

# HSA Baseball Ground Rules 2026

## League Responsibilities and Expectations

### Commitment to a Safe and Positive Environment

The Huffman Sports Association is dedicated to providing a safe, positive, and enjoyable environment for all participants, including children, parents, and umpires involved in the league.

### Manager Responsibilities

- Managers are responsible for ensuring the appropriate conduct of all parents, guardians, or spectators who are present in support of their team in the stands.
- Failure by managers to uphold these guidelines may result in their removal from the field until such time as the spectators under their supervision are able to control themselves or are required to leave the premises.

### Interaction with Umpires

- Managers must approach umpires with respect and understanding, setting a positive example for both the children and the parents on their team.

### Consequences for Misconduct

- If a parent, guardian, or spectator fails to adhere to these guidelines, they will be removed from the park by a board member or, if necessary, by law enforcement.
- In the event of an altercation, there will be zero tolerance for inappropriate behavior.

### Protest Procedures

If a protest arises, it must be communicated immediately to the chief umpire before the scorebook is signed by the umpire. Managers who do not sign the scorebook forfeit their right to protest. Umpires are required to record the status of any protest in the scorebook to ensure proper documentation prior to leaving the field. All official protests will be forwarded to the Huffman Sports Association Vice President for further review and consideration.

### Team Field Maintenance Responsibilities

At the conclusion of the final game each day, every team is responsible for raking the field to maintain its condition. Additionally, teams must ensure that all trash is removed from their respective dugouts.

All divisions will be governed by Dixie Youth Baseball (DYB) rules affecting game play, except for the rules outlined below:

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## **\*\*Common Rules and Expectations for every Division\*\***

### Game Officials and Scorekeeping

- Each game will have a **score board keeper** provided by the **visiting team**.
- The **home team** is responsible for supplying a **score book keeper**.
- Game clock will start on time, but game will not start until both positions are filled.

Score books **must** be kept in the **press box** during the game and **not** in the **stands**.

Upon completion of the game, the scorebook should be given to the **umpire**. The umpire and both team managers are required to sign the scorebook after each game to verify its accuracy.

### Player Eligibility and Forfeits

- There will be **no** forfeits; teams are expected to play with available players.
- Each team is permitted to use **one** pickup player, but **both** coaches of each team must agree on who that player will be.
- If a pickup player is used, they must play **right field** and **bat last** in the lineup.
- No team may bench a player on the team's regular roster while a player added to the roster for one game is in the game unless the rostered player is sick or injured and cannot continue in the game.

### Player Participation and Equipment

- Every player is required to play **6 outs** on defense (three (3) consecutive outs in an inning).
- **Continuous batting order** every game played by their team, ensuring equal participation for all team members.
- Each batter/base runner **shall wear** a helmet with a face mask attached.
- Metal cleats are **not** permitted for any players.
- Players are **not** allowed outside in front of the dugout during gameplay.
- **Defense Coaches** must remain within an **arm's length** of the dugout opening at all times during the game unless injury time out granted by the umpire.

### Defensive/Offensive Time Outs

- On **defense**, a manager may request time to speak with players **once** per inning without penalty. A second request in the same inning results (6U & 8U) in the manager being placed in the dugout for the rest of the game, (10U, 12U, 15U) the pitcher is removed from the pitching mound.
- On **offense**, a team is permitted **three** timeouts per inning to speak with a batter. A fourth timeout in the same inning causes the coach to be removed from the field and placed in the dugout for the rest of the game.

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### Approved Bats

**(a) Approved Bats:** The barrel of all aluminum, metal alloy, composite, multi-piece wood bats, or single-piece wood bats shall not exceed 2 5/8" inches in diameter nor exceed 33" inches in length.

**USA Baseball Bats:** All non-wood bats and multi-piece wood bats **must** be stamped with the **USA Baseball** mark signifying that the bat meets the bat performance standard established by USA Baseball.

