



# **2024**

# **Sunrise Side League Rules**

# **& Expectations**

Adopted 2024 by Tawas Youth Baseball & Softball, Oscoda Youth Baseball & Softball, Alcona Youth Baseball & Softball, and AuGres Youth Baseball & Softball

# 2024 Sunrise Side Rules & Expectations

## ALL DIVISIONS

### PREGAME / POSTGAME RESPONSIBILITIES:

#### DUGOUTS

- The home team occupies the third base dugout & the visiting team occupies the first base dugout.
- After every game and practice, both teams must clean up their respective dugout areas.

#### GAME BALLS:

- Each team must supply one new baseball for each game. Teams will keep their baseball at the end of the game.

#### SCOREBOOK:

- For minors, majors, and juniors, each team should keep either a written or digital scorebook (Game Changer) that includes pitch counts.
- At any time, the other team can ask to compare and check the opposing team's scorebook if there are questions regarding plays, score, outs, etc.

#### LINE-UP REQUIREMENTS:

- Head coaches must exchange line up cards at the beginning of the game.
- Line up cards must indicate the starting players, all eligible substitutes, absent and injured players and players who are being disciplined by not participating.
- Line up cards should have both player name and number on it.

#### UNIFORMS/GEAR:

- Coaches must make sure that their players are properly dressed & equipped.
- Players must be in full uniform to be eligible to play in a game.
- All offensive players outside the dugout must wear batting helmets including batters and base runners.
- If players wear cleats (recommended), the cleat material may be rubber. The only exception to this rule is juniors, where they are allowed to wear metal cleats

#### BATS:

- All baseball and softball divisions must use bats that comply with Little League rules. In baseball, USSSA bats are not permitted. Juniors Baseball may use BBCOR as well, as stated in the Little League rule book.
- If a batter has been found to be using an illegal bat, the bat must be removed and the coach given one warning per season. Please notify the league.
- In the event that this rule is violated again, the head coach will receive a one game suspension (if discovered mid-game, the head coach is removed and misses the next game).

# 2024 Sunrise Side Rules & Expectations

- It is strongly suggested that coaches do a bat-check prior to each game.

## **DUGOUT EXPECTATIONS:**

- Only uniformed players, coaches, and a scorekeeper are permitted on the bench. Siblings, parents, friends, etc. are not permitted.
- The head coach must require all others to leave the dugout. During a game, the only players allowed outside of the dugout are the defense team, the batter, & base runners. Players must stay in the playing area or on the bench during the game unless the head coach permits them to leave.

## **GAME PACE:**

- Players must hustle on and off the field between offense and defense to allow as many innings as possible to be played within the time limit.

## **GENERAL SAFETY:**

- Players must wear batting helmets when batting and running the bases. Catchers must wear a mask, shin guards and chest protector.
- A player will receive one warning each game for accidentally throwing the bat. For any subsequent instances, the batter will be called out and the ball will be dead, meaning any runners return to the base(s) occupied prior to the pitch.
- In order to promote player safety, athletes should attend scheduled practices. If players are routinely skipping practices for non-medical related reasons, coaches may have the player sit out of the game. Practices prepare athletes for their games and should be taken seriously. If an athlete is unable to attend practice, please contact your coach. Coaches should notify the league if this becomes an issue.

## **PLAYER SHORTAGES, RAIN OUTS & FORFEITS:**

- The following shall apply to weather situations:
- Postponements of games prior to game start time are determined and agreed on by the respective leagues and should be called by 4:00pm.
- Postponement of a game in progress is determined by both coaches and/or umpires in charge.
- When lightning or thunder is present, all players MUST be removed from the field immediately and seek shelter until the all clear. The game can resume after 30 minutes after no lightning and thunder is seen or heard.
- If a team expects to be short of players for a game, the head coach may arrange to reschedule their game if both teams agree.

# 2024 Sunrise Side Rules & Expectations

- Teams may also seek replacement players to add to the roster for that game. Replacement players must be players from the league below the level of the team short on players.
- If this occurs, the head coach will communicate this with the coach from the opposing team. They must also bat last in the lineup.
- Teams forfeit if they have fewer than eight players to participate in a game.
- A team has fifteen minutes from the scheduled starting time to obtain eight players before a forfeit is declared.
- When both teams have less than eight players, a double forfeit occurs.

