



Youth Baseball & Softball

(10U, 12U, & 14U)

May 2022

BREC ATHLETICS
6201 Florida Blvd
Baton Rouge, LA
225.272.9200

THE RECREATION AND PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

Dear Team Manager,

On behalf of the Recreation and Parks Commission for the Parish of East Baton Rouge, we would like to welcome you as a participant in our Youth Baseball Program.

Our goal is to offer quality sports programming at affordable prices and see that each participant has an enjoyable leisure experience.

Please read the rulebook at your first opportunity to familiarize yourself with our league's rules and regulations.

We now have an online registration system. You can establish your online account at www.brec.org. For additional information, you can contact athletics@brec.org or you can also visit our department's web site at <http://www.brec.org/index.cfm/subhome/athletics>.

All managers/coaches must take the SPORTSMANSHIP class. (NFHS Sportsmanship Course <http://nfhslearn.com/courses/37000>) Submit completion certificate with team registration form.

All manager/coaches must take the CONCUSSION training course (Center for Disease Control and Prevention Concussion Training Course <https://www.cdc.gov/headsup/youthsports/training>) Submit completion certificate with team registration form.

Again, welcome to our program. Wishing you and your team a very enjoyable and successful season.

Sincerely,

BREC Athletics

The Recreation and Park Commission for the Parish of East Baton Rouge reserves the right to make changes to this document as necessary during the season.

THE RECREATION & PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

TEAM REGISTRAION

Player Contracts

All youth players' registration forms must be filled out with a copy of the original birth certificate and a current photo that must be attached in double-sided format. Every registered player must be listed on the team roster. **Coaches will need to pay at least 50% of registration fee to receive a ballfield location for practice.**

Coaches Registration for Youth Sports Volunteer Coach

All Coaches a required to complete and submit a BREC Volunteer Coaches Background Check Form by **May 1st** of each year:

www.volunteer.brec.org

Teams/organizations with multiple teams and/or age groups are required to have more than **one (1) coach per team per age group**.
No Exceptions

People who have not registered, and been approved, as a coach **will not be allowed** to coach in any capacity (practice or games).

People who are not listed on the team roster will not be allowed to coach in any capacity during games.

A coach who does not have their Volunteer ID Badge and/or Driver's License **will not be allowed** on the field/dugout area as coach.

Wearing your BREC volunteer identification badge is an important public safety tool, and you are always required to wear them.:

- The ID provides special designation for authorized and qualified volunteers.
- The ID is a key component of a comprehensive risk management practice that reflects a comprehensive public safety practice.
- The ID builds trust among the public that parks and recreation is committed to quality management practices.
- The ID provides public information regarding the leadership role of parks and recreation to make communities safe.
- A photo identification practice serves the dual purpose of identifying volunteers as qualified and authorized personnel and builds public awareness for quality volunteer management practices.
- The system of requiring identification badges is only effective when there is compliance by all volunteers wearing their photo identification always of service

Guidelines for BREC Volunteer Identification Badges

1. All qualified volunteers are required to wear a photo identification badge.
2. Photo identification badges are always to be displayed when at practice or a game setting and are not to be worn or used for any other purpose than a volunteer coaching assignment.
3. No pins, stickers, or markings can be displayed on the BREC ID badge. The photo identification badge must be clearly visible to the public and should be worn between the shoulders and waist with the photo clearly visible. **(BREC provided black lanyards before the start of the season for coaches to wear around their necks)**
4. If a photo identification badge is lost or stolen, it is the responsibility of the volunteer to notify a supervisor as soon as possible to obtain a replacement badge.
5. The photo identification badge will be issued to all volunteers after the completion of a comprehensive background check and will expire one year from that date of issuance.
6. It is the duty of every qualified volunteer to report any volunteer failing to properly display their credential and sign the volunteer logbook before each BREC practice and/or game.

Failure to perform any of the given guidelines will resort in your team forfeiting a contest and any individual not adhering to BREC policy and procedures for youth basketball and/or any other sport with youth participation, will be escorted from the premises.

If you have any questions and/or concerns, please contact the Athletics Department at athletics@brec.org.

All coaches and officials are required to take and complete a Sportsmanship Course offered through the National Federation of State High School Associations (NFHS). Coaches and officials are also required to complete a concussion training course offered through the Centers for Disease Control and Prevention. The completion certificates for the Sportsmanship training as well as the Concussion training must be submitted when your team registration packet is submitted. If any coach does not submit his/her certificates will not be eligible to coach until the coursed are completed and their certificates are submitted.

➤ Sportsmanship Course Link: <http://nfhslearn.com/courses/37000>

➤ Concussion Course Link: <https://www.cdc.gov/headsup/youthsports/training/>

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release, on behalf of myself and organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____,

Team/Organization Name: _____

BREC CODE OF CONDUCT

- No manager, player, or spectator shall physically/verbally threaten, lay a hand upon, shove, or strike an official, field supervisor, staff member, player and/or spectator.
- No manager, player, and/or spectator shall be guilty of objectionable and/or disruptive verbal demonstrations of dissent at an official's or field supervisor's decision or refuse to abide by official's or field supervisor's decision. No manager, player, and/or spectator shall be guilty of verbal abuse to include references to an individual or group's race, religion, gender, national origin, disability, or age.
- Participants shall not use flagrant rough tactics against an opposing player.
- There shall be no unnecessary throwing of equipment, or any other objects.
- There will be no cause for defacement or destruction to any public facility or equipment.
- Participants (managers, coaches, players, etc.) may not falsify their own name or any other player's name on a team roster, scoresheet, or any other league document. The use of ineligible or illegal players is not permitted.
- Individuals and/or teams violating the Code of Conduct will be subject to league discipline action which may include one or more of the following actions: game ejection, game forfeiture, game suspensions, probation and/or seasonal suspension.

