

# RECREATION INTERLOCK BASEBALL RULES Updated 3-02-2024

## 2024 BASEBALL SEASON

ALABASTER, CALERA, HELENA, MONTEVALLO, PELHAM

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The USSSA Rec League rule book will be the official rule book for the 2024 Baseball Season. The rule book can be found online at [www.ussaleague.com](http://www.ussaleague.com). The only exceptions to the USSSA Rec League rule book are found below:

### All Age Groups

- No game shall start after 8:30PM on weekdays (Monday-Thursday) or after 9:30PM on weekends (Friday-Saturday). No inning shall start after 10:00PM on weekdays or after 11:00PM on weekends. At the close of the school year, no game shall start after 9:30PM on weekdays and 10:30PM on weekends.
- A manager must make every effort possible to field a team with the number of players from his/her original roster. A team must field a minimum of 8 players in order to begin or complete a game. If a team fails to field the minimum number of 8 players required to begin a game or does not have the minimum number of 8 at the completion of the game, the result of the game will be a forfeit. A team may place a late arrival at the bottom of the batting order, before the completion of the original batting rotation. No late arrival may enter the game after the completion of the first rotation of the batting order. An automatic out will be taken for each vacant spot not filled from the original lineup. Only exception to the automatic out will be if a player is injured or becomes ill after the start of a game.
- **A manager may use a maximum of 2 players from the same division or pull up from the lower division. The players referenced in the above statement cannot exceed a 10 player roster for coach pitch or 9 player roster for kid pitch. A player that is utilized in the above situation can play for each team in a division one (1) time only.** The player pulled up or across must bat last and play in the outfield. Players pulled up or across are allowed to play for another team during regular season games only. Tournaments and Championship games can only be played with your original roster.
- **All leagues will bat their entire roster.**
- Free defensive substitution is allowed in all leagues. Rookie League all players play defense. Farm League a maximum of 10 players play defense. Minor league and above 9 players play defense. All player pitchers in Rookie and Farm must wear a heart shield and a batting helmet/facemask.
- Head first sliding into the next base is not permitted and the runner will be declared out; head first sliding back into a base is permitted.
- Game Protest:
  1. Managers must notify the umpire of the protest and the game will be played under protest from that point on. A protest letter must be filed with the Park & Recreation Director within 24 hours of game completion. This letter must specify the rule or rules being protested and must comply with the League, USSSA Baseball/USA softball rules. A protest fee of **\$100.00** must accompany the letter. A judgment call cannot be protested.
  2. The umpire of a protested game shall submit a protest review immediately following the game.
  3. The protest will be ruled upon within 72 hours. Managers will be notified in writing of the decision. If the protest is upheld, the protest fee of **\$100.00** will be returned.
- **Once a regulation baseball game has completed its maximum number of innings and the score is tied, regardless of official time remaining, or if the official time runs out and the score is tied then only one (1) extra inning shall be played. If after the one (1) extra inning the game remains tied, the game shall end in a tie.**
- No bunting will be allowed in the Rookie and Farm league.
- A pitcher is allowed in recreation ball to fake a throw to third base and throw back to first base on a pick off play. Major league rules do not allow this any longer but high school and middle school still does allow this play.
- Beginning April 11, 2022 balks will be called in the Major League and above.
- There will not be half way marks in any baseball league between 1<sup>st</sup> & 2<sup>nd</sup> base or 2<sup>nd</sup> & 3<sup>rd</sup> base.

- Please see table below for baseball only: Softball is addressed in the specific softball rules.

<b>DIVISION</b>	<b>OFFICIAL INNINGS</b>	<b>OFFICIAL TIME LIMIT</b>	<b>RUN RULE</b>	<b>SHORTENED GAMES</b>
5-6 Year old boys	6	75 minutes	Math	See rulebook
7-8 Year old boys	6	75 minutes	Math	See rulebook
9-10 Year old boys	6	90 minutes	15 after 3 or 10 after 4	See rulebook
11-12 Year old boys	6	90 minutes	15 after 3 or 10 after the 4	See rulebook
13-14 Year old boys	7	105 minutes	15 after 4 or 10 after the 3	See rulebook