**IF A RULE IS NOT LISTED IN THIS RULE BOOK, PLEASE REFERENCE THE LITTLE LEAGUE RULE BOOK! ALL RULES NOT SPECIFIED BELOW WILL FOLLOW LITTLE LEAGUE!**

## **TEAM CONDUCT:**

### EXPECTATION:

- Coaches, players, parents & spectators must adhere to a high level of sportsmanship. The league will NOT tolerate negative interactions, verbal abuse, or physical altercations from or between coaches, players, parents or other spectators. This includes hazing or organized chanting directed at any player or team, inappropriate language.

### CONSEQUENCES:

- Instances of unsportsmanlike behavior should be reported to the local league and 4H. This may result in discipline, including game suspensions and removal from the league.
- Coaches shall notify their respective league of any problems related to players, parents or other coaches.

### TREATMENT OF UMPIRES:

- Coaches, players, parents & spectators must not harass umpires in any way and must avoid actions that would undermine umpire authority. They must accept and respect umpire decisions. They should refrain from questioning judgment calls. If an umpire throws a coach, player, parent, or spectator out, coaches and umpires should notify the league. The person who was thrown out may not attend the next game. Repeat issues may result in removal from the league.

# 2024 Sunrise Side Rules & Expectations

## Coach Pitch Boys & Girls

### GAME LENGTH:

- Teams will warm-up for 15 minutes prior to the start of the game. Teams should try to play **THREE (3) complete innings**. However, no new inning should start after 1 hour and thirty (30) minutes of play. An inning will be over when the last batter in the lineup has hit.

### PLAYER PARTICIPATION:

#### *Offense:*

- All players bat each inning even if 3 outs are made. Each batter or runner that is out should return to their bench/dugout.

#### *Defense:*

- 10 players are permitted to play defensive positions. If 10-11 players are used, 4-5 will be outfielders positioned in fair territory. A pitcher's helper must be within 6 feet of the adult pitcher when the pitch is made for safety.
- Managers/coaches should equalize playing time in the infield and outfield for all players throughout the season. Players shall be given the opportunity to play a variety of positions.

### HOW THE GAME IS PLAYED:

#### COACH ROLE:

- A manager/coach will pitch to the batter (if necessary, teams can use a manual pitching machine). The baseball coaches shall throw overhand, softball coaches will throw underhand to the batter from a distance greater than 20 feet from home plate. The coach may kneel or sit on a bucket to allow the batter to track the ball better while the ball is being pitched.
- Two coaches are allowed in the outfield. Coaches will also handle all umpiring from their respective positions on the field during play.
- Defensive coaches are permitted to be on the field in fair territory for instructional purposes. Coaches are not permitted to touch a live ball, but only to instruct players. If a ball accidentally touches a coach, the ball shall remain a live ball.

#### AT-BAT:

- A maximum of five (5) pitches may be made to each batter. Coach can give an extra pitch, if he/she throws a "bad ball."

# 2024 Sunrise Side Rules & Expectations

- NO TEES WILL BE USED DURING THE GAME
- Balls and strikes will **not** be called.
- NO base on balls, intentional walks, or hit by pitch. Batters are encouraged to swing the bat.
- If a batter is hit by a pitch, the pitch will not count and the ball is dead. The batter will not be awarded first base and no runners will advance.
- A batter shall be allowed five (5) strikes unless the fifth strike is foul. If the fifth strike is foul, the batter shall be allowed one (1) additional swing. If the extra swing results in a foul, the batter gets (1) additional swing. The intent is to keep the game moving.

## **BASERUNNERS:**

- No runner may advance on a passed ball or wild pitch.
- The base distance should be set up as close to 45 feet as possible.
- All runners must stay on base until the batter hits the ball.
- **There is to be no leadoff or stealing by the base runners.**
- An advance to the next base can only take place when the ball is hit into fair territory. Infield - one base & if the ball is hit into the outfield, once the outfielders get it into the infield, the player will stop running the bases. Do NOT take advantage of overthrown balls.