**Wood Bats:** Solid wood bats made from a single piece of wood do not require the USA Baseball mark but must meet the specifications for (a) Approved Bats.

**BBCOR Bats:** 2 5/8" BBCOR (-3) certified bats (which do not bear the USA Baseball mark) that meet the Batted Ball Coefficient of Restitution (BBCOR) standard and which do not weigh, numerically, more than three ounces less than the length of the bat (e.g., a 33-inch-long bat cannot be less than 30 ounces) may be used in regular season or tournament play.

All bats stamped "BPF 1.15" are **not legal** for play in all age divisions.

**(b) Tee Ball Bats:** Bats stamped for Tee Ball play **cannot** be used in 6U, 8U, 10U, 12U or 15U. Tee ball bats should be used only with low compression baseballs in Mini-T.

**(c) Illegal Bat Penalty:** A bat which does not meet the specifications in Rule (a) and Rule (b) shall be deemed an illegal bat. A batter who uses an illegal bat shall be called out and all runners shall return to the bases occupied by them at the time batter took his position in the batter's box if protested by the opposing team manager, or discovered by an umpire, prior to the first pitch to the next batter. The bat becomes illegal when the batter receives the first pitch during his turn at bat. He does not have to hit the ball. The batter shall be called out and any runners must return to the base they occupied prior to the first pitch to the batter. **2nd Penalty:** After the first occurrence that a batter is called out for using an illegal bat, if a second batter is called out for using an illegal bat in the same game by the same team the team manager shall be ejected from the game. **3rd Penalty:** If a bat previously removed from the game by the umpires is used again during that game, the batter shall be declared out, all runners shall return to the bases they occupied at the time such batter took his position in the batter's box with the bat, and the manager shall be ejected from the game.

**Pine Tar:** The use of pine tar or any other similar adhesive substances on bats is prohibited in all levels of play and will result in the bat being declared illegal, and the bat will be removed from play pursuant to (c).

# HSA Baseball Ground Rules

## 2026

### 6U BOYS

#### Field and Equipment Specifications

- Baselines must be set at a distance of **60 feet**.
- The pitching area will have a 12-foot-diameter chalked or painted pitching circle, with a line marking the center at 35 feet across the circle.
- Pitching rubber is **35 foot** from tip of home plate to the front of pitching rubber.

#### Equipment

- Catchers **must** wear full protective equipment and may use either a baseball fielder's glove or a catcher's mitt. The catcher must be in a squatting position directly behind home plate and in line with the pitcher at the time of the pitch.

#### General Playing Rules

- Only **baseballs** marked with **Dixie Youth Baseball (DYB)**, shall be used.
- Each regulation game consists of **five (5) innings** or a maximum of **1 hour and 10 minutes** of play.
- Teams may score no more than **five (5) runs** per half-inning.
- Players are allowed **four (4) pitches** from the coach. If the ball is not hit fair in those four pitches, the player will receive **one swing** off the tee.
- If the player fails to hit a fair ball on that swing from the tee, the player is out.
- If a batter throws the bat completely out of the circle, he will be called out. The chalk marking the circle is considered part of the circle and the ball must be hit fair.
- The infield fly rule **does not** apply.
- Bunting is **not** allowed. If a player bunts a fair ball, the umpire will call time immediately; no runners may advance, and the batter is charged with a pitch and a strike.
- Intentional walks are **not** allowed.
- If a team leads by 12 runs after three (3) innings or 10 runs after four (4) innings, the run rule will be applied and the game will end.
- on overthrows to first base.
- Teams field **10 defensive players**, including six infielders.
- **Infielders** may **not** be closer than **40 feet** to home plate prior to the ball being hit. Violation of this rule will result in Offensive team to accept the play or nullify the play with a no hit.
- **Outfielders** must be in the grass behind the base paths until ball is in play.
- Face masks are recommended for all infield players.
- A maximum of **four (4) coaches** is permitted on the field: the coach pitcher, first base coach, third base coach, and dugout coach.