BREC PARK POLICIES

- No alcoholic beverages may be brought onto or sold on BREC property. (City Parish Ordinance, Title 13: Section 13:1010)
- Pets must always be leashed, and droppings removed. For information on our Dog Park locations, please call 272-9200 ext. 400. (City Parish Ordinance Title 14, Chapter 2, Sec. 14:204)
- Firearms, explosives, and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)
- Gambling or games of chance are prohibited on BREC property. (City Parish Ordinance, Title 13: Section 13:90.2)
- Firearms, explosives, and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)
- Please help keep your parks clean by placing all trash and litter in receptacles provided at all BREC parks. For safety purposes glass containers are prohibited within parks.
- Sale of merchandise, food and beverage, solicitation of fees or donations, or conducting any type of business or event, including distribution of flyers, signs or other advertising mediums is prohibited without permit from BREC Commission. (City Parish Ordinance Title 3, Chapter 5, Sec 3:90- 93) For additional information regarding permits see Special Events.
- Park patrons are advised to be cautious of purchasing any product or merchandise from a vendor in a BREC park not displaying a BREC Permit or not selling from a designated BREC concession stand.
- Teams/Spectators may not play their own music inside of a BREC park before, during, or after games.
- ***Teams/players violating any BREC park policy may be subject to forfeiture of the game and/or expulsion from the league.***

Oak Villa/Central Sports Park Rules

1. *All alcohol sales must be referred to BREC. No alcohol sales will be allowed during youth tournaments.*
2. *No profanity will be used on the premises.*
3. *No outside food or drinks will be allowed inside the park.*
4. *No pets allowed in the park (service dogs are allowed).*
5. *Hitting balls into any fencing is not allowed.*
6. *Unreserved fields that are not rented by the tournament director are not available for practice or warm-ups during the tournament.*
7. *Electrical outlets in the dugouts may be used for small portable fans in the dugout.*
8. *No generators are allowed inside of the ballpark.*
9. *All ice chests are subject to search.*
10. *Recreation Managers are responsible for presenting this information to the coaches. Many of these rules are essential for the coach to pass on to his teams' parents (no pets, no generators, etc.).*
11. *No sunflower seeds, gum and peanut shells are allowed on the artificial turf fields.*
12. *Cleats are permitted, but players may not use cleats that have any metal exposed.*

Team Manager Responsibilities

➤ *Team managers serve as a communication between BREC and staff to members of their team. Therefore, it is important that all team managers communicate effectively, pertinent information submitted from the Athletics Department. We ask that all team managers read each document thoroughly and carefully, and as well as all included attachments, if needed.*

➤ **It is the responsibility of team manger to make sure that...**

- ✚ All rosters are submitted and completed, prior to the season startup date.
- ✚ All rosters are updated when new player additions are made.
- ✚ Each player, coach, and/or manager participating has signed their roster/waiver prior to participation.
- ✚ Each player is aware of the rules, procedures, and player code of conduct put in place by BREC
- ✚ The athletics department is notified properly on any forfeited game, so that arrangements are made for the opponent of that team.
- ✚ All rescheduled games, game cancellation, and forfeits are relayed to members of the team.
- ✚ All written protests are submitted to the Athletics Office within 2 (48 hours) business days of the incident in question.
- ✚ All players are in the appropriate color uniform based on HOME or VISITOR bench, with numbers affixed to jersey. *Players who fail to comply will be ruled ineligible to participate.*
- ✚ Those members of their team, fans and/or parents conduct themselves in a manner within accordance of BREC league rules and Code of Conduct.
- ✚ ▪ Relay/Forward all player suspension documents to member(s) of their team, if needed.

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release, on behalf of myself and organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____,

Team/Organization Name: _____

PARENTS CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Code of Ethics.

I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other youth sport event.

I will place the emotional and physical well-being of my child ahead of any personal desire to win.

I will insist that my child play in a healthy environment.

I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.

I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.

I will remember that the game is for children and not for adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

I will promise to help my child enjoy the youth sports experience within my personal constraints by being a respectful fan, providing transportation or whatever I can do.

CHILD PARTICIPANT NAME(S):

1. _____
2. _____
3. _____
4. _____

Team/Organization Name: _____

TO BE READ AND SIGNED BY PARENT/GUARDIAN OF MINOR: I hereby represent that I am the parent/guardian of the minor(s) whose name(s) appears above. I am familiar with and consent and agree to the terms and provisions set forth in this release/parent's code of conduct, on behalf of myself and said minor.

Parent/Guardian Signature: _____

Print Name: _____

Date: _____

By placing your email below, you are giving permission for BREC staff to send updated league information, as well as upcoming BREC leagues/events in the future. Please print legibly.

Email address: _____

COACHES CODE OF ETHICS PLEDGE

I hereby pledge to live up to BREC's Coaches Code of Ethics.

I will place the emotional and physical well-being of my players ahead of any personal desire to win.

I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe playing situation for my players.

I promise to review and practice the necessary first aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all players.

I will ensure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the game is for children and not adults.

By placing your email below, you are giving permission for BREC staff to send updated league information, as well as upcoming BREC leagues/events in the future. Please print legibly.

Email address: _____

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release, on behalf of myself and organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____

Team/Organization Name: _____



COACH & SUPPORTER CODE

NO COACH or SUPPORTER who is associated with your team is allowed under no circumstances to say (shout/criticize/heckle) anything to a BREC Sports official (Court/Scores Table). Any coach/parent/supporter who is cited with saying anything to a BREC Sports Official will be the result of a technical foul (2 shots) called/charged against the team (issued to the Head Coach) in which the erratic supporter is affiliated. If a second (2nd) technical foul is called/charged against the team of the coach/parent/supporter, the team with two (2) Fan/Supporter Technical Fouls will forfeit the game immediately and the Head Coach will serve a one (1) game suspension. Coaches are responsible for the actions of their supporters.

Acknowledgement of Rule Book & Bylaws

TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S): I hereby represent

that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release of the rule book & bylaws, on behalf of myself and/or organization.

Coach Signature: _____

Print Name: _____

League: _____

Date: _____

Team/Organization Name: _____

Pitch Count Limits and Required Rest Recommendations

It is important for our league to set workload limits for pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so. See required rest recommendations below.