## **DEFENSIVE PLAYS:**

- Defensive plays should be rewarded by calling outs. Congratulate the batter or base runner on their effort, but explain that they are out and will return to the bench. This will accomplish several goals: teaching the game of baseball, encouraging effort when running the bases, giving the players a goal to achieve, and rewarding a good play. Being on base should be something earned.

## **COACH PITCH BATS:**

- All baseball bats must meet the USA bat standard and have USA LOGO.
- The bat shall not be more than 33 inches in length; nor more than 2<sup>5</sup>/<sub>8</sub> inches in diameter.
- Softball bats can not have a diameter greater than 2 ¼ inches and should be labeled as a softball bat.

## **COACH PITCH BALLS:**

***\*\*MUST BE A SOFTCORE BALL\****

## 2024 Sunrise Side Rules & Expectations

- Coach Pitch will use appropriate baseballs as recommended for this age division. Safety Baseballs are ideal for age groups 6-8 years old because these kids are learning the game of baseball for the first time. Throwing, catching, and fielding take a lot of practice at this age. These softer and lighter baseballs are perfect for learning the fundamentals while also building a ballplayer's confidence and teaching them to stay in front of the ball.
- Softball coach pitch will use 11 in. softcore softballs.

# 2024 Sunrise Side Rules & Expectations

## Minor Boys

### GAME LENGTH

- Typically, teams practice for 15-30 minutes prior to the start of the game. Teams should try to play **SIX (6) complete innings**. However, no new inning should start after 1 hour forty five (45) minutes of play. Minimum 3 innings must be played for the game to count. A new inning starts immediately after the last out of the prior inning.

### PLAYER PARTICIPATION

#### *Offense:*

- Entire rosters will be placed in the batting order (Continuous batting lineup will be used).
- Late arriving players will be placed at the bottom of the batting order per coach's discretion.
- Dropped third strike rule is not in effect in Minors division; infield fly rule is in effect.
- Stealing bases is allowed but base runners are not allowed to lead off from base and may only leave base as the pitch crosses home plate.
- Runners may steal home from 3rd base on a passed ball from the pitcher to catcher. Runner may not advance on the catcher over-throwing the pitcher.
- Each batter or runner that is out must return to their bench/dugout.

#### *Defense:*

- The defensive team is allowed a minimum of eight players on the field to begin the game and a maximum of nine players on the field during the game. 10 players are permitted to play defensive positions (ONLY if agreed on by both teams head coaches)
- If 10 players are used, 4 of the fielders must be outfielders positioned in fair territory.
- Catchers must wear shin guards, chest protector, and full, one-piece catcher's helmet.
- Pitching mound is set at 46 feet, and the base path distance is 60 feet.

### SLIDING:

- Sliding is **NOT** mandatory but players must try to avoid contact.

### SUBSTITUTIONS:

- Free defensive substitutions. No substitutions on offense due to continuous batting order.



# 2024 Sunrise Side Rules & Expectations

## PITCHING RULES:

- A mandatory number of days rest is required for baseball pitchers, based on the number of pitches thrown that day:
- ***Max pitch per pitcher is 75 pitches per game.***

### ***Pitches Thrown Mandatory Days of Rest***

- 1 – 20 Pitches 0 calendar days (may pitch following day)
- 21 – 35 Pitches 1 calendar day of rest (cannot pitch next day)
- 36 – 50 Pitches 2 calendar days of rest (cannot pitch next two days following game)
- 51 – 65 Pitches 3 calendar days of rest (cannot pitch next three days following game)
- 66+ or More Pitches 4 calendar days of rest (cannot pitch next four days following game)

## HOW THE GAME IS PLAYED:

- Complete games are defined as a minimum of three innings or two and a half innings if the home team is winning. The 15-run “mercy” rule after three innings applies to the inning limits listed.
- Games may end in a tie if time expires and/or a minimum of 3 innings have been played and the game is called due to weather or light levels.
- A minimum of one adult and a maximum of three adults from the coaching staff or parent volunteers are allowed in the dugout area at one time.
- Members of the coaching staff from the defensive team are not allowed to enter the field and should stay in the dugout area during play.
- Coaches and players are allowed to serve as base coaches. Player base coaches must wear a batting helmet while on the field. Base coaches must stay within the coaching box and not be allowed to speak during the pitcher’s wind up. Base coaches are not allowed to physically assist runners during play or the runner will be called out
- No negative chatter is allowed at any point during games by players, members of the coaching staff or spectators.
- Injured players are allowed to temporarily leave games and return to play. Injured base runners will be replaced by the player who made the last out in the current or prior inning.