# HSA Baseball Ground Rules 2026

6U continued...

## Base Running

- If a runner passes a base before the player pitcher gains control of the ball within the pitching circle and does not stop, he may attempt to advance to the next base at his own risk.
- If a fielder does not freeze the lead runner, the lead runner(s) may advance until the play is dead.
- The play is dead and umpire will call “**Time**” only when the **player pitcher** has **control** of the ball **inside** the pitching circle **or** when a **fielder freezes the lead runner**.
- If a runner misses a base and does not attempt to return before the ball becomes dead, the coach may appeal after calling timeout. If upheld, the runner is out.
- Base stealing is **not** permitted. Runners must remain on their bases until the ball is hit. If a runner leaves early, the defensive team can choose to keep or reject any part of the play.
- A courtesy runner may be used for the **catcher only**. The courtesy runner is the last out made, or if no out has been recorded, the batter in the lineup farthest from the batter for whom the courtesy runner is being used. Courtesy runners are not allowed for any other positions.

## Player Pitcher Position

- The player pitcher **shall** wear a face guard, with or without a batting helmet or cap, while at this position.
- The player pitcher must have **one** foot **inside** the designated pitching circle, must not interfere with the coach pitcher, and not be any closer to the batter than even with the **35-foot** pitching rubber until the ball is hit. The Player Pitcher cannot leave the designated circle or cross the 35-foot until the ball is hit. **PENALTY:** The offensive coach has the option of accepting a hit or taking a no-pitch.

# HSA Baseball Ground Rules 2026

6U continued...

## Coach Pitcher Rules

- The adult coach pitcher from the offensive team is responsible for pitching to the batters and must throw **overhand** from a **standing position**.
- The coach pitcher **must** pitch from a rubber located **35 feet** from the back tip of home plate. The coach pitcher must begin with **one** foot on the rubber when pitching. PENALTY: the umpire will call a violation, and the defensive team may accept the play or call a no pitch.
- After the ball is put in play, the coach pitcher must exit the field behind the runner or away from the play to prevent interference. If the umpire determines that the coach pitcher interfered, the batter is out, all runners return to their original bases, and the coach pitcher is warned. Any second interference in the same game results in removal from the mound for the remainder of the game.
- If the coach pitcher is hit by the ball, the ball is declared dead and no pitch is counted.
- The coach pitcher may **only** coach or position the batter before the pitch is delivered and is **not** allowed to coach the runners. The first offense results in a warning; the second offense results in removal from the mound for the rest of the game.
- **Only** the team manager is permitted to represent or speak for the team.
- Coaches are **not** allowed to leave the playing field without the umpire's permission. Violations result in removal from the game.
- The coach pitcher may **not** leave the mound and return in the same inning except due to illness or injury.

# HSA Baseball Ground Rules

## 2026

### 8U BOYS

#### Field and Equipment Specifications

- Baselines must be set at a distance of **60 feet**.
- The pitching area will have a 12-foot-diameter chalked or painted pitching circle, with a line marking the center at 46 feet across the circle.
- Pitching rubber is **46 foot** from tip of home plate to the front of pitching rubber.

#### Equipment

- Catchers **must** wear full protective equipment and may use either a baseball fielder's glove or a catcher's mitt. The catcher must be in a squatting position directly behind home plate and in line with the pitcher at the time of the pitch.

