

YOUTH BASEBALL RULES

10U/12U



CARBON VALLEY
PARKS & RECREATION DISTRICT



10U/12U Youth Baseball Rules

Rules follow NFHS Rules unless otherwise modified by CVPRD.

Revised May 2023

Player's Equipment

1. The basic **MANDATORY** equipment of a player consists of the following:
 - a. CVPRD, Platteville or LaSalle provided jerseys – NO custom uniforms
 - b. Athletic pants or baseball pants
 - c. Glove
 - d. Footwear – tennis shoes or soft-cleated baseball shoes without a toe cleat.
2. The following items are NOT permitted:
 - a. Jewelry of any sort, **including earrings** and watches.
 - b. Metal cleats
3. The following items are CONDITIONALLY permitted:
 - a. Religious medals or medical tags which are taped to the body.
 - b. Splints, casts, braces, or other joint support devices, which, in the umpire opinion, are not inherently dangerous or are padded with pliable materials to eliminate the dangerous condition.
 - c. In the case of cold weather, any player may wear athletic pants or long-sleeves under the jersey. Knitted stocking caps and gloves are permitted during these adverse weather conditions.

Team Equipment

1. CVPRD will provide coaches with practice balls, team bat, batting helmets, and catchers' gear. Equipment is usually handed out either at the seasonal coaches' meeting or at coaching clinics. Scorebooks available upon request.

Duration of Practice and Coach/Player Contact Policy

1. 1 to 2 practice per week - maximum of 3 contact days per week.
2. Teams are scheduled for 10 games per season (10U), plus an end of the season tournament. Teams are scheduled for 12 games per season (12U), plus an end of the season tournament. Games are scheduled on both weeknights and Saturdays, depending on field locations.

Umpires

1. All 10U/12U games will have 1 umpire.
2. A Parent/coach or assistant from both teams shall serve as umpires if one is not appointed to the game. Field supervisor will provide an umpire mask and clicker.
3. All rule infractions shall be briefly explained to the offending player.

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 requested

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

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

10U (age: 9-10)

Number of Players

1. Minimum number of players to start game shall be 8
2. If a team starts with only 8 players, there is no automatic out for what would be the 9th batting position.
3. If a ninth (9) player shows up during the game, he will be added to the bottom of the batting order and 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.
4. The recommended number of players on the roster shall be 10-12.

The Field

Dimensions

- a. The base distance shall be 60 feet.
- b. The pitching distance shall be 45 feet

The Equipment

1. 2-3 Game Balls (provided by field supervisors)
2. Bat
3. All Bats must be marked with the USSSA or USA stamp. There is no length or drop restrictions if there is a USSSA or USA stamp on the bat.

Rules of the Game

1. Game times will be 1 hour and 30 minutes or 6 innings (5 1/2 if the home team is ahead), whichever comes first.
 - a. In case of bad weather, three (3) complete innings will constitute a complete game or if one-hour has elapsed.
2. Flop Rule: If the home team is behind, they will bat first in the last inning. If the home team fails to score enough runs to continue, the game will be over. The visiting team will only bat if the home team ties or takes the lead.
3. Playing Time - Players will receive equal playing time.
 - a. 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.
*Coaches who feel players could be in danger, or unsafe to participate in the infield should notify the umpire and opposing coach prior to the game.
 - b. No player shall sit out more than one (1) inning consecutively except for disciplinary reasons, injury, or ejection.
4. All pitchers will be limited to two (2) innings per game. It is the coach's responsibility to keep a pitching log.
5. Trying to keep a balance between learning to hit and learning to pitch. The strike zone will be from the shoulders to the knees.
6. 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. (10U)
7. Infield fly rule is in effect for 10U.
8. The batter may NOT advance on a dropped third strike.
9. Bunting is allowed, fake bunts are not.

- a. 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.
10. Stealing is allowed with limited guidelines.
- a. **10 U CLARIFICATION** – Base 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. They may steal 2nd to 3rd base only.
 - b. Runners may not leave the occupied base until the pitched ball crosses home plate, or perpendicular to home plate on a wild pitch.
 - c. Runners may NOT take home on a wild pitch/passed ball.
11. A team's turn at bat is completed when any of the following occur:
- a. 3 outs have been made.
 - b. 5 runs were scored in one inning.
12. 9 Defensive players should be placed in the following positions.
- a. 1st base
 - b. 2nd base
 - c. Short stop
 - d. 3rd base
 - e. Pitcher
 - f. Catcher
 - g. Right field
 - h. Center field
 - i. Left field

Start of Play

1. Home team will take the 1st base dugout and starts in the field.
2. Away team will take 3rd base dugout and hits first.