## RUN LIMIT PER INNING / END OF INNING:

- The side is retired when three offensive players are legally put out, called out by an umpire OR **5 runs** have been scored PER INNING.
- Final inning has an eight run maximum.

# 2024 Sunrise Side Rules & Expectations

## **MINOR BATS:**

- Minor will use appropriate baseball bats as recommended for this age division. All bats must meet the USA bat standard and have USA LOGO.
- The bat shall not be more than 33 inches in length; nor more than 2<sup>5</sup>/<sub>8</sub> inches in diameter.

## **MINOR BALLS:**

- Baseballs are typically for ages 8 to 12 years old and these baseballs start to resemble more of the professional style baseball. These baseballs either have real leather on the cover of the ball, or a higher-quality synthetic material. Along with that, raised seams help the player get a good grip on the ball and assist them with making accurate throws.
- **MacGregor 74 Cal Ripken baseball – Model MCB74CAL**
- **Rawlings Ripken Baseballs – Rawlings RCAL1**
- **Rawlings Little League Baseballs – Rawlings RLLB1**
- **Rawlings Dixie Youth Baseballs – Model RDYB1**

# 2024 Sunrise Side Rules & Expectations

## Minor Girls

### GAME LENGTH

- Typically, teams practice for 15-30 minutes prior to the start of the game. Teams should try to play **SIX (6) complete innings**. However, no new inning should start after 1 hour forty five (45) minutes of play. Minimum 3 innings must be played for the game to count. A new inning starts immediately after the last out of the prior inning.

### AGE & DISTANCE

- Ages 8-10
- 11 inch softball is used in this division
- Pitching mound is set at 35 feet, and the base path distance is 60 feet.

### OFFENSE:

- Entire rosters will be placed in the batting order (Continuous batting lineup will be used).
- Coaches are free to rotate players in and out of positions each time they take the field.
- No player may sit more than two consecutive innings.
- No player shall sit a second time until all players have sat.
- **FIVE RUNS ALLOWED PER INNING**
- **EIGHT RUNS ALLOWED IN THE LAST INNING**

### *Stealing:*

- There is no stealing in minor girls softball until May 20th. This gives coaches time to teach it and the players time to understand it.
- Runner cannot leave the base until the ball reaches the front of home plate.
- Beginning May 20th, runners can steal 2nd and 3rd bases and stealing home can begin after Memorial Day.

### *Pitching Rules:*

- Ball must be delivered in an underhand motion.
- Pitchers may start with both feet on the mound and step back with non-pivot foot, or start with foot back.
- Pitchers may take one step toward a batter with a non-pivot foot. Pivot foot is on the same side as the pitching hand.
- If a pitcher walks a batter, the coach will come on and give the batter two good pitches. If hit, fielders will play it out. If not hit, it is a strikeout and counts as an out against the batting team.

## 2024 Sunrise Side Rules & Expectations

- If 10 players are used, 4 of the players must play in the outfield.

### **DEFENSE**

- The defensive team is allowed a minimum of eight players on the field to begin the game and a maximum of nine players on the field during the game. 10 players are permitted to play defensive positions (ONLY if agreed on by both teams head coaches)
- If 10 players are used, 4 of the fielders must be outfielders positioned in fair territory.
- Catchers must wear shin guards, chest protector, and full, one-piece catcher's helmet.

# 2024 Sunrise Side Rules & Expectations

## Major Boys

### GAME LENGTH

Typically, teams practice for 15-30 minutes prior to the start of the game. Teams should try to play **SIX (6) complete innings**. However, no new inning should start after 1 hour fifty (50) minutes of play. Minimum 3 innings must be played for the game to count. A new inning starts immediately after the last out of the prior inning.