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A

Ages (9-12)

(Typically, 46-50' Pitching Distance)

- Focus on athleticism, physical fitness, and fun
- Focus on learning baseball rules, general techniques, and teamwork
- Do not exceed 80 combined innings pitched in any 12-month period
- Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous
- Make sure to properly warm up before pitching
- Set and follow pitch-count limits and required rest periods
- Avoid throwing pitches other than fastballs and changeups
- Avoid playing for multiple teams at the same time
- Avoid playing catcher while not pitching
- Players should not pitch in multiple games on the same day
- Play other sports during the course of the year
- Monitor for other signs of fatigue
- Pitchers once removed from the mound may not return as pitchers
- No pitcher shall appear in a game as a pitcher for three consecutive days, regardless of pitch counts

Ages (13-14)

(Typically, 60' Pitching Distance)

- Players can begin using breaking pitches after developing consistent fastball and changeup
- Do not exceed 100 combined innings pitched in any 12-month period
- Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous
- Make sure to properly warm up before pitching
- Set and follow pitch-count limits and required rest periods
- Avoid playing for multiple teams at the same time
- Avoid playing catcher while not pitching
- Players should not pitch in multiple games on the same day
- Play other sports during the course of the year
- Monitor for other signs of fatigue
- A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game
- No pitcher shall appear in a game as a pitcher for three consecutive days, regardless of pitch counts

BREC requires all Youth Volunteer Baseball Coaches/Mangers to obtain the USA Baseball Coach "A" License to enhance our knowledge of baseball and continue to promote a safe environment for the children of East Baton Rouge Parish.

USA Baseball Coaches "A" Certification

Culture, Safety, and Awareness

Requirements to Obtain an "A" Certification:

- *Confident Baseball Coach Course*
- *Abuse Awareness Course*
- *Pitch Smart Course*
- *First Aid Course*
- *"A" Certification Code of Conduct*

Benefits of Obtaining an "A" Certification:

- *Further the game of baseball through yearly coaching education.*
- *Become a better coach through continual learning and development, both on and off the field.*
- *Create a better experience for baseball athletes through understanding leadership fundamentals.*
- *Promote a safe and positive environment for long-term development of athletes, both personally and athletically.*
- *Be able to better recognize and respond to health and safety issues and other instances of emotional and physical misconduct.*
- *Listed in the user search feature of the USA Baseball Develops website as a Certified Coach.*

Topics Covered:

- *Health and Safety*
- *Creating a Positive Environment*
- *Arm Safety for Pitchers*
- *Recognizing and Responding to Misconduct*

Coaches who have completed an "A" Certification have demonstrated the following:

- *Knowledge in ways to create a more positive impact on each of their players.*
- *Knowledge of general health and safety, including common baseball injuries.*
- *Knowledge of the importance of creating a positive atmosphere and keeping the integrity of the game.*
- *Understanding of how to recognize and respond to any misconduct, and how to create a safe environment for all players, coaches, parents, and umpires.*
- *Understanding and agreement with the principles of the Pitch Smart program and general arm care for pitchers.*

Cost:

- *"A" Certification is **free of cost**. To begin your courses and complete your "A" Certification, click the button below.*

GET STARTED

BREC requires all Youth Volunteer Baseball Coaches/Mangers to obtain the USA Baseball Coach "A" License to enhance our knowledge of baseball and continue to promote a safe environment for the children of East Baton Rouge Parish.

Maximize Performance

Proper pitching mechanics

A description of proper pitching biomechanics can be found [here](#).

Relationship between pitch velocity, performance, and injury

High velocity can attract the eyes of college and professional scouts, however the relationship between velocity and performance in Major League Baseball is relatively weak. On the other hand, the relationships between increased velocity and increased elbow stress and elbow injury are strong. Pitchers should maximize their performance and safety by optimizing their mechanics and including a variety of off-speed pitches. Having more pitches in a player's repertoire can help them to become a well-rounded pitcher, and potentially decrease the risk of injury associated with throwing high velocity fastballs.

Weighted ball throwing programs

Weighted ball throwing affects pitching mechanics and joint stress. Weighted ball programs may lead to increased pitch velocity but throwing heavier weighted balls might also increase the risk of injury. Because of the increased risk for injury, pitchers should be cautious about weighted ball programs. The best way to use weighted balls is to implement them as part of an overall pitcher training program. An overall program combines the workload from all throwing (bullpens, pitches in game, warmup throws, weighted balls, long toss, etc.). If you view weighted ball training as a "magic shortcut," there is a high chance of injury.

Long toss and interval throwing programs

Flat-ground throwing is commonly used for training and rehabilitating baseball pitchers and position players. Flat-ground distances in throwing programs vary from pitching distance to maximum possible distance, can be "on a line" or with arc, and can be with or without crow-hop footwork. Ball velocity and elbow torque may increase as throwing distance is increased and in some situations are more than the magnitudes in actual pitching. However, such increases in ball velocity and elbow torque are not seen when flat ground throwing is without a run-up or is with a pitching motion. Pitching at reduced effort is also part of an "interval throwing program." In general, pitching with 50% effort produces about 75% of maximum ball velocity and elbow torque, and 75% effort correlates to about 90% of ball velocity and elbow torque. It may be helpful to incorporate a radar gun with initial reduced effort throwing to better judge the "feel" of 50% effort.

Strength and conditioning for baseball pitchers

Total-body strength and quality movement patterns are crucial for pitching performance. Exercise prescription plays a major role in both. Exercising in multiple planes of movement builds the body's resilience to fatigue and thus can help prevent injury. An effective, balanced pitching development program should be designed following a few umbrella concepts:

- Ground-based, multi-joint movements are preferred over seated or machine-based exercises. Players should focus on body weight mastery and technique before adding external load.
- A focus on lower-body exercises in all directions (e.g., forward, lateral, and reverse lunges) and inclusion of different types of standing single- and double-leg hamstring work should be considered.
- Unilateral exercises are encouraged over bilateral exercises (e.g., pistol squat or rear foot elevated squat are superior to a bilateral back squat).
- Pull to press ratio (the ratio of pulling to pressing movements) is a preventative approach to maintain muscular balance and posture. The in-season recommendation is a 2:1 ratio (3:1 in the off-season) made up of 1 horizontal plane exercise (e.g., inverted row), 1 vertical plane exercise (e.g., lat pull down), and 1 pressing exercise (e.g., dumbbell bench).
- Avoid exercises like *heavy* overhead press, bench press and bicep curls.
- Shoulder stabilizer muscles like the serratus and the rotator cuff muscles should be challenged with different types of light load and movements (e.g., isotonic weights, tubing and even manual or partner exercises).
- Challenging the core in multiple directions with planks, side planks, glute bridges and medicine ball throws will ensure that the pitcher can use the whole body in an efficient manner.
- A comprehensive, balanced pitcher program also includes exercises that maintain joint health, function, and mobility. These exercises can include some end-range joint stretching/holding, breathing techniques, running mechanics, and conditioning activities.

