



FMYSA Baseball Official Rules

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Rules for All Age Groups – Updated 12/2009

Rules specified in this document apply to games within our Recreational Baseball leagues only. Rules for Select Baseball teams and leagues are specified elsewhere.

Conduct & Behavior:

1. Please do not argue with the umpires. This only delays the game and presents a bad image to the players and parents. The umpires have been instructed to warn any argumentative coach, player, or parent one time. After that, the umpire has the authority to remove said person from the game and/or park. Umpires will notify the league of all ejections.
2. Coaches are responsible for the behavior of the players and parents on their team. Umpires may remove a coach if that coach can't control the behavior of their players and parents.
3. Each FMYSA coach should remember that we are here for the enjoyment of the children. This is a developmental / recreational league. Please communicate with the players in a positive, supportive manner.
4. Discipline problems should be handled by removing the child from the activity or drill for an appropriate amount of time. The Time Out principle works well.
5. If a child is injured during a game and the coach/umpire believes the injury serious enough to stop play, he/she will do so. Coaches should attend to their players immediately. It is a good idea to have a first aid kit available. If the nature of the injury is serious enough, call 911. Contact the Field Director as soon as possible and document the injury.
6. A player's intentional contact with an opposing player will result in the immediate ejection of the offending player. Serious infractions may result in suspension from the league.
7. For 8U and above: If any team forfeits more than 1 game for any reason, that team will not be allowed to participate in the Town Championship tournament.
8. If you need league assistance with a matter, please contact your age group director first. If they cannot resolve the matter, contact the V.P. of Baseball.

Equipment & Uniforms:

9. Under no circumstances can the official FMYSA furnished baseball jersey be modified (i.e., no personalized names on the back or removal of sleeves). Any infraction will require the player or coach to purchase at his/her expense a new uniform; any game played with illegal uniforms will be forfeited.
10. The official ball for the 5U and 6U age groups will be a reduced injury baseball. 7U and above will use regulation leather baseballs.
11. Only metal, graphite, ceramic, or composite bats, manufactured specifically for baseball play, will be allowed for recreational league and post-season tournament play. Wooden bats are not allowed at any time. Bats must be round and not more than two and three-fourths inches (7.0 cm) in diameter at the thickest part, nor more than 42 inches (106.7 cm) in length.



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12. Catcher position is required to wear full protective headgear, mask, shin guards, and a chest protector. Ages 7U and above must wear a hard protective cup at the catcher position.
13. For 8U and below, the offensive team provides balls for when their team is batting. For 9U and above, each team provides one new and one good used ball for each game.
14. Metal Spikes are only allowed for 15/16 age group. Age groups 14U and below are not allowed to use metal spikes.

General Rules:

15. FMYSA rules are in addition to current Major League and USSSA rules. FMYSA rules always take precedent over Major League and USSSA rules.
16. ALL teams will bat the entire roster in league and post-season Town Championship tournament. Coaches are entitled to free defensive substitution; the players' spots in the batting order do not change.
17. An offensive team will be allowed to score a maximum of five runs per inning, with the exception of 13U and older. Beginning at 13U, teams may score unlimited runs per inning, but a mercy rule takes effect.
18. Players should be rotated through various positions in the field. In an effort to speed the game, it is recommended that coaches not change players' defensive positions each inning.
19. For ages 7U and above, no player shall remain on the bench for more than two consecutive defensive innings. Under 7U, all defensive players take the field.
20. Coaches should refrain from touching base runners during live play. Pushing or physically assisting a runner is prohibited. Penalty: 1st time is a warning, 2nd time is an out.
21. For 9U and above, a courtesy runner shall be allowed to enter the game for the catcher ONLY when there are 2 outs in any inning. The courtesy runner must be the player who made the last out in that same inning. This applies to the catcher of record, who is the one playing during the last out of the prior inning (except in the top of the first inning, in which case it must be the catcher who starts the bottom of the inning). This is an optional rule but is emphasized to keep the pace of play.
22. Pre-game warm up on the infield is not permitted on any game fields. Use the outfield or warm-up areas outside of the fence. Stay off the infield area.
23. Dugouts are assigned on a first come first serve basis.
24. Home team keeps official scorebook. Visiting team is responsible for working the scoreboard.
25. Guest Player rule: a team can have a maximum of 2 guest players in any individual game. A team can only use the guest player(s) to get to 9 players for that game. The guest player(s) must bat last in the lineup and must play in the outfield. Guest players can not pitch. Only players registered in FMYSA, in the same age group or one age below, may serve as guest players. No select players may guest play in the Recreation Baseball program.
26. No player on an FMYSA Recreation roster may also be on any Select team roster during the scheduled recreation season. FMYSA recreation players are permitted to guest play on a select team, with permission of the recreation coach and the VP of Baseball. If violations are found, the player will be removed from the recreation team with no refund and the team may be required to forfeit games played with the ineligible player. (Added 6/2009)