**TIME LIMITS:** All regular season games are limited to seven innings with no new inning beginning at or after an elapsed playing time of 1-hour & 45-minutes. If an inning is underway at the 1-hour & 45-minute mark, the inning should be completed in full unless the home team is ahead after the top half inning of play or takes the lead in the bottom half. In that case, the game is considered completed and the home team wins. If the game is tied after a full inning has been completed and the game clock is at or beyond the time limit, the game shall continue as described below.

### PLAYER PARTICIPATION

#### *Offense:*

- Every player in attendance must be in the batting order. Late arriving players will be placed at the bottom of the batting order per coach's discretion.
- A batter may advance to first base when first base is unoccupied; if there are two outs, a batter may try to advance to first base whether it's occupied or not. The infield fly rule will be enforced and is a judgment call by the umpire.
- Stealing bases is allowed but base runners are not allowed to lead off from base and may only leave base as the pitch crosses home plate.
- Runners may steal home from 3rd base on a passed ball from the pitcher to catcher.
- Each batter or runner that is out must return to their bench/dugout.
- The offensive team may have adults as base coaches. The offensive team has one offensive timeout per inning.
- A courtesy runner for the catcher is allowed but must be the individual who made the previous out in the inning. (not mandatory)
- In the event that batters went out of lineup order a) The proper batter may take a position in the batter's box at any time before the improper batter becomes a runner or is retired, and any balls and strikes shall be counted in the proper batter's time at bat. b) When an improper batter becomes a runner or is retired, and the defensive team

# 2024 Sunrise Side Rules & Expectations

appeals to the umpire before the first pitch to the next batter of either team, or before any play or attempted play, the umpire shall (1) declare the proper batter out; and (2) nullify any advance or score made because of a ball batted by the improper batter or because of the improper batter's advance to first base on a hit, an error, a base on balls, a hit batter, or otherwise. NOTE: If a runner advances, while the improper batter is at bat, on a stolen base, illegal pitch, wild pitch, or passed ball, such advance is legal. (c) When an improper batter becomes a runner or is retired, and a pitch is made to the next batter of either team before an appeal is made, the improper batter thereby becomes the proper batter, and the results of such time at bat become legal

## ***Defense:***

- The defensive team is allowed a minimum of eight players on the field to begin the game and a maximum of nine players on the field during the game.
- Catchers must wear shin guards, chest protector, and full, one-piece catcher's helmet.
- Pitching mound is set at 46 feet, and the base path distance is 60 feet.
- Each player shall play at least three innings defensively. The minimum defensive innings in this rule must be full half innings. The only exceptions to the playing time rule will be if a player arrives late for a game, a player is being disciplined, or if a game is shortened due to weather, time limit, or run rule limit.
- A defensive player without the ball who impedes a runner, whether intentional or unintentional, or who fakes a tag will be penalized for defensive obstruction. The umpire will award the runner the base or bases they are attempting to reach.
- A coach is permitted one visit per pitcher, per game, before another pitcher takes their spot.

## ***Sliding:***

- Sliding is **NOT** mandatory but players must try to avoid contact.

## ***Substitutions:***

- Defensive: Must be made as teams take the field or while team is in the field  
Offensive: Must be made as the player comes up to bat, or while the player is on base.

## **PITCHING RULES:**

### ***Pitch Count Rule***

- Pitchers may pitch no more than 95 pitches in a game (can complete the at bat). If a pitcher reaches the maximum number of pitches or a days of rest threshold during an

# 2024 Sunrise Side Rules & Expectations

individual's at-bat, the pitcher may continue until that individual's at-bat is completed and only be required to observe the days of rest for the threshold reached during that at-bat.

## ***Pitcher To Catcher Rule***

- A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of the day. A pitcher who throws 40 or fewer pitches in a game may catch in the same game.

## ***Catcher To Pitcher Rule***

- A player who plays the position of catcher in 4 or more innings may not pitch in any games that same calendar day. A player who catches for 3 innings or less, then moves to pitcher and throws 21 or more pitches may not return to the catcher position on that calendar day. One pitch in an inning is considered 1 inning.

## ***Pitcher Returning In Same Game***

- After having been removed as a pitcher but remaining in the game and otherwise eligible to throw more pitches, a player can return as a pitcher any time in the remainder of the game, but only once per game. The pitcher's pitch count continues from the actual count before the pitcher was removed. Days of rest provisions apply as written.