Players should work with a Registered Strength and Conditioning Coach to create a balanced program with the above elements included.

Nutrition to maximize performance

Nutrition is a key element in the success of the athlete. It is the fuel for the movement of the body and the fuel for recovery from performance. A balanced diet supports muscle growth, healing from injury, a healthy immune system and more. Focus should be placed on a wide variety of wholesome foods from carbohydrates, proteins, and fats to meet energy demands placed on the body. In addition to maintaining a balanced diet, players should ensure to hydrate regularly, and should focus on water as their main method of hydration.

Risk Factors for Injury

Overuse and fatigue

By far, the biggest risk factor for pitchers is overuse and fatigue. Compared to healthy teammates, adolescent pitchers who undergo elbow or shoulder surgery were 36 times more likely to have routinely pitched with arm fatigue. Pitching mechanics, such as hip-to-shoulder separation and forward trunk tilt, change as players become fatigued. Numerous studies have shown that pitching too many months, pitching too many innings, pitching too deep into games, violating pitch count recommendations and acute spikes in workload significantly increase the risk of injury. Pitchers should avoid pitching on consecutive days. Follow Pitch Smart guidelines to succeed and stay on the field.

Showcases

A showcase can be a terrific opportunity for young players to demonstrate their skills for college coaches and professional scouts. However, pitching in a showcase during the offseason can be particularly hazardous, especially if a pitcher does not have his arm in proper pitching shape. Pitchers should treat these appearances as they would any other game for purposes of daily, weekly, and annual pitch count limits. Furthermore, they should avoid the temptation to overthrow to light up the radar gun to make a favorable impression.

Throwing curveballs and sliders at a young age

Young pitchers who throw curveballs and sliders may experience more elbow or shoulder pain. However, field studies have not shown increased risk of elbow or shoulder injury with throwing curveballs. Furthermore, the curveball produces similar or even less force, torque and muscle activity about the elbow and shoulder than the fastball does. Hence, pitchers should learn good fastball mechanics and proper arm slot first before introducing breaking balls.

Pitcher-catcher athletes

At any level, a pitcher should not also be a catcher for his team as the combination of these two positions results in far more throwing than is required at other positions. Pitchers who also played catcher were three times more likely to suffer a major arm injury than pitchers who did not also play catcher.

Velocity

Injuries are more likely when there is more stress placed on the body. Higher velocity throws place more stress on the shoulder and elbow, and pitchers who throw with greater velocity than other players their age should be particularly careful to follow Pitch Smart guidelines. It is important that all players establish proper mechanics and throwing technique before trying to increase their velocity.

Mound height and pitching distance

Youth baseball pitching mounds vary from flat ground to 10-inch-high adult mounds. One study found less stress on the throwing arm when pitching from flat ground, but two other studies found no such difference. Both variations are thus likely acceptable. Pitching distance is another important consideration. In some communities' young players transition directly from 46-foot pitching distance to adult 60.5-foot pitching distance, whereas other communities include leagues with an intermediate distance (such as 50 or 54 feet). Shoulder force increases with pitching distance, so inclusion of intermediate pitching distance leagues while adolescent pitchers work up to the adult distance is preferred.

Single-sport (baseball) specialization

Many youths and adolescent players choose to not play any other sports and focus solely on baseball to improve their skills and to make themselves more competitive. However, focusing just on baseball year-round may increase the risk for injury. Several retrospective studies of professional baseball players have demonstrated that those players who specialized in solely baseball prior to high school have higher rates of injury. It is thus recommended that single-sport specialization be delayed at least until high school and preferably until college, although all athletes should maintain baseball-specific strength and conditioning in the offseason, such as maintaining shoulder range of motion as well as the strength and endurance of the muscles within the core and around the shoulder blade.

BREC YOUTH BASEBALL RULES & BYLAWS

EQUIPMENT, GAME LOCATION(S) AND FIELD SPECIFICATIONS

Playing Segment	Ball Type	Mound Distance	Base Path	Foul Line	Center Field	Game Location(s)
10U	Rawlings RLLB Little League Baseballs (Tournament Grade)	46'	65'	180'	200'	OAK VILLA and/or CENTRAL SPORTS PARK
12U	Rawlings RLLB Little League Baseballs (Tournament Grade)	50'	70'	215'	225'	OAK VILLA and/or CENTRAL SPORTS PARK
14U	Rawlings RLLB Little League Baseballs (Tournament Grade)	60' 6"	90'	275'	295'	OAK VILLA and/or CENTRAL SPORTS PARK
Girl's Fast Pitch Softball (8-12)	11 in Fast-Pitch Practice Softballs	35'	60'	Varies	Varies	OAK VILLA and/or CENTRAL SPORTS PARK

All foul line and center field distances will be no less than the minimum distance listed.

GAME STRUCTURE

Playing Segment	Game Length	Innings	Extra Innings	Max Runs Scored Per Inning	Visits to Mound Per Inning Before Pitcher is Removed from Mound	Run Rule
10U	1 hour 20 mins	6	None	7	2	15 runs after 4 innings; 3 ½ if the home team is ahead
12U	1 hour 20 mins	6	None	7	2	15 runs after 4 innings; 3 ½ if the home team is ahead
14U	1 hour 20 mins	6	None	7	2	15 runs after 4 innings; 3 ½ if the home team is ahead

League games shall be six innings maximum. No inning shall begin after 1 hour 20 minutes. *If a tie exists after six innings of play, or at the end of regulation time, the game will remain a tie. **THERE WILL BE NO EXTRA INNINGS DURING THE REGULAR SEASON.***

BREC CONTEST LIMITS

Season: A team can be granted a **minimum of eight (8) games and a maximum of twelve (12) games for each league.** **City Tournaments:** Only the Top 4-6 teams from each league will be granted playoff privileges on the discretion of BREC Athletics Department. **All – Star Game:** If Applicable, all divisions will be granted All- Star Game privileges for youth selection privileges, on the discretion of BREC Athletics Department and ball field availabilities. All All-Star Games should be played mid-season and/or after the season has ended. Coaches from each team will be able to select 1 player from each team, after the players are selected BREC Athletics will select the rest of the participants from statistics taken during the course of the year.