#### General Playing Rules

- Only **baseballs** marked with **Dixie Youth Baseball (DYB)**, shall be used.
- Each regulation game consists of **five (5) innings** or a maximum of **1 hour and 15 minutes** of play.
- Teams may score no more than **five (5) runs** per half-inning.
- The batter will be allowed five **(5) pitches** or three **(3) strikes**. The batter will be called out after the fifth (5th) pitch unless the fifth pitch is a foul ball. A foul on the last pitch shall not count unless a foul fly is caught in the air; then the batter is declared out.
- If a batter throws the bat **completely out** of the circle, he will be called out. The chalk marking the circle is considered part of the circle and the ball must be hit fair.
- The infield fly rule does **not apply**.
- Bunting is **not** allowed. If a player bunts a fair ball, the umpire will call time immediately; no runners may advance, and the batter is charged with a pitch and a strike.
- Intentional walks are **not** allowed.
- If a team leads by 12 runs after three (3) innings or 10 runs after four (4) innings, the run rule will be applied and the game will end.
- There are **no restrictions** on overthrows to first base.
- Teams field **10 defensive players**, including six infielders.
- **Infielders** may **not** be closer than **40 feet** to home plate prior to the ball being hit. Violation of this rule will result in Offensive team to accept the play or nullify the play with a no hit.
- **Outfielders** must be in the grass behind the base paths until ball is in play.
- Face masks are recommended for all infield players.
- A maximum of **four (4) coaches** is permitted on the field: the coach pitcher, first base coach, third base coach, and dugout coach.

# HSA Baseball Ground Rules 2026

8U continued...

## Base Running

- If a runner passes a base before the player pitcher gains control of the ball within the pitching circle and does not stop, he may attempt to advance to the next base at his own risk.
- If a fielder does not freeze the lead runner, the lead runner(s) may advance until the play is dead.
- The play is dead and umpire will call “**Time**” only when the **player pitcher** has **control** of the ball **inside** the pitching circle **or** when a **fielder freezes the lead runner**.
- If a runner misses a base and does not attempt to return before the ball becomes dead, the coach may appeal after calling timeout. If upheld, the runner is out.
- Base stealing is **not** permitted. Runners must remain on their bases until the ball is hit. If a runner leaves early, the defensive team can choose to keep or reject any part of the play.
- A courtesy runner may be used for the **catcher only**. The courtesy runner is the last out made, or if no out has been recorded, the batter in the lineup farthest from the batter for whom the courtesy runner is being used. Courtesy runners are not allowed for any other positions.

## Player Pitcher Position

- The player pitcher **shall** wear a face guard, with or without a batting helmet or cap, while at this position.
- The player pitcher must have **one** foot **inside** the designated pitching circle, must not interfere with the coach pitcher, and not be any closer to the batter than even with the **46-foot** pitching rubber until the ball is hit. The Player Pitcher cannot leave the designated circle or cross the 46-foot until the ball is hit. **PENALTY:** The offensive coach has the option of accepting a hit or taking a no-pitch.

# HSA Baseball Ground Rules 2026

8U continued...

## Coach Pitcher Rules

- The adult coach pitcher from the offensive team is responsible for pitching to the batters and must throw **overhand** from a **standing position**.
- The coach pitcher shall pitch from within the designated pitching circle with the coach pitcher's feet remaining in the designated pitching circle until the pitch is released. NOTE: Coach pitcher does not have to pitch from the pitching rubber or halfway mark in the pitching circle. If one foot is within the circle and any part of the other foot is in contact with the chalk or paint outlining the circle when the pitch is released, the coach will be considered in the circle. PENALTY: If the coach pitcher does not remain in the circle, a violation shall be called by the umpire, with the defensive team having the option of taking the play or a no pitch.
- After the ball is put in play, the coach pitcher must exit the field behind the runner or away from the play to prevent interference. If the umpire determines that the coach pitcher interfered, the batter is out, all runners return to their original bases, and the coach pitcher is warned. Any second interference in the same game results in removal from the mound for the remainder of the game.
- If the coach pitcher is hit by the ball, the ball is declared dead and no pitch is counted.
- The coach pitcher may **only** coach or position the batter before the pitch is delivered and is **not** allowed to coach the runners. The first offense results in a warning; the second offense results in removal from the mound for the rest of the game.
- **Only** the team manager is permitted to represent or speak for the team.
- Coaches are **not** allowed to leave the playing field without the umpire's permission. Violations result in removal from the game.
- The coach pitcher may **not** leave the mound and return in the same inning except due to illness or injury.