## ***Days Of Rest***

**THE FOLLOWING DAYS OF REST ARE MANDATORY FOR PITCHERS. COACHES WILL BE SUBJECT TO DISCIPLINARY ACTION FOR USING INELIGIBLE PITCHERS.**

- **If a player pitches 66 or more pitches in a day, 4 calendar days.**
- **If a player pitches 51-65 pitches in a day, 3 calendar days.**
- **If a player pitches 36-50 pitches in a day, 2 calendar days.**
- **If a player pitches 21-35 pitches in a day, 1 calendar day.**
- **If a player pitches 1-20 pitches in a day, 0 calendar days.**

# 2024 Sunrise Side Rules & Expectations

## Major Girls

### GAME LENGTH

- Typically, teams practice for 15-30 minutes prior to the start of the game. Teams should try to play **SIX (6) complete innings**. However, no new inning should start after 1 hour forty five (45) minutes of play. Minimum 3 innings must be played for the game to count. A new inning starts immediately after the last out of the prior inning.

### AGE & DISTANCE

- Ages 10-12
- 12 inch softball is used in this division
- Pitching mound is set at 40 feet, and the base path distance is 60 feet.

### OFFENSE:

- Entire rosters will be placed in the batting order (Continuous batting lineup will be used).
- Coaches are free to rotate players in and out of positions each time they take the field.
- No player may sit more than two consecutive innings.
- No player shall sit a second time until all players have sat.
- **FIVE RUNS ALLOWED PER INNING**
- **EIGHT RUNS ALLOWED IN THE LAST INNING**

### *Stealing:*

- There is no stealing in minor girls softball until May 20th. This gives coaches time to teach it and the players time to understand it.
- Runner cannot leave the base until the ball reaches the front of home plate.
- Beginning May 20th, runners can steal 2nd and 3rd bases and stealing home can begin after Memorial Day.

### *Pitching Rules:*

- Ball must be delivered in an underhand motion.
- Pitchers may start with both feet on the mound and step back with non-pivot foot, or start with foot back.
- Pitchers may take one step toward a batter with a non-pivot foot. Pivot foot is on the same side as the pitching hand.
- If a pitcher walks a batter, the coach will come on and give the batter two good pitches. If hit, fielders will play it out. If not hit, it is a strikeout and counts as an out against the batting team.



## 2024 Sunrise Side Rules & Expectations

- If 10 players are used, 4 of the players must play in the outfield.

### **DEFENSE**

- The defensive team is allowed a minimum of eight players on the field to begin the game and a maximum of nine players on the field during the game. 10 players are permitted to play defensive positions (ONLY if agreed on by both teams head coaches)
- If 10 players are used, 4 of the fielders must be outfielders positioned in fair territory.
- Catchers must wear shin guards, chest protector, and full, one-piece catcher's helmet.

# 2024 Sunrise Side Rules & Expectations

## Juniors Girls

### GAME LENGTH

- Typically, teams practice for 15-30 minutes prior to the start of the game. Teams should try to play **SIX (6) complete innings**. However, no new inning should start after 1 hour forty five (45) minutes of play. Minimum 3 innings must be played for the game to count. A new inning starts immediately after the last out of the prior inning. Coaches can adjust time limits at the beginning of the game based on time and player count. During the regular season, ties are allowed.

**NO RUN LIMIT. INNING ENDS WHEN FIELDING TEAM COMPLETES THREE OUTS.**

### AGE & DISTANCE

- Ages 12-14
- 12 inch softball is used in this division
- Pitching mound is set at 43 feet, and the base path distance is 60 feet.

