

## BASEBALL

**\*No tryouts, practice or competition may begin before 1:00 PM on Sundays\***

**Anyone who is found to be in non-compliance with any rule outlined in this Handbook will face a review by the CYO Athletic Department and possible sanctions and/or penalizations.**

### **Tryouts, Practice & Competition:**

Season Spring

Start Date March 1, 2017

End Date June 18, 2017

**General Policies:** Coaches must be familiar with the policies.

**Gender:** Boys

**Primary Competition Rules:** Varsity—PIAA (NFHS) JV—Little League

### **CYO Competition Rules:**

The following rules are amendments to PIAA and Little League rules and must be followed by all CYO Baseball Leagues:

#### **A. Pitching Limitations**

Out of consideration for the safety of our athletes it is the responsibility of each coach to know, understand and strictly enforce the following pitching limitation rules:

**1. A Varsity player may pitch in a maximum of seven (7) innings in one day, but no more than seven (7) innings in any seven (7) day period. (JV is 6 & 6)**

**a. Delivery of one pitch constitutes an inning.**

**2. Innings Pitched and Rest Required (1 calendar day of rest = 48 hours)**

**a. 3 innings or less in one day - no rest required (JV-1 day rest)**

**b. 4 or 5 innings in one day - 1 calendar day (JV-2)**

**c. 6 innings and above in one day - 2 calendar days (JV- see 1.A above)**

**3. Sixth graders that are eligible to participate on a Varsity team (See "Age/Grade Regulations" on p. 12) may not pitch.**

**4. Coaches must monitor the number of pitches:**

**a. Varsity - pitchers must not exceed 75 pitches in one game. A pitcher may not start a new inning if they have already exceeded 65 pitches.**

**b. Junior Varsity - pitchers must not exceed 60 pitches in one game. A player may not start a new inning if they have already exceeded 45 pitches.**

**\* Junior Varsity athletes may not throw curve balls.**

**NOTE:** Violation of any pitching limitations designates the violating athlete ineligible for their next game and the athlete's team will forfeit the game in which the violation took place. **Repeated violations may bring additional penalties.**

## **B. Equipment**

1. Helmets - All batters and base runners are to wear a certified protective helmet, otherwise they will be declared "out" by the umpire.
2. Cleats - **Metal cleats are strictly prohibited.**
3. Bat-size: **Varsity** (-3) weight/length, 2 3/4 barrel **JV 32 in., 2 1/4 barrel, 1.15 BPF**

## **C. Fields**

1. Pitching Mound Distance
  - a. Varsity - 60' 6" b. Junior Varsity - 46'
2. Base Distances
  - a. Varsity - 90 ft. b. Junior Varsity - 60 ft. (where possible)

## **D. Game Length**

1. Games are to be seven (7) innings in length. JV is (6) innings in length.
2. If a game is stopped for any reason, it is to be complete and official when either one of the following occur at the completion of, or after the 4th inning:
  - a. If the home team is winning, and the visiting team completes its turn at-bat.
  - b. If the visiting team is winning, and the home team completes its turn at-bat.
  - c. Mercy Rule - after 4 innings - 15 runs or after 5 innings - 10 runs.**  
**JV Mercy Rule - after 4 innings - 10 runs**

**Miscellaneous - A JV player may not fake a bunt and then swing away. If this is attempted, the batter is out.**

**E. The "Slide or Surrender" rule will now be in place beginning March 1, 2016. This rule will apply for all regular season games, play-offs, regional play-offs and Archdiocesan tournament games.**

## **CYO Eligibility Rules:**

1. Coaches must be in compliance with the "Coaching Eligibility"
2. Athletes must be in compliance with the "Grade School Athlete Eligibility"

## **Roster Deadline:**

See "Rosters & Fees" on p. 25-26. Rosters are due to the Regions by a Region established date and will be frozen as of the time submitted to the CYO Athletic Department. The Regional due date may vary and the Archdiocesan due date will be established with the Regions. The Regional due dates will be about one month after the beginning of each season. Those teams who fail to submit their roster by this deadline will: 1) automatically lose their eligibility for the Archdiocesan Tournament, 2) forfeit all games from the date of the deadline until the roster is submitted "completed" to the CYO Athletic Department, and 3) may face further penalization.

## **Archdiocesan Tournament:**

The CYO Athletic Department will sponsor a Championship Tournament governed by PIAA and CYO Rules. This tournament will consist of sixteen (16) teams. At least one team will be invited from each Region, and at-large invitations may be granted by the CYO Athletic Department.

**Rule D. 2. C. Mercy Rule in red is a region 17 adjustment.**