Foul Balls

The ball is out of play during the following circumstances:

- a. When it has gone completely over the foul line (on ground before crossing 1st or 3rd base)
- b. If it is hit behind home plate or over the backstop

Substitutions

- a. Defensive substitutions can be made at any time.
- b. Batting order must remain the same. Teams bat the entire roster.

Method of Scoring

Each team should keep their own batting and defensive line up.

The **home team** is responsible for keeping and reporting scores on Team Sideline or emailing jjacobson@cvprd.com

12U (age: 11-12)

Number of Players

5. Minimum number of players to start game shall be 8
6. If a team starts with only 8 players, there is no automatic out for what would be the 9th batting position.
7. If a ninth (9) player shows up during the game, he will be added to the bottom of the batting order and 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.
8. The recommended number of players on the roster shall be 11-13.

The Field

2. Dimensions
 - a. The base distance shall be 70 feet.
 - b. The pitching distance shall be 50 feet.

The Equipment

4. Ball
5. Bat - All Bats must be marked with the USSSA or USA stamp. There is no length or drop restrictions if there is a USSSA or USA stamp on the bat.

Rules of the Game

13. Game times will be 1 hour and 45 minutes or 6 innings (5 1/2 if the home team is ahead), whichever comes first.
 - a. If bad weather, darkness, etc., three (3) complete innings will constitute a complete game or if one hour has elapsed.
14. Flop Rule: If the home team is behind, they will bat first in the last inning. If the home team fails to score enough runs to continue, the game will be over. The visiting team will only bat if the home team ties or takes the lead.
15. Playing Time-Players will receive equal playing time.
 - a. 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 players could be in danger, or unsafe to participate in the infield should notify the umpire and opposing coach prior to the game.
 - b. No player shall sit out more than one (1) inning consecutively except for disciplinary reasons, injury, or ejection.
16. All pitchers will be limited to three (3) innings per game - ENFORCED
Pitch counts are recommendations, but not enforced.
 - a. Per day max = 85 pitches.
 - b. Per week max = 100 pitches. Week starts on Sunday
 - c. Days of Rest: Recommended, but not enforced.
1-34 pitches = 0 days; 35-44 pitches= 1day; 45-54 pitches=2 days;55-65 pitches= 3 days; 66+ pitches = 4 days
17. Balks will be called. Each pitcher will receive 2 warnings.
18. Trying to keep a balance between learning to hit and learning to pitch. The strike zone will be from the shoulders to the knees.

19. Players may **Lead Off**. Leading off is defined as two steps and a shuffle.
20. 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.
21. Infield fly rule is in effect for this age group.
 - a. The batter may advance on a dropped 3rd ONLY if first base is NOT occupied with less than 2 outs. If there are 2 outs, a batter may attempt to run to first base.
22. Bunting is allowed. A bunt that goes foul with 2 strikes is an out.
23. Stealing is allowed at any base, except home. **Exception:** Runners may advance home on a passed ball/wild pitch or wild throwback to pitcher.
24. Pick Offs: Pitchers are allowed to pick off. ONLY 1 base advancement on an overthrow.
25. A team's turn at bat is completed when any of the following occur:
 - a. 3 outs made or 5 runs scored.
26. 9 Defensive players should be placed in the following positions.
 - a. 1st base
 - b. 2nd base
 - c. Short stop
 - d. 3rd base
 - e. Pitcher
 - f. Catcher
 - g. Right field
 - h. Center field
 - i. Left field

Start of Play

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

Foul Balls

The ball is out of play when:

- a. it has gone completely over the foul line (on ground before crossing 1st or 3rd base)
- b. If it is hit behind home plate or over the backstop

Substitutions

- a. Defensive substitutions can be made at any time.
- b. Batting order must remain the same. Teams bat the entire roster.

Method of Scoring

Each team should keep their own batting and defensive line up.

The **home team** is responsible for keeping score and reporting on Team Sideline or emailing Jeanette at jjacobson@cvprd.com .