### OFFENSE:

- Every player in attendance must be in the batting order. Late arriving players will be placed at the bottom of the batting order per coach's discretion.
- A batter may advance to first base on a dropped third strike when first base is unoccupied; if there are two outs, a batter may try to advance to first base whether it's occupied or not. The infield fly rule will be enforced and is a judgment call by the umpire.
- Each batter or runner that is out must return to their bench/dugout.
- The offensive team may have adults as base coaches. The offensive team has one offensive timeout per inning.
- A courtesy runner for the catcher is allowed but must be the individual who made the previous out in the inning. (not mandatory)
- In the event that batters went out of lineup order a) The proper batter may take a position in the batter's box at any time before the improper batter becomes a runner or is retired, and any balls and strikes shall be counted in the proper batter's time at bat. b) When an improper batter becomes a runner or is retired, and the defensive team appeals to the umpire before the first pitch to the next batter of either team, or before any play or attempted play, the umpire shall (1) declare the proper batter out; and (2) nullify any advance or score made because of a ball batted by the improper batter or

# 2024 Sunrise Side Rules & Expectations

because of the improper batter's advance to first base on a hit, an error, a base on balls, a hit batter, or otherwise. NOTE: If a runner advances, while the improper batter is at bat, on a stolen base, illegal pitch, wild pitch, or passed ball, such advance is legal. (c) When an improper batter becomes a runner or is retired, and a pitch is made to the next batter of either team before an appeal is made, the improper batter thereby becomes the proper batter, and the results of such time at bat become legal.

## ***Stealing:***

- Stealing of all bases can begin at the first game of the season.
- Sliding is not required, but contact must be avoided by the runner.
- Runner cannot leave the base until the ball leaves the pitcher's hand.

## ***Pitching Rules:***

- Ball must be delivered in an underhand motion.
- Pitchers may start with both feet on the mound and step back with non-pivot foot, or start with foot back.
- Pitchers may take one step toward a batter with a non-pivot foot. Pivot foot is on the same side as the pitching hand. An initial step of the mound with either pivot or non-pivot foot and then a drive forward is illegal and will be counted as a ball.

## **DEFENSE**

- The defensive team is allowed a minimum of eight players on the field to begin the game and a maximum of nine players on the field during the game.
- Catchers must wear shin guards, chest protector, and full, one-piece catcher's helmet.
- Pitching mound is set at 43 feet, and the base path distance is 60 feet.
- Each player shall play at least three innings defensively. The minimum defensive innings in this rule must be full half innings. The only exceptions to the playing time rule will be if a player arrives late for a game, a player is being disciplined, or if a game is shortened due to weather, time limit, or run rule limit.
- A defensive player without the ball who impedes a runner, whether intentional or unintentional, or who fakes a tag will be penalized for defensive obstruction. The umpire will award the runner the base or bases they are attempting to reach.
- A coach is permitted one visit per pitcher during the game; if a second visit is required, the pitcher will be replaced.

## ***Sliding:***

- Sliding is **NOT** mandatory but players must try to avoid contact.

# 2024 Sunrise Side Rules & Expectations

## ***Substitutions:***

- Defensive: Must be made as teams take the field or while team is in the field  
Offensive: Must be made as the player comes up to bat, or while the player is on base.

# 2024 Sunrise Side Rules & Expectations

## Junior Boys

**TIME LIMITS:** All regular season games are limited to seven innings with no new inning beginning at or after an elapsed playing time of 1-hour & 50-minutes. If an inning is underway at the 1-hour & 50-minute mark, the inning should be completed in full unless the home team is ahead after the top half inning of play or takes the lead in the bottom half. In that case, the game is considered completed and the home team wins. If the game is tied after a full inning has been completed and the game clock is at or beyond the time limit, the game shall continue as described below.

### **PLAYER PARTICIPATION**

#### ***Offense:***

- Every player in attendance must be in the batting order. Late arriving players will be placed at the bottom of the batting order per coach's discretion.
- A batter may advance to first base on a dropped third strike when first base is unoccupied; if there are two outs, a batter may try to advance to first base whether it's occupied or not.
- The infield fly rule will be enforced and is a judgment call by the umpire.
- Each batter or runner that is out must return to their bench/dugout.
- The offensive team may have adults as base coaches. The offensive team has one offensive timeout per inning.
- A courtesy runner for the catcher is allowed but must be the individual who made the previous out in the inning. (not mandatory)
- In the event that batters went out of lineup order a) The proper batter may take a position in the batter's box at any time before the improper batter becomes a runner or is retired, and any balls and strikes shall be counted in the proper batter's time at bat. b) When an improper batter becomes a runner or is retired, and the defensive team appeals to the umpire before the first pitch to the next batter of either team, or before any play or attempted play, the umpire shall (1) declare the proper batter out; and (2) nullify any advance or score made because of a ball batted by the improper batter or because of the improper batter's advance to first base on a hit, an error, a base on balls, a hit batter, or otherwise. NOTE: If a runner advances, while the improper batter is at bat, on a stolen base, illegal pitch, wild pitch, or passed ball, such advance is legal. (c) When an improper batter becomes a runner or is retired, and a pitch is made to the next