# HSA Baseball Ground Rules 2026

## 10U BOYS

### Field Specifications

- Baselines must be set at a distance of **60 feet**.
- Pitching rubber is **46 foot** from tip of home plate to the front of pitching rubber.

### Length and Structure of Games

A regulation game will consist of either **six innings** or a duration of **1 hour and 15 minutes**, whichever comes first, unless the run rule is enforced. The run rule will apply under the following circumstances: 12 runs after 3 innings, 10 runs after 4 innings, 8 runs after 5 innings.

### Inning Structure

Each inning is made up of **three outs** or a maximum of **five (5) runs** per half-inning.

### General Playing Rules

- Only **baseballs** marked with **Dixie Youth Baseball (DYB)**, shall be used.
- Drop 3<sup>rd</sup> strike is **not in effect**.
- The infield fly rule does **apply**.
- Bunting is allowed.
- Intentional walks are allowed.
- Teams field **10 defensive players**, including six infielders.
- **Outfielders** must be in the grass behind the base paths until ball is in play.
- A maximum of **three (3) coaches** is permitted on the field: the first base coach, third base coach, and dugout coach.

### Bunt and Safety Regulations

The fake bunt followed by a hit away tactic is strictly prohibited due to safety concerns. Aggressive defensive play that brings fielders dangerously close to the batter in an attempt to prevent bunting is not allowed. Once a batter squares to bunt, they have two legal options: A) Pull the bat back and take the pitch, B) Attempt to bunt the ball.

\*\*A batter may not swing after squaring to bunt and drawing a fielder close. If the batter does swing in this scenario, the ball is declared dead, runners return to their original bases, the batter is called out, and the team manager will be ejected from the game. This rule is enforced without warning.

### Base Running Violations

If a runner leaves the base before the pitch reaches the plate, the base umpire will drop a signal flag to indicate the violation as it occurs. The defensive team may choose to nullify any part of the play that happened following the violation.

# HSA Baseball Ground Rules 2026

10U continued...

## Pitch Count Limitations

A pitcher removed from the mound for a substitute pitcher in the defensive line-up may return to the game in another defensive position but may not return to the mound as a pitcher.

Pitchers who are league age 10 and under may not throw more than **75 pitches** in a single game or on a calendar day. If the pitcher reaches this limit while facing a batter, they may continue pitching until the batter reaches base safely, is put out, or a third out is made on a base runner to end the half-inning.

A pitcher is allowed to pitch in multiple games on the same calendar day, provided that they have not thrown more than 30 cumulative pitches in the previous game or games that day.

All pitchers in local league play must comply with established daily pitch count rest requirements:

League Age	1 Day	2 Days	3 Days
09-12	31-45	46-65	66+

**There are no exceptions to the rest period pitch count thresholds.**

There is no limit on the number of innings a pitcher may pitch in a tournament (bracket or pool play) game, subject to the following pitch count limitations:

<b>Pitchers League Age 10 &amp; under</b>	shall not throw more than 75 pitches in the same game or on the same calendar day.
<b>Pitchers League Age 11 or 12</b>	shall not throw more than 85 pitches in the same game or on the same calendar day.

Exception: If the pitcher reaches the maximum pitch count limit while facing a batter, he may continue to pitch until the batter reaches base safely, is put out, or a third out is made on a base-runner to end the half- inning.

# HSA Baseball Ground Rules 2026

## 12U BOYS

### Field Specifications

- Baselines must be set at a distance of **70 feet**.
- Pitching rubber is **50 foot** from tip of home plate to the front of pitching rubber.