GAME TIME

- Games can begin with 8 players, the Official, Recreation Manger, and/or Center Supervisor will determine a forfeited game.
- We suggest teams should be at the game site 45 minutes before game time. Games can start 30 mins ahead of time if both teams are present.*
- Team Line-Ups. Team line-ups are due to the official scorer fifteen minutes prior to the scheduled game time. If the line-up is not in place by game time, a forfeit will result. **This is the responsibility of the coach/captain of each team.**

AGE DIVISIONS

Double A - 10U - Minimum Age requirement for participant will be 7 years of age by start of season. Any player who has not reached his or her **11th** birthday on or before **May 1, 2022**, is eligible to play.

Triple A - 12U - Any player who has not reached his or her **13th** birthday on or before **May 1, 2022**, is eligible to play.

Majors - 14U - Any player who has not reached his or her **15th** birthday on or before **May 1, 2022**, is eligible to play.

GOVERNING RULES

Games shall be played under the official Louisiana High School Athletic Association/Perfect Game Baseball Rules and/or specific changes for local situations as follows.

PLAYER/TEAM ELIGIBILITY

- A. The number of players to be signed and carried by each team shall not exceed **15** players, nor be less than **10** players per team.
- B. Each player must be on their roster to be eligible for play.
- C. Registration fee for the league is \$ _____ per team and must be turned in to BREC's Athletic Department with the complete team packet by the deadline date established each season. Schedules will be listed on www.webtrac.brec.org under Leagues Search and your Age division.
- D. Coaches must turn in a completed player contract for each player on their roster. A recent photograph copy of the original birth certificate and a recent photo of the player must accompany this contract, **double sided on one sheet of paper**.
 - 1. In case of an age eligibility question the coach must be able to present an original birth certificate within 72 hours. If the original is not presented the player will automatically be suspended until the birth certificate is produced.
- E. Players will not be permitted to sign with a team after the deadline date (**After the fourth (4) scheduled playing date**) established yearly.

All Non-athletes/coaches are responsible to see that their team meets all eligibility requirements. If a player is found to be ineligible prior to the start of a sanctioned competition, the player will be expelled from the competition and the team will continue. If a player is found to be ineligible after the competition has started, the player will be expelled from the competition and the team will forfeit all games in which the ineligible player was listed on the official score sheet. The team may continue to participate, if applicable, without the expelled player.

F. Players will be allowed to play in more than one (1) BREC league within the Youth Baseball program, but **players may not play on more than one team per league per season.** *Example: BR Heat organization has two organizational teams in (12-13) (Recreational & Premier). The Heat wants Peter to play in the Premier and Recreational divisions for more training, in the same (12-13) division. BREC Athletics Department will not grant this to the organizations due to competition of play. No Premier player can play in a Recreational division of the same age within a given season, if listed on a premier roster during the season.*

G. All games in which an ineligible player has played will be forfeited.

H. Additions to the roster must be in by **Friday before 12:00 noon to play the next week.** No additions except for hardship will be taken after the fourth (4) game of the season.

I. Players of younger division age may play/participate in older divisions, but an older division age player may not play in the younger divisions.

J. Player Post-Season Eligibility: Any player on your roster must play in at least **2 regular season games** of their scheduled league games for the regular season. If not, he or she will be deemed ineligible for any post-season games.

K. If a team has an out of state tournament scheduled on Saturday and/or Sunday conflicts with BREC scheduled baseball game(s), it shall be permitted, by mutual agreement of the opposing coach/manager/organization, to reschedule the baseball game(s) on a weekday during the same week provided it is not a league tournament game. If it is a league tournament game, it shall require approval of both BREC Athletics and the opposing coach/manager/organization to reschedule the game on an earlier date. In either case, the opposing coach/manager/organization shall be allowed to honor this playing date change without penalty.

General Baseball Rules

- 1. Teams who violate the Pitch Count Limits and Required Rest recommendations will have to forfeit game.**
2. League games shall be six innings maximum. No inning shall begin after 1 hour 20 minutes. If a tie exists after six innings of play, or at the end of regulation time, the game will remain a tie. THERE WILL BE NO EXTRA INNINGS OTHER THAN IN PLAYOFF COMPETITION.
3. The new inning begins when the 3rd out is made from the previous inning.
4. At the end of regulation time. 1 hr. and 20 minutes should an inning be in progress, the inning will be completed. If the home team is ahead after the visiting team has made 3 outs when regulation time has expired, the game is over; however, if the home team is behind when regulation time has expired, the home team will get to bat.
5. If for any reason a team cannot field eight (8) uniformed players at scheduled game start time, that team shall forfeit by a score of 7-0. Teams that play with only (8) players will suffer 1 out in the 9th batter position every time through the lineup.
6. No Metal Spiked Cleats are allowed. any player wearing metal cleats will be ejected from the game as well as the team manager.