# 2024 Sunrise Side Rules & Expectations

batter of either team before an appeal is made, the improper batter thereby becomes the proper batter, and the results of such time at bat become legal.

## ***Defense:***

- The defensive team is allowed a minimum of eight players on the field to begin the game and a maximum of nine players on the field during the game.
- Catchers must wear shin guards, chest protector, and full, one-piece catcher's helmet.
- Pitching mound is set at 60 feet 6 inches, and the base path distance is 90 feet.
- Each player shall play at least three innings defensively. The minimum defensive innings in this rule must be full half innings. The only exceptions to the playing time rule will be if a player arrives late for a game, a player is being disciplined, or if a game is shortened due to weather, time limit, or run rule limit.
- A defensive player without the ball who impedes a runner, whether intentional or unintentional, or who fakes a tag will be penalized for defensive obstruction. The umpire will award the runner the base or bases they are attempting to reach.
- A coach is permitted one visit per pitcher during the game; if a second visit is required, the pitcher will be replaced.

## ***Sliding:***

- Sliding is **NOT** mandatory but players must try to avoid contact.

## ***Stealing:***

- Stealing of all bases is permitted
- Players can lead off

## ***Substitutions:***

- Defensive: Must be made as teams take the field or while team is in the field  
Offensive: Must be made as the player comes up to bat, or while the player is on base.

## **PITCHING RULES:**

### ***Pitch Count Rule***

- Pitchers may pitch no more than 95 pitches in a game (can complete the at bat). If a pitcher reaches the maximum number of pitches or a days of rest threshold during an individual's at-bat, the pitcher may continue until that individual's at-bat is completed

# 2024 Sunrise Side Rules & Expectations

and only be required to observe the days of rest for the threshold reached during that at-bat.

## ***Pitcher To Catcher Rule***

- A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of the day. A pitcher who throws 40 or fewer pitches in a game may catch in the same game.

## ***Catcher To Pitcher Rule***

- A player who plays the position of catcher in 4 or more innings may not pitch in any games that same calendar day. A player who catches for 3 innings or less, then moves to pitcher and throws 21 or more pitches may not return to the catcher position on that calendar day. One pitch in an inning is considered 1 inning.

## ***Pitcher Returning In Same Game***

- After having been removed as a pitcher but remaining in the game and otherwise eligible to throw more pitches, a player can return as a pitcher any time in the remainder of the game, but only once per game. The pitcher's pitch count continues from the actual count before the pitcher was removed. Days of rest provisions apply as written.

## ***Days Of Rest***

**THE FOLLOWING DAYS OF REST ARE MANDATORY FOR PITCHERS. COACHES WILL BE SUBJECT TO DISCIPLINARY ACTION FOR USING INELIGIBLE PITCHERS.**

- If a player pitches 66 or more pitches in a day, 4 calendar days.
- If a player pitches 51-65 pitches in a day, 3 calendar days.
- If a player pitches 36-50 pitches in a day, 2 calendar days.
- If a player pitches 21-35 pitches in a day, 1 calendar day.
- If a player pitches 1-20 pitches in a day, 0 calendar days.

## ***Balks***

- In the event of a balk, the pitcher will first get a warning. The umpire/coach will explain the rule violation to the pitcher and tell him what to do so the rule is not violated. If this happens again with the same pitcher, runners will be allowed to take a base.

# 2024 Sunrise Side Rules & Expectations

I have read and understand the rules and expectations of the Sunrise Side League.

---

**Printed Name**

---

**Date**

---

**Player Signature**

---

**Printed Name**

---

**Date**

---

**Parent Signature**

**Team/Coach Name:** \_\_\_\_\_