER TO BATTER DELAYS	6-2-2 (c) - 20 seconds to pitch ball or make or attempt a play, including a legal feint.	Same as NFHS
PITCHER TO MOUTH	6-2-1(e) - it is illegal for the pitcher to bring his hand in contact with his mouth without distinctly wiping off the pitching hand prior to touching the ball. PENALTY: If foot is on the rubber, a ball is charged with no runners on, otherwise it is a balk. If foot is off the rubber, a ball is charged in all situations.	Same as NFHS
PITCHING RULE	6-2-6 – Each state association shall have a pitching restriction policy based on the number of pitches thrown to afford pitchers a required rest period between pitching appearances.	See the Pitching Rule at the end of this document.
RE-ENTRY	3-1-3 - Any starting player may re-enter once, including the DH, if the player occupies the same spot in the batting order.	Same as NFHS

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RUNNER HURDLING DEFENSIVE PLAYER	8-4-2-(b) (2) - Jumping, hurdling and leaping are all legal to avoid a fielder as long as the fielder is lying on the ground. Diving over a standing, kneeling or crouching fielder is illegal and runner will be immediately called out for interference.	Same as NFHS
TOBACCO/ALCOHOL	Neither allowed on or in vicinity of playing field. Violators will be immediately ejected.	Same as NFHS

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## Other League Playing Rules

1. \*Weeknight games will begin at 5:45 PM. A grace period of 15 minutes is allowed when a legitimate and reasonable circumstance makes it impossible for any team manager to field a team of nine players by game time. The umpire will declare a forfeit after the grace period has lapsed. The team with nine players will be declared the winner and receive two points for a forfeit victory.
2. Pre-game practice will be limited to infield and outfield practice so games will begin promptly. Home teams will take infield practice at 5:20 PM for 10 minutes. The Visiting team then takes infield practice and complete by 5:40 PM.
3. The recommended baseballs for the Senior Division is the Rawlings NFHS, the Diamond NFHS, or the Spaulding TF-PRO. The recommended baseball for the Junior and Prep divisions is the Rawlings Babe Ruth RBRO1 or equivalent. Each coach for each game will supply one new baseball. Additional baseballs needed are the responsibility of the home team. During the playoffs, each team will throw in two new baseballs. The home team is responsible for setting down the bases before game time. Each team should assist in retrieving baseballs. The League will provide baseballs for the Championship Games.
4. The Home team is responsible for supplying a properly lined field in good condition.
5. Game scores must be reported to their supervisor by 8:30 PM on the day of the game in order to update the standings. Playoff games scores must be reported immediately after the game ends. The score is reported by the winning team. In case of tie, the home team reports the score.
6. Teams who need to postpone games in our league in order to play games in other leagues will be asked not to sign-up in our program.
7. Coaches Uniforms:
  - a. All on-field coach in every division must wear a uniform. Baseball pants are required. A team t-shirt or League polo shirt is acceptable.
  - b. Only a uniformed Manager can approach an umpire.
  - c. Any uniformed Manager or Coach can coach a base, or go to the mound.
  - d. If there is no uniformed Manager or Coach at a game, the Manager is suspended for the next game. For a second offense, the Manager is suspended for the season.
8. \*A maximum of three (3) Managers and Coaches plus a scorekeeper are allowed in the dugout.
9. A copy of these Playing Rules must be kept in the team Scorebook for reference.



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## Vantis Life Baseball League Pitching Rule

1. Pitching Limitation Rule -- This rule should apply to a pitcher regardless of the level at which he is pitching (regular season and championship playoffs) and is based on the number of legal pitches thrown in a game. The pitch count is based on pitches thrown to the batters during their time at bat. Warm-up pitches allowed before each inning and those warm-ups allowed by the umpire in case of injury or game delay do not count. All NFHS substitution and pitching rules must be followed.
  - If a pitcher throws 1-25 pitches in a day, no calendar day of rest is required before pitching again.
  - If a pitcher throws 26-50 pitches in a day, one (1) calendar day of rest must be observed.
  - If a pitcher throws 51-75 pitches in a day, two (2) calendar days of rest must be observed.
  - If a pitcher throws 76-110 pitches in a day, three (3) calendar days of rest must be observed.
  - If a pitcher throws over 110 pitches in a day, five (5) calendar days of rest must be observed.