### Length and Structure of Games

A regulation game will consist of either **six innings** or a duration of **1 hour and 20 minutes**, whichever comes first, unless the run rule is enforced. The run rule will apply under the following circumstances: 12 runs after 3 innings, 10 runs after 4 innings, 8 runs after 5 innings.

### Inning Structure

An inning will consist of (3) outs or **five (5) runs** per half inning for the first 3 innings. **Open inning** for the 4th, 5th, and 6th innings.

### General Playing Rules

- Only **baseballs** marked with **Dixie Youth Baseball (DYB)**, shall be used.
- The infield fly rule does **apply**.
- Bunting is allowed.
- Intentional walks are allowed.
- Teams field **9 defensive players**, including six infielders.
- A catcher is required to be in full gear with a throat protector and must utilize a catchers' glove.
- The catcher **shall** be stationed directly behind the plate in the catcher's box.  
PENALTY: Balk (No Pitch).
- Balks will be enforced by the umpires.
- A c-flap or full-face mask is required for the batter.
- **Outfielders** must be in the grass behind the base paths until ball is in play.
- A maximum of **three (3) coaches** is permitted on the field: the first base coach, third base coach, and dugout coach.

# HSA Baseball Ground Rules 2026

12U continued...

## Base Running

- A runner is **allowed** to lead off the base at risk of being put out.
- A ball is always considered live unless the umpire calls time or there is a dead ball.
- Stealing is **allowed** at any time.

Runners may leave the base path to avoid interference, but **MAY NOT** leave the base path to avoid a tag. Runners must slide or surrender at any base a defensive play is being made on. No headfirst slides at any base, unless returning to the bag. Runners **MUST** slide to home plate to avoid a collision or be called OUT.

## Bunt and Safety Regulations

The fake bunt followed by a hit away tactic is **strictly prohibited** due to safety concerns. Aggressive defensive play that brings fielders dangerously close to the batter in an attempt to prevent bunting is not allowed. Once a batter squares to bunt, they have two legal options: A) Pull the bat back and take the pitch, B) Attempt to bunt the ball.

**\*\*With a runner on 3rd base attempting to steal home with the pitch, THE BATTER MUST BUNT OR TAKE THE PITCH. If the batter swings, the ball will be dead with runners returning to their original bases, the batter will be called out, and the team manager will be EJECTED. NO WARNING will be given in this situation. Exception: No penalty will be assessed when the bases are loaded with two outs and a full count on the batter.**

## Drop 3<sup>rd</sup> Strike

The third strike called by the umpires is not caught, providing (1) first base is unoccupied or (2) when first base is occupied with two outs. When a batter becomes a base runner on a third strike not caught by the catcher and starts for the dugout or his position and then realizes his situation and attempts then to reach first base, he is not out unless he or first base is tagged before he reaches first base. If he actually reaches the dugout or dugout steps, he may not then attempt to go to first base and shall be called out.

# HSA Baseball Ground Rules 2026

12U continued...

## Pitch Count Limitations

A pitcher removed from the mound for a substitute pitcher in the defensive line-up may return to the game in another defensive position but may not return to the mound as a pitcher.

A League Age 11 or 12 pitcher shall not throw more than 85 pitches in a game or on a calendar day. Exception: If the pitcher reaches the daily pitch count limit while facing a batter, he may continue to pitch until the batter reaches base safely, is put out or a third out is made on a baserunner to end the half-inning.

A pitcher shall be allowed to pitch in two or more games on the same calendar day provided he/she does not throw more than 30 cumulative pitches in the previous game or games on the same calendar day.

All pitchers in local league play must adhere to the following daily pitch count rest requirements:

League Age	1 Day	2 Days	3 Days
09-12	31-45	46-65	66+

**There are no exceptions to the rest period pitch count thresholds.**

There is no limit on the number of innings a pitcher may pitch in a tournament (bracket or pool play) game, subject to the following pitch count limitations:

<b>Pitchers League Age 10 &amp; under</b>	shall not throw more than 75 pitches in the same game or on the same calendar day.
<b>Pitchers League Age 11 or 12</b>	shall not throw more than 85 pitches in the same game or on the same calendar day.