**Rain out numbers for all parks:**

**ALABASTER PARK      205-378-4055**  
**CALERA PARK          205-668-7240**  
**HELENA PARK         205-620-2877**  
**MONTEVALLO PARK   205-527-3755**  
**PELHAM PARK         205-618-8033**

- A coach or player that is ejected must sit out the remainder of the current game and the entire next game. That player or coach becomes an illegal participant until he has set out his required games.
- In order to avoid any confusion with who is responsible for the official scorebook and press box, all cities decided that if you are playing a visiting city at your park, the host park will do both the book and scoreboard. If you are playing a team within your park, the home team will be responsible for the book and the visitor will be responsible for running the scoreboard.
- Farm League (7-8 year olds) Pitching Coaches must pitch with at least one foot touching the pitching circle. This means Farm League pitching coaches cannot be any closer than 32 feet. (ADOPTED 2-01-2021)
- In Minor and Major League Divisions ONLY for Regular Season Play. Pitchers will be allowed 7 innings in a day or 10 innings in a week. (For this Rule a week will be Monday- 12:00AM through Sunday- 11:59PM). In addition if a Pitcher pitches more than 3 innings in a game, then the pitcher must rest for 48 hours from the time leaving the mound before being allowed to return to the mound. Outs will constitute Innings (IE: Player pitches 3 innings and 2 outs in the fourth then the Pitcher will be recorded as pitching 3 2/3 of an inning for that game.) (ADOPTED RULE ON 02-19-18)
- Beginning with the 2021 Spring Baseball season there will be a max of 7 runs allowed per inning per team for Farm (7-8 Year olds) and Minor (9-10 Year olds). (ADOPTED 2-01-2021)
- Players in the Minor Division(9-10-year-olds) cannot attempt to steal until a pitched ball has crossed home plate.
- There will be no dropped 3<sup>rd</sup> Strike in the Minor Division(9/10 YR OLDS)

## 5-6 year old Division Rookie League Regular Season Only

### Batting Rule

- (a) Each team will list all players in the batting order and will bat until the defensive team has recorded 3 outs or they have scored 7 runs.
- (b) The inning half will end whenever the offensive team scores 7 runs, or the defensive team has recorded 3 outs.
- In Rookie League, the offensive batter will receive **six (6)** pitches or 3 swinging strikes before being declared out.
    1. If the **sixth (6) pitch (ADOPTED 2-01-2021)** is fouled, he may continue to bat until he either strikes out or puts the ball in play.
    2. If the **sixth (6) pitch (ADOPTED 2-01-2021)** is fouled and caught it is an out.
    3. For the ball to be considered a Fair Ball the batted ball must go beyond the 20' arc in front of home plate. If it does not go beyond the arc it will be ruled a foul ball. (ADOPTED 9-21-2021)

Note: If a player cannot bat in his "slot" for any reason, an "at bat/out" will be recorded. If this situation happens to be on the 3<sup>rd</sup> out of any inning the batter will be called out and the inning half will be over.

**(c) The Coach Pitcher in 5-6 Year Old Rookie Division will pitch from 25 feet. Each park will either paint a line or place a pitching rubber at 25 feet to make sure the Pitching Coach knows exactly where to pitch from. (ADOPTED 2-01-2021)**

### Catchers

**No Catcher unless a Coach wants to use one. The offense must have a "catcher coach" that will stand behind or next to the catcher, if the defense doesn't have a catcher then the "catcher coach" can assume the position of the catcher behind the plate. The "catching coach" cannot coach players, however, they are allowed to help align a batter in the box if needed prior to the pitch. Once a ball is hit the "catching coach" must position themselves out of the way in order to not interfere with any play. (ADOPTED 9-21-2021)**

Note: The catchers must wear full catchers gear including a protective cup.

- No bunting will be allowed in Rookie League
- 1 defensive coach will be allowed to stand on each side, outside the right and left field foul lines, 10 feet behind the first and third base coach's box.
- No batting tee will be used.
- A ball thrown from an infield position towards first base in an attempt to get the batter out that is overthrown to the first baseman and goes past the 3 foot running lane is considered a dead ball at this point. All runners will be allowed one additional base. The ball must go past the 3 foot running lane line to be considered an overthrow. The 3-foot running lane should be run 10 feet past the bag. Exception: on last batter