7. The Infield Fly Rule will be observed.
8. If a runner slides, he or she must slide directly into the bag.
9. If a manager or Coach is ejected from a game, he is suspended from any coaching responsibility at minimum for the remainder of that game AND his next game. Immediately following an ejection, the manager or coach will proceed to the parking lot for the remainder of that game. The manager will notify BRPD on duty and/or BREC Athletics of all violations within 24 hours. BREC Athletics will notify the manager if the suspension needs to be longer.
10. If a player is ejected from a game, it is mandatory that he/she seats out the next game. The manager will notify the Recreation Manger on duty, BREC Athletics of all violations within 24 hours. BREC Athletics will notify the manager if the suspension needs to be longer.
11. Catchers must be properly equipped and will be limited to catching a maximum of 4 innings per game per day. No limit for the week.
12. Courtesy runners may be used for pitchers and catcher only. These players must have played the pitcher or catcher position in the previous inning. The player who made the last out will be the courtesy runner. (Catcher-mandatory with 2 outs)
13. All divisions will be open bases and runners may advance when the umpire put the ball in play.
14. Runners are never required to slide, but if a runner elects to slide, the slide must be legal.
15. If a tag play is imminent, the runner should slide or seek to avoid contact. Jumping over a player is not considered avoiding contact.
16. No player can initiate malicious contact. It is the umpire's judgment call that determines whether the contact is malicious.
17. **PENALTY:** The player initiating malicious contact is removed from the game. Note: There can be a collision where both players go head over heels that is not malicious contact. The key for malicious contact is intent. Umpires must ask themselves when making the call, "Did the runner deliberately or intentionally run into the fielder to break up the play or cause harm to the fielder?" If the answer is yes, then you have malicious contact, if the answer is no, then it is a clean play, and you have nothing. Umpires must be careful when making this call to avoid ejecting players if the intent is not there. Keep in mind that the younger ages are just learning the game, and sometimes there is contact by the runner not sliding and running into the catcher. Remember, the key word is intent.
18. If a defensive player is obstructing the runner (judgment call by the umpire), contact by the runner is not illegal unless it is malicious.
19. **10U Only** - Runners may only advance one base on a passed ball unless the defense makes a play on the runner. Then play returns to live ball status.
20. **10U Only** - Dropped 3rd Strike rule does not apply. Batter is out. Base runners can steal on a dropped 3rd strike.
21. All teams in 10U & 12U must bat entire roster/line up with free substitutes. **As a courtesy, teams shall report all substitutions to the home plate umpire who will inform scorekeepers.**

22. PENALTY FOR USING AN ILLEGAL OR ALTERED BAT

- a. The batter is declared out; runners may not advance on a batted ball; the bat is ejected from the game; and further use of any illegal bat by any player on this team will require ejection of the player; and manager.

23. COURTESY RUNNERS

- a. Courtesy runners for either the pitcher or catcher are optional. A courtesy runner is exactly what it says it is, A COURTESY RUNNER, not a substitution. The courtesy runner will be the last player record out.

24. BETWEEN INNINGS

- a. A maximum of two minutes, or five warm-up pitches, will be allowed between innings with the time beginning following the third out. The umpire shall keep time. Automatic strikes may be called on offensive teams not ready and automatic balls may be called on defensive teams not ready after the umpire has directed teams to play. If an injury requires an emergency pitching change, the new pitcher will have 8 pitches maximum for warm-up (game clock will not stop, unless the injury was severe enough to require medical attention on the field).

25. DUGOUTS AND FIELD

- a. A maximum of four adult coaches per team are allowed on the field and in the dugouts, this includes the scorekeeper, it is not 4 adult coaches and the scorekeeper. Only two coaches are allowed outside the dugout at any time. Absolutely no glass and/or seed items are allowed in the dugout or in any of the parks. Team water coolers are allowed, unless already provided by BREC. Teams must pick up trash and debris in the dugout prior to departure from any game. Aside from the adult coaches, no parent, or anyone associated with the team, unless approved by Recreation Manager and/or Center Supervisor, will be allowed in the dugout or on the field. Dugouts are first come, first served.

26. WARM-UPS

- a. All team warm-ups will be done in specified warm-up areas or in the outfield of a ball field. Absolutely no infield practice on any field; No pitching practice allowed on any ball field mound. There will be no infield practice allowed before a game. A coach may hit ground balls or fly balls to his players in the outfield grass behind 1st & 3rd base provided the start time of the game is not delayed.

27. DEFENSIVE CONFERENCES/PITCHING MOUND VISITS

- a. Pitching mound visits will remain 2 per inning, with a second visit to the same pitcher in the same inning resulting in a pitching change

28. NO SLASHING FOR AGES **12U AND BELOW**

- a. Penalty, on the first offense, if a batter squares to bunt and then swings at the pitch, (with or without base-runners), the batter is out; if there are base-runners, they go back to their bases, and the head coach is ejected from the game. There are no "warnings" regarding slashing.

29. INTENTIONAL WALKS

- a. Head Coach or catcher may direct the umpire that they want to intentionally walk a batter. No pitches need to be thrown. This is a dead ball scenario.

30.

31. 3 completed innings or 2 ½ innings if the home team is winning constitutes a completed game, if suspended due to weather. If game is called during the 4th inning, revert to the last full inning unless home team is batting and winning.

Metal Bats

10U: Metal bat. All bats must have a branding, label, or stamp proving BPF 1.15. There is length to weight ratio maximum of -10 (10 ounces). **NO WOOD BATS**

12U: Metal bat. All bats must have a branding, label, or stamp proving BPF 1.15 or BBCOR on it. There is length to weight ratio maximum of -5 (5 ounces). **NO WOOD BATS**

14U: Metal bat. All teams must use BBCOR -3 bats that are legal according to the National High School Federation. Wood bats are also allowed.

Taking Infield

No infield will be allowed before games begin.

Trips to the Mound

The pitcher must be replaced on the 2nd trip to the mound in any inning

Pitching

The MLB balk rule will be enforced. When a balk is called it is NOT a dead ball. Players in **10U & 12U divisions** will receive **one (1) warning per pitcher**. The 3B to 1B pickoff move is legal. Also, in the windup position, a pitcher is permitted to have his "free" foot on the rubber, in front of the rubber, behind the rubber, or off to the side of the rubber. Please refer to Pitch Smart guidelines for pitching limitations section.

Enforced Pitching Limitations

All BREC Youth Baseball games will strictly follow the Pitch Smart guidelines.

Pitching Limitations

<http://m.mlb.com/pitchsmart/pitching-guidelines/>

Enforcement of the Pitching Limitations

- Pitch counts will be tracked via Scorebook
- Teams are encouraged to keep their own pitch counts of both teams' pitchers
- If a pitcher is in question, it will take a protest, during the game and while the pitcher is throwing, to decide if he is legal or not.
- Once a pitcher reaches his daily maximum limit, he must be removed from the game.
 - *If a pitcher reaches the maximum limit of pitches in a game during a batter's plate appearance, the pitcher may continue in the game until such plate appearance or the inning ends (i.e. by a third out made by catching a runner stealing), whichever comes first. There is no team penalty for this, but the pitcher must adhere to prescribed pitch counts for the remainder of the event.*

BREC Umpires and/or Staff will try to remind the coaches when a player is 20 pitches from his daily limit, and when he reaches the daily limit that he must be removed. If a pitcher throws a pitch in a game sooner than the mandatory days' rest, he becomes an illegal player. If the opposing Head Coach protests the illegal player, the game will be deemed a forfeit. Head Coaches are responsible for knowing the mandatory days rest for their pitching staff.

