

**2019 Metro League
Baseball Rules
Revised: March 26, 2019**

1. NAME: The name of the league shall be the Metro Baseball League which will be a combination of all or any of the following municipal athletic departments: Gibsonville, Graham, and Mebane or any combination of the three.
2. ELIGIBILITY:
 - a. Anyone who has not reached his/her birthday before August 1st of the playing year is eligible to participate.
 - b. Minimum Age: Anyone who has not reached his/her sixth (6th) birthday before August 1st of the playing year shall be ineligible to participate.) This will be done only through the use of birth certificates and the birth certificate file in the office of the Athletic Director's of each respective City's Department
 - c. Beginner Pee Wee (Must be 6 years old before August 1st but cannot be 7 years old before August 1st.)
 - d. Pee Wee (Must be 6 years old before August 1st but cannot be 9 years old before August 1st.)
 - e. Mites (Cannot be 11 years old before August 1st.)
 - f. Midgets (Cannot be 13 years old before August 1st.)
 - g. Intermediates (Cannot be 15 years old before August 1st.)
 - h. All Participants will be selected to teams based on any variation of a Draft, if applicable due to the amount of children remaining from previous teams and/or the amount of participants in the age group. Teams from previous years may only be combined if there are not enough children to form separate teams.
 - i. Coaches may not recruit players and bring in their own teams into the leagues
 - i. A new player must be on the team roster and present his/her birth certificate to the City Department in which they are playing for before he/she is eligible to play in a league game. Only new players who have not participated in any league may be added to a team's roster before May 20th of the playing year with the permission each Athletic Department. These players must be added during the regular season and also participate in league play.
 - i. Any participant found to be ineligible due to clerical error on behalf of the Metro League will be ineligible to participate for the remainder of that season, unless corrective measures are implemented. Disciplinary action will NOT be taken against the team involved.
 - ii. Players must play in the majority of the teams regular season games to be eligible for post season play, injuries are the exception to this rule
 - j. A player may move up and play in an older league if he/she so desires, but after he/she has participated in one (1) league game, with that team, he/she must play in that age group for the remainder of the season.
 - k. A player may only be listed on one (1) Metro League official roster and play for only one (1) Metro League baseball team.
3. DISCIPLINARY ACTION: (Involving parents, spectators, coaches, and players)
 - a. Ejection from game.....Minimum 1 Game Suspension
 - b. Unsportsmanlike Conduct.....Minimum 3 Game Suspension
 - c. Profanity.....Minimum 3 Game Suspension
 - d. Threatening an Official.....Minimum Suspension for Remainder of Season
 - e. Hitting, or Bumping an Official.....Minimum 2 Year Suspension
 - f. Drinking Alcohol.....Minimum Suspended For Season
 - g. Fighting.....Minimum Suspended For Season
 - h. Any coach, parent or spectator suspended, must leave the facility immediately upon ejection; however, a player may remain at the playing facility. All suspensions will be reviewed by the Recreation Staff in order to determine if further disciplinary action need be taken. All decisions concerning disciplinary actions by the Metro League are final. Individuals can be suspended after the game for unsportsmanlike conduct by a game official or recreation staff member. During the time of a suspension, those suspended will not be allowed at any Metro League practices, games or facilities during their suspension. If a coach or parents gets ejected and is the only transportation for the children participating in the game, they must leave the playing field and may wait for their child in the parking lot.
4. DUTY OF THE COACH AND CERTIFICATION:
 - a. To make sure that their entire team has turned in birth certificates Athletic Department prior to the first game, failure to do so will result in forfeiture of games.
 - b. Rosters that are on file with the Metro League will be the official rosters. There are NO exceptions.
 - c. To see that his/her team warm-ups are a safe distance from all spectators.
 - d. To see that his/her team reports to the field for a game unless officially notified of a game cancellation, regardless of

- weather or other factors. Although the first game may be called off, the remaining games may be played.
- e. The coach shall see that every boy and girl has adequate insurance or a signed release from his parents giving him/her permission to participate in the Metro League.
 - f. That each coach will sign the final score card following each game.
 - g. The home team will be responsible for having someone return balls to the playing field.
 - h. It is the duty of both opposing coaches to get together with the plate umpire prior to every game to decide the game's starting time.
 - i. The home team will be responsible for keeping the official score; however, it is the duty of the visiting team to check the score at the end of each inning to ensure the score is correct. There may also be an official scorer present for some organizations, who will help with any discrepancies between the home and visiting team's scorebook.
 - j. The parents shall be responsible for seeing that their child is examined by his/her family doctor before he/she is allowed to play.
 - k. **ALL ALCOHOL & TOBACCO PRODUCTS ON or NEAR THE PLAYING FIELD WILL BE PROHIBITED.**
 - l. The coach must have his/her team ready to play fifteen (15) minutes prior to game time.
 - m. Coaches may not touch base runners while the ball is in play, anytime a base runner is touched during a live play, that player should be called out. Umpires discretion, they don't see everything!

