



10U Baseball Rules 2023

1. Playing Field Dimensions

- a. Distance between bases is 65 feet.
- b. Distance from pitching rubber to home plate is 46 feet.
- c. There shall be a hash mark 8 feet from each base to designate the leadoff area.

2. Game Duration

- a. A complete game is 6 innings.
- b. There will be no new inning started after 1 hour and 45 minutes.
 - i. The game shall be declared over when 2 hours has passed from the game start time regardless of the game situation.
 - ii. An inning in progress that exceeds the drop-dead time limit shall be declared over, the inning nullified, and the score shall revert back to the previous inning's score.
- c. There will be a maximum 2-minute time limit between innings.
 - i. This shall be the umpire's responsibility to enforce.
- d. Run Rule
 - i. The game shall be declared over if:
 1. The home team is ahead by 12 runs after 3 ½ innings.
 2. The visiting team is ahead by 12 runs after 4 innings.
 3. The home team is ahead by 10 runs after 4 ½ innings.
 4. The visiting team is ahead by 10 runs after 5 innings.
- e. 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. 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.
- d. Teams will maintain the same batting order throughout the game.
- e. 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 10 defensive players
 - i. 6 infielders and 4 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 not apply.

6. Baserunning

- a. Base runners cannot steal home unless a play is made on him at third or a play is being made at another base or bases.
 - i. If a base runner attempts to steal home without a play being made, he is out.
 - ii. A fake by the catcher to any base is considered a play and the base runners can advance.
- b. Base runners may only steal 1 base at a time.
 - i. There will be no advance on an overthrow.
 - ii. This rule is designed to encourage throws from the catcher on steals.
- c. The base runner on any base is allowed a maximum of an 8 foot lead off.
 - i. If the base runner crosses the 8-foot line before the pitch crosses the plate, the runner is out.
 - ii. Exception - If the pitcher elects to pitch from a full wind-up with runners in a stealing situation. If this occurs, the runners may cross the 8 foot line when the pitcher is in the wind up with the exception of the runner on third base.
- d. The play is considered dead when the pitcher steps on the rubber.
- e. Baserunners cannot advance on errant throws to the pitcher at the completion of a play or pitch
 - i. The umpire shall determine if the throw was an attempt on a runner.
- f. A catcher that is on base with 2 outs may be replaced by a pinch runner in an effort to keep the game moving at a good pace.
 - i. The pinch runner shall be the individual that made the most recent out of that inning.

7. Pitching

- a. A pitcher can throw a maximum of 75 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. 21-40 pitches = 1 Day off
 - iii. 41-60 pitches = 2 Days off
 - iv. 61-75 pitches = 3 Days off
 - v. A day of rest shall be defined as a complete business day
- c. A pitch sheet record shall be kept for every game to document pitch counts. These pitch sheets shall be kept in the team scorebook until collected by league staff. League staff will keep all pitch count sheets until the end of the season.
 - i. Home and visitor scorekeepers should check with each other every half inning to collaborate for accurate counts.
 - ii. The umpire shall sign all pitch sheets at the conclusion of the game.
- d. The balk rule applies after 1 warning.
- e. Intentional walks are permitted but the pitcher must throw 4 balls.
- 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.
- g. Strike Zone - An optional strike zone may be adopted by the home plate umpire during the early part of the season. This strike zone is defined as follows:
 - i. The strike zone shall be vertically from the batters shoulder to the knee, and horizontally to 3" from either side of the plate.
 - ii. This is a recommended strike zone that must be discussed and agreed upon at the pre-game meeting between the coaches and umpires.
 - iii. At mid-season the strike zone shall be called according to the rule book.