Hitting lineup

10U-12U: Teams must bat their entire line up. Starters will need to bat 1-9 and any addition players or subs will follow. Order does not change throughout contest for any reason. Batting orders will consist of the entire team roster, so that substitutions during the game are made only for defensive purposes. Should it become necessary, because of an injury, to substitute for a base runner, the player having made the last previous out will be substituted for the injured runner.

14U: Can consist of 9, 10, or 11 players; or teams are permitted to bat their entire line up.

Scoring

We recommend that all teams (home and visitor) keep a scorebook. The actual scorebook of the game will be kept by BREC Athletics staff, in case of emergency where staff can't keep book the home team will be the official scorer. To eliminate scoring disputes scorekeepers should check with the official scorer during and after the game.

Substitution(s)

Substitute players must participate in at least every other inning, unless being disciplined by the manager. If a player is being so disciplined, it shall be noted in the official score book prior to the game. Exceptions to this rule should be reported to Athletics in writing. In case of injury, the last player removed from the game shall take the place of the injured player. All players removed from the game will be allowed to **reenter**, except that a player removed from the pitching position may not return to that position.

MERCY RULE

- **Max Runs Scored Per Inning: 7**
- **Run Ruling: 15 runs after 4 innings; 3 ½ if the home team is ahead**

LEAGUE AWARDS

The league champion and runner-up in each division will receive individual medals for each player. League champion team trophy/rings will also be presented to the division winners.

In the event of a tie in the standings between two or more teams, head-to-head will break a tie and/or point differential, if not applicable. BREC Athletics will decide seeding for teams in playoffs. It will be on BREC Athletics Department discretion, if any team and/or team(s) are granted a play-in game for tied teams, within any division and/or league.

OFFICIALS

All officials will be furnished and approved by BREC.

All games will be played at the ball field indicated on the schedule. Games will be played as scheduled.

COACHES

There is a maximum of three (4) approved coaches in dugouts with the players per game. No Spectators or Parents allowed.

UNIFORMS

Every team will be required to have matching t-shirts/jerseys, baseball pants and a cap, with 6" hot pressed number on the back of t-shirts/jerseys. Teams will need to have a home and away t-shirt/jersey for competition. T-shirts/jerseys must be tucked in, and no shorts or sweats with pockets or outside drawstrings will be allowed for play. A team will forfeit if they do not have the minimum players in proper attire. **No "do-rags". No flip flops or opened toed shoes. Uniform violations will result in a player being deemed ineligible for the game.**

"Home team" players shall wear white jerseys and "visiting teams" players shall wear dark-colored jerseys in games.

ILLEGAL EQUIPMENT

A player wearing illegal equipment shall not be allowed to play. Types of equipment that shall be declared illegal include:

- Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandanas.
- Shoes with metal, ceramic, screw-in, or detachable cleats.
- Jerseys that have been altered in any manner which produces a knot-like protrusion. E. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges.
- Towels may not hang from a participant's waist.
- Stickum of any kind (on body, gloves, or ball)

Penalty: Ineligible until removed.

CONDUCT RULES

We ask that you always maintain a positive approach throughout the league and adhere to the following guideline:

Game officials shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite the players or spectators against the officials. Public criticism of the officials or players is unethical

The coach should respect his opponents, display gracious behavior during competition and require his players to conduct themselves in similar fashion. Before and after the contest, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

Coaches shall actively use their influence to enhance sportsmanship by spectator.

PLAYER BEHAVIOR

Any coach, or player verbally or physically abusing a game official, opposing player, or any other individual, will be ejected from the game and must leave the facility immediately. Any player refusing to leave will cause his team to forfeit the game. In the case of physical abuse or extreme unsportsmanlike conduct, additional disciplinary action can/will be taken by BREC's Athletic Department including but not limited additional suspensions and/or removal from the league. **COACHES WILL BE HELD RESPONSIBLE FOR THE ACTIONS OF THEIR TEAM MEMBERS AND FANS.**

SUSPENSIONS

A player who is ejected from a game will be required to leave sight and sound of the facility within **2 minutes**. If a player fails to leave after an ejection, the game will be forfeited by the umpire. Managers should see that your player leaves promptly. If any player is ejected from the game, he/she shall be automatically suspended for a minimum of one game, additional punishment could be handed down pending review by BREC staff. If the player is ejected a second time, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of BREC indefinitely, pending review by staff

EJECTIONS

All ejections carry a mandatory suspension of the next scheduled game. If a player is ejected twice (2) within one playing season, they are not allowed to participate within the playoffs or league for the next year until player's parent/guardian and coaches have contacted Athletics Department for a hearing on the matter.

PROTEST

All protest must be made on site prior to play resuming. Only the Head Coach can confer with the umpires. Protest must be lodged only for misinterpretation of rules. Protest must be lodged properly in writing and must be submitted to Athletic Department within two working days (Mon.-Fri.) after protested incident.

RETURNED CHECKS

Teams will be eliminated from any further league play for non-payment of league fees.

FORFEITS

- The field supervisor's or umpires watch represents the official time. Any time eight (8) players are on the field; the game must start.
- Teams with fewer than eight (8) players **after the start time for game**, will be given a forfeit.
- **The score of a forfeited game will be 7-0.**
- In the event of a double forfeit each team will be credited with a loss with the score being recorded as 0-0.
- Forfeit Limits: A team which exceeds its maximum limit may be dropped from the league without a refund.
- Maximum limits:
 - Teams which play one game per week2 forfeits within the playing season
 - Teams which play two games per week3 forfeits within the playing season

REFUND POLICY

No refunds and/or household credit will be given unless a league has not played 50% of league games before the league is cancelled. **All refunds and/or household credits will be determined by the Athletics Department discretion.** If rule violations result in a team being removed from the league, the following refund formula will be used.