5. EQUIPMENT:

- a. The Home Team organization will be responsible for the condition of the playing field. The Athletic Department's will make the final decision as to whether a field is in the proper playing condition due to adverse weather.
- b. The ball shall be an official cushioned cork-center official youth league sanctioned baseball. Approved by the organization that the team plays under.
- c. The bat shall be round and made of wood or aluminum and shall not be more than 32 inches in length, no more than 2 5/8 inches in diameter. (Graham only leagues may use bats 2 3/4 inches in diameter)
 - i. Tee Ball bats are legal in Beginner Pee Wee and Pee Wee only.
 - ii. Softball bats are not legal.
 - iii. Bats cannot exceed 34" in length and cannot exceed -3 weight to length ratio. (This is for Intermediates ONLY) exp: 32 Length and 29oz. Weight Bat
 - iv. **All Bats must have a BPF Rating of 1.15 or lower and/or a holographic sticker – New 2016**
 1. **BBCOR 0.50 Bats are Also allowed in Intermediate Baseball Games**
- d. All players must wear protective batting helmets covering both ears when at the plate and on the basepaths. Protective helmets worn in the field will be left up to the discretion of the team's coaching staff. (As of the 2008 Baseball season, **ALL baseball teams must have a face mask on their batting helmets.**)
- e. Tennis shoes or molded rubber spikes must be worn by all players.
 - i. (METAL SPIKES ARE PROHIBITED IN ALL AGE GROUPS (except for the Intermediate League)
- f. Each player in the field must wear a glove.
- g. Catchers must wear protective head gear and throat protector during the game and warming up pitchers.
- h. Each player must wear a numbered shirt.
- i. No battery powered noise makers or voice enhancers, bells, whistles, or any type of distractions will be allowed at games other than the official public address system.
- j. Pitchers may wear a batting glove on their baseball glove hand as long as it is not white or gray.
- k. Jewelry may not be worn during the game.

6. PLAYING RULES FOR BEGINNER PEE WEES, PEE WEES, AND MITES:

- a. North Carolina High School Federation Rules will be used with the following exceptions:
- b. The official diamond for Pee Wee and Mites shall have 60 feet base lines and a 46 feet pitching distance. The official diamond for Beginner Pee Wee shall be 60/40.
- c. The number of players on the team roster will be unlimited.
- d. All Beginner Pee Wee and Pee Wee games shall be five (5) innings. All Mite games shall be (6) six innings in length. In the event of rain or darkness, the losing team must have been at bat three (3) complete times to constitute a complete game unless the time limit has expired. Incomplete games will be considered suspended games and will be resumed from the point they were discontinued during the regular season.
- e. Mite and Midget Baseball – Pitchers will be subject to a maximum of 5 innings in consecutive games in the same week. A week is determined as Monday through Sunday, pitch count resets every Monday.
 - i. As soon as a pitcher delivers one (1) pitch to a batter he/she will be considered as having pitched in one (1) inning.
- f. (Beginner Pee Wee and Pee Wee only) The team at bat must provide a pitcher 16 years old or older.
 - i. In the case that a pitching machine is being used the following rules will be followed:
 1. Athletic Staff will set up the pitching machine prior to the start of the game