Exception: If the pitcher reaches the maximum pitch count limit while facing a batter, he may continue to pitch until the batter reaches base safely, is put out, or a third out is made on a base-runner to end the half-inning

# HSA Baseball Ground Rules 2026

## 15U BOYS

### Pitching Regulations and Game Structure

#### Game Length and Run Rule

A regulation game shall last either 1 hour and 30 minutes or seven innings, whichever comes first, unless the run rule is enforced. The run rule applies as follows: if a team leads by 12 runs after four innings, 10 runs after five innings, or 8 runs after six innings, the game will be concluded.

#### Inning Structure

Each inning consists of three outs or a maximum of five runs per half-inning for the first three innings. The remainder of the game will feature open innings, with no run cap per half-inning.

#### Field Specifications

- Only **baseballs** marked with **Dixie Boys Baseball (DBB)**, shall be used.
- The pitching rubber shall be set 60 feet from the tip of home plate.
- Bases are to be positioned 90 feet apart.
- Nine defensive players are required on the field.
- The infield fly rule is in effect for all games.
- The batter's box must be a rectangle measuring four feet by six feet (4'x6'), centered on home plate, with the inside line six inches from the side of home plate.

#### Bat Regulations

- Laminated or experimental bats are prohibited unless approved by the DBB Commissioner.
- Damaged bats are not permitted in play.
- The bat handle, up to 18 inches from the end, may be covered or treated with a material or substance to improve grip. The penalty for violation is removal of the bat from the game.
- Bats must be wooden, metal, or graphite with a 2 5/8 inch barrel diameter and must display a certified USAbat designation label. Approved alternatives include BBCOR .50 bats or wood bats that meet USA standards.

#### Pitcher's Mound

The pitcher's mound shall be raised gradually to an elevation of 10 inches above the level of home plate and the base paths. Portable pitching mounds that meet the correct size requirements are also approved for use.

# HSA Baseball Ground Rules 2026

15U continued...

## Pitcher Rest Requirements

A pitcher who has pitched on two consecutive days must observe a mandatory one-day rest period before returning to pitch, regardless of eligibility under other pitching rules. Under no circumstances may a pitcher appear in a game as a pitcher for three consecutive days, irrespective of pitch count. These guidelines are designed to safeguard pitchers' arms and ensure player health.

## Pitching Limitations and Rest Periods

- Players on a regular season team are eligible to pitch in any game, subject to the following limitations:
- Under the 30/40 hour rule, one pitch thrown in an inning constitutes having pitched a complete inning for eligibility purposes.
- \*\*An innings rule is added. For the purpose of satisfying the requirement rule, the throwing of one pitch in any inning constitutes having pitched a complete inning.
- A pitcher may not pitch more than eight innings in any one calendar week.
- No pitcher may throw more than 95 pitches in the same game or on the same day.
- All pitches thrown, including “no pitch” calls by the umpire, count toward the pitch count and weekly innings total.
- The official calendar week runs from 12:01 AM Monday through 12:00 midnight the following Sunday.
- Entering the game as a pitcher counts as having pitched one inning.
- After throwing more than 30 but less than 61 pitches in a game or on the same day, a pitcher must have at least thirty hours of rest before becoming eligible to pitch again. The rest period begins when the pitcher leaves the mound.
- After throwing more than 60 pitches in a game or on the same day, a pitcher must have at least forty hours of rest before pitching again. The rest period begins when the pitcher leaves the mound.

## Pitcher Substitution Rules

The manager may change pitchers as often as desired. However, once a pitcher is replaced on the mound by another pitcher, he may not return to the mound in that game.

## Purpose of Pitching Rules

These rules are intended to help prevent arm injuries and to ensure that teams develop the pitching skills of multiple players, rather than relying on a single pitcher.