Note: A calendar day means that if a pitcher throws 76 pitches on Tuesday, that player may not pitch again until Saturday. If they throw 25 pitches on Tuesday, the player may pitch again on the next day which is Wednesday. The starting time of the game does not matter in the calculation of when a pitcher is eligible to pitch again.

2. Line-Up Card – Prior to each game the coach will list the name(s) on the back of the line-up card of any pitcher who is unavailable to pitch that day as determined by the Pitching Limitation Rule.
3. Mechanism for Counting Pitches – Each team is required to develop a mechanism for accurately counting pitches for their own team. Pitch counts will be reconciled after each half-inning or change in pitcher.
4. Pitching Limitation Rule Penalty – Is based on the number of pitches thrown in a game. The pitch count is based on legal pitches thrown and the corresponding day(s) of required rest. The use of an ineligible pitcher, one who has violated this rule, shall result in the forfeiture of the game in which the ineligible pitcher participated.

### PITCHING LIMITATION RULE Q & A

1. Q – How do we define a legal pitch?  
A - Only legal pitches thrown in a game are counted. A legal pitch is any pitch to a batter in a game that results in a ball, strike (called or swinging), foul ball or fair batted ball. An illegal pitch, a pitch that follows a balk or timeout being called, warm-up pitches, throws when playing a batted or thrown ball and pick-off throws to a base, are NOT counted under this rule.
2. Q - Does the pitch count need to be kept by an adult?  
A - Each team is responsible to work out the mechanics of exactly how pitches will be counted. As long as it is an accurate accounting of pitches thrown it can be anyone.
3. Q - How will pitch counts be reported?  
A - Pitch counts will not be reported by game unless a violation has occurred.
4. Q - How will a discrepancy be settled if opponents disagree with the count at the end of an inning?

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A - Pitch counts will be reconciled between teams at the end of every half inning or change in pitcher. If teams do not agree, the home book is official. The pitch counts will affect the next game on each team's schedule, which is why you must list on the back of your lineup card any pitcher unavailable to pitch for the upcoming game.

5. Q - If a pitcher is at one of the threshold numbers like 75 and they are in the middle of a batter can they finish the batter and have their total revert back to the threshold number?  
A - No, any legal pitch thrown is a pitch counted. If a pitcher finishes a batter and is then removed from the game with 77 pitches he must have three (3) full days of rest before he can pitch again.
6. Q - Can a pitcher throw more than 110 pitches?  
A - Yes, the number of pitches thrown relates to a specific number of days of rest. There is NO maximum pitch count per day because we have faith in our coaches to protect and preserve the safety and welfare of the baseball athletes. We ask coaches to be cognizant of players who pitch in multiple summer leagues and insure those players have the appropriate amount of rest.
7. Q - Are the pitches counted if it is not a regulation game and declared no game by rule, or in a suspended game that must be continued?  
A - Yes. If a game is started and then halted for any reason (weather, darkness, forfeit) a legal pitch thrown is a pitch counted and the corresponding required days of rest will apply. If the game is rescheduled or continued on the very next day, the pitcher may not pitch unless he threw less than 26 pitches during the halted game. If the game is rescheduled or continued at a later date, all pitchers with the required days of rest would be eligible to pitch in that game.
8. Q - Can a pitcher be moved to shortstop or any of the other defensive positions and then return to the mound later in the game, or in the second game of a calendar day?  
A - Yes. A pitcher that remains in the game, but moves to a different defensive position may again pitch in that game provided the moves comply with the NFHS substitution and charged conference rules. His pitch count would be the total number of pitches thrown. Also, a pitcher may throw in multiple games on a calendar day, but all pitches thrown on that day on any level must be added together in establishing that pitcher's daily number of pitches.
9. Q - Does this rule apply to all League divisions: Prep, Junior, and Senior?  
A - Yes, however teams are always asked to err on the side of caution, and using lower pitch counts or more days of rest is an option you should consider for younger aged athletes.
10. Q - What happens when a double-rostered pitcher moves between the Junior and Senior teams?  
A - The number of counted pitches for a pitcher, "stay" with that individual, regardless of the level in which they pitch. For example, if a pitcher throws 76 counted pitches on Monday for the Senior team and moves to the Junior team on Wednesday, that pitcher is ineligible to pitch for the Junior team (or any team) on Wednesday due to his required three (3) days of rest. The first day this pitcher could again pitch at any level would be on Friday.
11. Q - How does the rule work if a school has a pitcher that is ambidextrous?  
A - If a pitcher is ambidextrous, the pitch count limitations apply to the individual pitcher, not to the individual arm.