2. The Coaches will operate the pitching machine during the game
 3. Coach will take 5 balls with him in his glove to the mound
 4. The coach will raise one arm, as he drops his arm, the player will know the pitch is coming
 5. After each pitch, another coach, standing behind the catcher, will collect the balls missed.
 6. Following each at bat, the coach behind the catcher will take the remaining balls to the mound
 7. If the batted ball hits the pitching machine, the batter receives first base
- g. (Beginner Pee Wee and Pee Wee only) Each batter will be allowed five (5) overhanded pitches to hit the ball, if he does not hit it fair in five (5) pitches he is out. Walks are not allowed. If you foul the 5th pitch off, the batter will continue to hit until he either strikes out or gets on base.
- i. If a batted ball hits the pitcher or the pitcher catches the ball, the batter is out. The pitcher shall not interfere with any hit ball or his batter is out.
 - ii. Bunting is only allowed in Mites, Midget and Intermediates
 - iii. (Graham / Gibsonville only) – One “No Pitch” may be granted at the discretion of the umpire per at-bat. A “No Pitch” is a ball that is not counted against the batters 5 pitch total. If a batter swings, it cannot be ruled a “no pitch”.
 - iv. (Graham only for 6U Beginner) – A tee may be used on the 5th pitch instead of the coach pitching.
 - v. (Graham only for 6U Beginner) – Each inning will end when all offensive players have had an at-bat in the inning or three outs are earned by the defense; whichever comes first.
- h. A base runner may not leave the base until the ball is hit. (Stealing or leading off will not be allowed). PENALTY: Baserunner is out and the ball is dead.
- i. (Beginner Pee Wee and Pee Wee only) Play will be stopped at all times that a hit ball is returned to the infield, providing the player has complete control of the ball and no subsequent defensive action takes place or if the defensive player holds the ball above his head and calls time out. NOTE: The play officially stops when the umpire grants the defensive player with the ball a timeout.
- j. (Beginner Pee Wee and Pee Wee only) Restraining Line two (2) yards in length shall be drawn midway between each base except home plate and first base. PURPOSE: A player must have both feet beyond restraining line before time is called in order to be able to advance at his own risk to the next base.
- k. (Beginner Pee Wee and Pee Wee only) On all fields an arc should be drawn in a 60' radius from the pitcher's plate. This will determine where the outfield begins (or where the grass meets the dirt). The defensive player with the ball may only call timeout when both feet are inside the arc or in play on the dirt. Some fields will use the grass line to determine where the infield and outfield begin and end.
- l. (Beginner Pee Wee and Pee Wee only) If a team has ten (10) or more players present at any game, they must play ten (10) players on defense. (Mites will also play 10 in the field)
- m. (Beginner Pee Wee and Pee Wee only) Defensive players must play even with or behind the pitcher until the ball is hit. Defensive players may not take a position in front of the pitcher. (and must play in defensive positions on the field) – Not a straight line across from 3rd base to 1st base!
- n. All Beginner Pee Wee and Pee Wee games will have a one (1) hour time limit. All Mite games will have a (1) one hour and fifteen (15) minute time limit. Any inning started must be completed unless the home team is ahead. An inning will not be started with ten (10) minutes or less remaining in the time limit. (Clarification: A new inning begins immediately following the 3rd out made by the home team.) The umpire's time will be official. Games must start at the designated time. GAME TIME WILL BE FORFEIT TIME. (There will be a grace period of 10 minutes before the first game of each night begins, if needed)
- o. Participation Rules:
- i. Every dressed player must be listed in the batting order on the score sheet and bat continuously throughout the game.
 1. Teams must start with at least 7 players, but if more players show up after the game begins they will be added to the bottom of the line-up and may begin to bat when their position in the lineup comes up.
 - ii. Every dressed player must play one complete inning (3 consecutive outs) on defense in the field.
- p. The modified speed-up rule will be in effect.
- i. Substitute runner for the catcher anytime he is a baserunner. (Mandatory with 2 outs)
 - ii. Only one (1) offensive and one (1) defensive time out per inning will be allowed.
 - iii. Courtesy runners will NOT be allowed unless a player is hurt in the game. It will be the umpire's judgment whether or not a player needs a courtesy runner. (if a player is injured, and unable to bat, his spot in the lineup will be skipped, until the player is able to bat again, but if he goes to the field, then he has to bat)
 - iv. The player who made the last out in his team's batting order may become a substitute runner for another member of his team.
 - v. (Mites only) Waive batter to first on an intentional walk.
 - vi. (Mites only) There will be no passing the ball around the infield after a put out; pitcher will be allowed only