- Teams expelled between the date of registration and the beginning of their leagues first game **will forfeit 100%** of their registration fee.
- Teams expelled after the start of their first game **will forfeit 100% of fee.**

RAIN MAKE UPS

In most cases, teams will receive at least one week notice of schedule changes.

In emergencies, teams may be asked to play with less notice.

Managers will receive a rain make-up schedule through www.webtrac.brec.org under Leagues, upon games being rescheduled.

ROSTER CHECKS

BREC staff reserves the right to randomly check team rosters for player validity. The manager is responsible for keeping up-to-date team roster records. This practice can eliminate any question as to whether a team member is eligible to play. Players must present BREC staff with a form of photo identification upon request. Any player or team information which is not correct on a team's roster, and/or the use of illegal or ineligible players will result in league discipline.

PLAY-OFFS

Play-offs will consist of the top four (4) to six (6) teams from leagues. The number of playoff participants will be on the discretion of BREC Athletics Department.

Injury, Bleeding or Open Wound:

A player/substitute, manager, coach, trainer, or other team member or sports official who is bleeding or who has an open wound shall be prohibited from participating further in the game until the bleeding is stopped and the wound covered.

1. If treatment can be administered in a reasonable amount of time the individual would not have to leave the game. The length of time that is considered reasonable is umpire judgment.
2. If excessive time is involved, the re-entry rule would apply to players.
3. If there is an excessive amount of blood on the uniform/bandage must be changed before the individual may participate.

Concussion Protocol:

Any player that exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not be returned to play.

Communicable Disease Procedures:

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing potential or transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all blood contaminated surfaces and equipment with a solution made from proper dilution of household bleach (CDC recommends 1-100) or other disinfectants before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles contain body fluids.

The referee shall not permit any team member to participate if in his/her judgement any item constitutes a safety concern, such as, but not limited to, a player's fingernails or hairstyles.

8-12 Girls Fast Pitch Softball

- 1) Game Length – 5 innings or 60 minutes. No new inning can start with less than 10 minutes on the game clock. Home team, if behind in the score, will always have opportunity to bat once time is expired.
- 2) Ten players may be played defensively at one time. Additional player must be in an outfield position.
- 3) Teams must have a minimum of eight (**8**) players to start and finish the game. If the minimum number of actual team players is not met by game time, the official game result will be a forfeit by the shorthanded team. Teams may pick up other players to play an exhibition game.
- 4) The Home and Visiting teams will be pre-determined and indicated on the schedule. The umpire or event supervisor will be responsible for the official game clocks. Game time will start when the umpire has instructed the home team to take the field, regardless of the actual time of day.
- 5) No defensive coaches will be allowed in the outfield.
- 6) The batting team has the option of providing a coach who will be positioned at the backstop to assist with retrieving passed balls. All passed balls will be returned to the catcher who will return the ball to the pitcher. This coach must not interfere with any live ball play. If interference occurs, the umpire will make the decision as to whether the interference was intentional or unintentional and rule accordingly.
- 7) The coach must not verbally interact with players, umpires, or spectators.
- 8) The side is considered retired when three outs are made, or **7** runs are scored. No more than **7** runs can be scored per inning.
- 9) Stealing is not allowed. No advancing on passed balls. Runners may run when the pitcher releases the ball but must return if the ball is not hit fair. If a runner leaves before the pitcher releases the ball, the runner will be called out. This will be a judgment call by the umpire and there will be no warnings.
- 10) Sliding will be allowed. Coaches will be responsible for teaching players the correct technique for sliding.
- 11) Whenever a tag play is evident, a runner must slide or seek to avoid contact with the fielder and / or catcher. Attempting to jump, leap, or dive over the fielder and / or catcher is not interpreted as seeking to avoid contact. Malicious contact could result in an ejection of the runner at the umpire's discretion.
- 12) Third strikes are outs, caught or dropped. Strike outs will be after three strikes. Foul balls on a two-strike count will not be considered a strike-out.
- 13) If a batter is hit by a pitch from the opposing team, that batter will be awarded first base.
- 14) Play is considered stopped when all runners have stopped advancement and the ball is under control on the infield and/or when the umpire calls "time".
- 15) No infield fly rule
- 16) Walked Batter Rule:
 - a. Pitcher will pitch until there is a 4-ball count at which time the coach of the batter will come in and throw 2 pitches to the batter.
 - b. The batter must hit a fair ball during one of those pitches or be called out. The strike count does not carry over to the coach pitch session. Foul balls on the last coach pitch will continue the at bat. Overhand Pitches for the boys and Underhand Pitches for the girls, from the pitching rubber, are required.
- 17) Mound/Pitcher Visits – If a coach makes a 2nd visit/conference to the mound to speak with the pitcher in the same inning, that pitcher must be replaced. A mound visit can be made after the coach asks for and is granted time by the umpire.
- 18) If the pitching coach intentionally interferes with a batted ball, the batter will be called out. Unintentional interference-ball will be declared dead, and batter and each base runner will advance 1 base from the base they occupied prior to the pitch.

- 19) Runner for Catcher/Pitcher: At any time, a team may use a courtesy runner for their catcher or pitcher of record the previous inning. The runner will be the last batter who was called out.
- 20) Score will be kept by the umpire on the official scorecard. Teams can choose to keep a scorebook, but that scorebook will only be used if the umpire has a question on the score or line-up. The umpire will announce the score in between innings. If the umpire does not announce, a coach should ask the umpire the score after each inning in order for everyone to accurately keep track of the score. The umpire and both coaches will need to sign the scorecard for the game to be official.
- 21) It is recommended that all players in the boy's league wear a protective cup.
- 22) TIE-BREAKER RULE: Each half inning will start with the bases loaded and one (1) out.
- 23) Each team will continue the batting order from the previous inning, with the three (3) previous batters occupying the bases, with the last batter occupying 1st base, the next batter occupying 2nd base and the 3rd batter occupying 3rd base. The game will continue until a winner is determined.

BREC reserves the right to re-evaluate the rules and place improvements in place for any current rules and/or violations. BREC reserves the right rule on any items not covered in the document and to expand the rule basis. Rules that are not covered in the BREC rules and operating code, will automatically defer to Perfect Game and/or USSSA Baseball rules and procedures.