



14U Baseball Rules

1. Playing Field Dimensions

- a. Distance between bases is 80 feet.
- b. Distance from pitching rubber to home plate is 54 feet.

2. Game Duration

- a. A complete game is 7 innings.
- b. There will be no new inning started after 1 hour 45 minutes.
- c. Run Rule
 - i. The game shall be declared over if:
 1. The home team is ahead by 15 runs after 2 ½ innings
 2. The visiting team is ahead by 15 runs after 3 innings
 3. The home team is ahead by 12 runs after 3 ½ innings.
 4. The visiting team is ahead by 12 runs after 4 innings.
 5. The home team is ahead by 10 runs after 4 ½ innings.
 6. The visiting team is ahead by 10 runs after 5 innings.
- d. All ties shall stand and shall be recorded in the standings as ties.

3. Team Participation

- a. No player shall sit out 2 innings in a row.
- b. No player shall sit out for the second time until all players have sat out 1 inning.
- c. Each player shall play in the infield and outfield at least once in the first 3 innings. *Pitchers and catchers are exempt from this.*
- d. Players may be substituted freely throughout the game.
 - i. Pitchers may only make 2 appearances in the game and must adhere to all pitch count regulations.
- e. Teams will maintain the same batting order throughout the game.
- f. If a team only fields 9 players at the start of the game and a player is injured, the team will continue with 8 players.
 - i. The open batting position is skipped for injury or illness.

4. Defense

- a. The defensive team will play with 9 defensive players.
 - i. 6 infielders and 3 outfielders
 1. Short fielders are not allowed.
 2. Outfielders must be in the outfield grass when the pitch is thrown.

5. Batting

- a. Inning Run Limit - The offense shall score no more than 6 runs per inning.
 - i. If more than six runs are scored within the completion of the batter at bat than all runs count.
 1. Example: If the offense has 5 runs scored already in an inning and there are runners at 1st, 2nd, and 3rd base and the batter hits a triple, all 3 runs count. When the play ceases, the inning shall be over, and the next inning shall start.
- b. Bunting is allowed and should be taught as a skill of the game.
- c. The infield fly rule does apply.
- d. The dropped 3rd strike rule does apply.

6. Baserunning

- a. Baserunners may steal bases at any time.
- b. A catcher or current pitcher that is on base with 2 outs may be replaced by a pinch runner that was the last recorded out.

7. Pitching

- a. A pitcher can throw a maximum of 95 pitches in a day.
- b. The number of pitches thrown on any day shall determine how many days of rest the pitcher will need before pitching again.
 - i. 0-20 pitches = 0 Days off
 - ii. 21-35 pitches = 1 Day off
 - iii. 36-50 pitches = 2 Days off
 - iv. 51-65 pitches = 3 Days off
 - v. 66+ pitches = 4 days off
 - vi. A day of rest shall be defined as a complete business day.
- c. A pitch sheet record shall be kept for each pitcher in the scorebook for each game.
 - i. Home and visitor scorekeepers should check with each other every half inning to collaborate for accurate counts.
- d. The balk rule applies after 1 warning.
- e. Stated intentional walks are allowed
- f. Mound visits are limited to 2 trips per pitcher per inning.
 - i. The pitcher must be removed on the 2nd trip of the inning.