- five (5) warm-up pitches between innings.
- vii. (Mites only) A coach will not be allowed to talk to his/her pitcher more than one (1) time in a single inning. The second (2nd) time he/she goes out on the field, the PITCHER MUST BE REMOVED FROM THE MOUND FOR THE REMAINDER OF THAT INNING. (This does not mean the pitcher has to be removed from the game.) (That pitcher may then pitch again if he has the appropriate amount of innings remaining)
- viii. (Mites only) Substitute runner for the pitcher or catcher anytime he is a base runner. (optional)
- q. A base runner may not run into a fielder who has the ball in his possession with the intent of causing injury or dislodging the ball from the fielder. PENALTY: Baserunner is declared out and may be ejected from the game at the discretion of the umpire.
- r. The infield fly rule will not be enforced.
- s. Balks are not called in the Mite League.
- t. Seven (7) players must be present to begin any game. However, teams must have eight (8) slots listed in the batting order. If the 8th batting position is not filled, it will constitute an out every time that the 8th batting position is up to bat.
- u. Infield practice will NOT be allowed prior to the start of the game.
- v. FREE SUBSTITUTION RULE:
 - i. The batting order must remain the same throughout the game. (unless players show up after the game begins, they may enter the lineup at the end, but players may not switch positions in the lineup)
 - ii. When no substitutes are available, the batter will not be called out for missing their turn at bat due to injury or illness. However, this rule does not apply for ejected players.
 - iii. There is no limit to the number of times a player may enter the game on defense.
- w. A player who unintentionally throws his/her bat will be warned by the umpire. In addition a team warning will be issued and thereafter any player who throws his bat will be declared out. This is a dead ball situation.
- x. Intentionally rolling the ball to a base for the purpose of obtaining a put out will not be allowed.
- y. Chatter will be permitted as long as it is encouragement for your team and not directed at the opposing team.
- z. When a team establishes a 10 run lead, the team's bat will end at that point. Each inning thereafter, the team with the 10 or more run lead will only be allowed to bat six (6) batters or have 3 outs which ever comes first. If the losing team cuts the lead to less than 10 runs, the leading team will then resume normal batting until they re-establish a 10 run lead. Once the team regains the 10 run advantage, 6 more batters will be permitted to bat in that inning.
- aa. Tie Breaker Rule: At the start of each half inning until a winner is determined, the offensive team will start with a runner on second base who will be the last recorded out from the previous inning. The game will then continue to be played as a regular baseball/softball game. If the league has a postseason tournament, only one extra inning will be played in the regular season before ending in a tie. In the tournament, the tie breaker will be used for every extra inning until a winner is determined.
- bb. Headfirst sliding (diving) is not allowed when advancing bases.

7. PLAYING RULES FOR MIDGET & INTERMEDIATE BASEBALL:

- a. North Carolina High School Federation Rules will be used with the following exceptions:
- b. The official diamond shall have 60 feet base lines and a 46 feet pitching distance for Midgets and 80/54 for Intermediates. (Runners will be allowed to run on a third strike in Midgets and Intermediates)
- c. All Midget games shall be six (6) innings, In the event of rain or darkness; the losing team must have been at bat three (3) times to constitute a complete game unless the time limit has expired. Incomplete games will be considered suspended games and will be resumed from the point they were discontinued. All Intermediate games shall be seven (7) innings. In the event of rain or darkness, the losing team must have been at bat four (4) times to constitute a complete game unless the time limit has expired. Incomplete games will be considered suspended games and will be resumed from the point they were discontinued during the regular season.
- d. Mite and Midget Baseball – Pitchers will be subject to a maximum of 5 innings in consecutive game in the same week. A week is determined as Monday through Sunday.
 - i. As soon as a pitcher delivers one (1) pitch to a batter he will be considered as having pitched in one (1) inning.
- e. Midgets Only – Players may steal bases when the pitch leaves the pitchers hand, and may also steal home this year
- f. All Midget and Intermediate games will have a one (1) hour and thirty (30) minute time limit. Any inning started must be completed unless the home team is ahead. An inning will not be started with ten (10) minutes or less remaining in the time limit. (Clarification: A new inning begins immediately following the 3rd out made by the home team.) The umpire's time will be official. Games must start at the designated time.
 - 1. GAME TIME WILL BE FORFEIT TIME. (except for the first game of each night, there will be a 10 minute grace period)
- g. The modified speed-up rule will be in effect.
 - i. Substitute runner for the pitcher or catcher anytime he is a baserunner. (Mandatory with 2 outs)
 - ii. Waive batter to first on an intentional walk.

- iii. Courtesy runners will NOT be allowed unless a player is hurt in the game. It will be the umpire's judgment whether or not a player needs a courtesy runner. The injured player who is granted the courtesy runner must either take the field after the third out or be officially replaced in the line-up.
 - iv. The player who made the last out in his team's batting order may become a substitute runner for another member of his team.
 - v. There will be no passing the ball around the infield after a put out; the pitcher will be allowed only five (5) warm-up pitches between innings.
 - vi. A coach will not be allowed to talk to his pitcher more than one (1) time in a single inning. The second (2nd) time he goes out on the field, the PITCHER MUST BE RELIEVED FROM THE MOUND FOR THE REMAINDER OF THAT INNING. (This does not mean the pitcher has to be removed from the game and may re-enter as a pitcher in a different inning.)
 - vii. Substitute runner for the pitcher anytime he is a baserunner.
 - viii. Only one (1) offensive time out per inning will be allowed.
 - ix. Base runners must remain in contact with the base they occupy until the ball leaves the pitchers hand
 - 1. PENALTY: For leaving too soon: delayed dead ball and the runner is out. (Midgets Only)
- h. Participation Rules:
 - i. (Midgets only) Every dressed player must be listed in the batting order on the score sheet and bat continuously throughout the game.
 - ii. (All age groups) Every dressed player must play one complete inning (3 consecutive outs) in the field.
- i. FREE SUBSTITUTION RULE (MIDGETS ONLY):
 - i. The batting order must remain the same throughout the game. (Unless a player shows up late, they may be added to the bottom of the order and will bat when that position comes up in the lineup)
 - ii. The batter will not be called out for missing their turn at bat due to injury or illness. However, this rule does not apply for ejected players.
 - iii. There is no limit to the number of times a player may enter the game on defense.
- j. FREE SUBSTITUTION RULE (FOR INTERMEDIATES ONLY):
 - i. Any of the starting nine (9) players may withdraw and re-enter the game once.
 - 1. Starters must return to their original position in the batting order upon re-entering the game.
 - 2. The starter must replace the player or players for which he was substituted; he may not replace any other player.
 - 3. Any substitute placed in the line up may be withdrawn but cannot re-enter the game. (Exception: i.iv.)
 - 4. Substitute must replace players in same position in the batting order.
 - ii. All substitutions must be coordinated with both team's scorekeepers.
 - iii. Illegal substitutions must be corrected when discovered. No penalty.
 - iv. Due to injury or ejection and when there are no legal substitutes remaining, any player may re-enter the game as a legal substitute.
 - v. When no substitutes are available, the batter will not be called out for missing their turn at bat due to injury or illness. However, this rule does not apply for ejected players.
- k. A base runner may not run into a fielder who has the ball in his possession with the intent of causing injury or dislodging the ball from the fielder. PENALTY: Baserunner is declared out and may be ejected from the game at the discretion of the umpire. Players must avoid contact when running the bases, players are not mandated to slide, however, it is up to the umpire, whether or not, they needed to slide in that situation.
- l. Eight (8) players must be present to begin any game.
- m. Infield practice will NOT be allowed prior to the start of the game.
- n. A player who unintentionally throws his/her bat will be warned by the umpire. In addition a team warning will be issued and thereafter any player who throws his/her bat will be declared out. This is a dead ball situation.
- o. Chatter will be permitted as long as it is encouragement for your team and not directed at the opposing team.
- p. When a team establishes a 10 run lead, the team's bat will end at that point. Each inning thereafter, the team with the 10 or more run lead will only be allowed to bat six (6) batters or have 3 outs which ever comes first. If the losing team cuts the lead to less than 10 runs, the leading team will then resume normal batting until they re-establishes a 10 run lead. Once the team regains the 10 run advantage, 6 more batters will be permitted to bat in that inning.
- q. (Intermediates only) Use of the extra hitter (EH) is optional if a team has ten (10) or more players present at any game, but if one is used, it must be made known prior to the start of the game and be listed on the scoring sheet in the regular batting order. If the EH is used, he/she must be used the entire game. The EH is treated as any other starting player and must follow the same substitution guidelines. This rule replaces the designated hitter rule.
- r. Tie Breaker Rule: At the start of each half inning until a winner is determined, the offensive team will start with a runner on second base who will be the last recorded out from the previous inning. The game will then continue to be played as a regular baseball/softball game. If the league has a postseason tournament, only one extra inning will be

played in the regular season before ending in a tie. In the tournament, the tie breaker will be used for every extra inning until a winner is determined.

- s. All games MUST be played at times and locations scheduled by the Athletic Department. Games cannot be rescheduled because of field trips, Boy Scout outings, band concerts, etc.

8. UMPIRES:

- a. All umpires will be furnished by the Baseball/Softball Booking Agent.
- b. Umpires will have complete control of all games.
- c. After the game has started, the assigned umpires will be responsible for discontinuing the game for any reason.
- d. The umpire's decision on all calls will be final.