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Innings & Time Limits

Age Group	Innings	Time Limit (minutes)	Complete Game ⁽³⁾	Score Kept	Base Distance	Pitching Distance	Infield Fly Rule Used	
Blast Ball	4	45		No	50'	n/a	No	
Tee Ball	4	50	<i>Play ceases immediately when time expires</i>	30 mins	50'	38'	No	
5U	6	55		30 mins / 3 inns	50'	38' ⁽²⁾	No	
6U	6	55		30 mins / 3 inns	No	50'	38' ⁽²⁾	No
7U	6	75		40 mins / 3 inns	Yes ⁽¹⁾	60'	42'	No
8U	6	75	<i>No inning starts if less than 10 minutes remain. After time expires, the inning will only be completed if the Home team trails by 5 runs or less</i>	40 mins / 3 inns	Yes	60'	42'	No
9U	6	90		50 mins / 3 inns	Yes	65'	46'	Yes
10U	6	90		50 mins / 3 inns	Yes	65'	46'	Yes
11U	6	105		60 mins / 3 inns	Yes	70'	50'	Yes
12U	6	105		60 mins / 3 inns	Yes	70'	50'	Yes
13/14	7	105		60 mins / 4 inns	Yes	80'	54'	Yes
15/16	7	110	60 mins / 4 inns	Yes	90'	60' 6"	Yes	

Notes:

- (1) Score is kept only to provide data to the age group director for creating appropriate divisions of play. Game scores and Win/Loss record will not be posted.
- (2) Coaches are allowed to use a floating rubber. This means you may move as close to your batter as you deem necessary to enable the batter to successfully hit a pitched ball. Remember though, the child-pitcher must remain at least 38' from home plate.
- (3) Complete game reflects when a game is called due to weather, darkness, or other factors. If one of the two elements (time or innings) has been achieved, it will be considered a complete game. This does not mean that the game is automatically over if a lightning detector goes off after this time period -- the field director and umpires may choose to wait for conditions to improve and still continue the game

Pitching Restrictions:

Age Group	Innings Per Day	Innings Per Week
9U	3	6
10U	3	6
11U	5	8
12U	5	8
13/14	5	10
15/16	Use USSSA Pitching Restrictions	

Notes:

1. A week is from 12:01am Monday to 12:00 midnight the following Sunday
2. As soon as a pitcher delivers one pitch to a batter, the pitcher shall be considered as having pitched one inning
3. When pitching in more than one game on the same calendar day, pitchers may pitch any combination of innings provided they do not exceed the "Innings Per Day" limitation.
4. Any pitcher removed from the mound and/or the lineup, or a pitcher who is withdrawn from the mound and stays in the game at another position, shall not be permitted to pitch again in the same game.
5. Once the "Innings Per Day" limitation has been reached, a pitcher must have at least forty (40) hours rest before pitching again. The 40 hours rest is computed from the starting time of the game in which the pitching occurred, or, in games which begin more than two hours after the scheduled starting time, the actual starting time of the games will be used to interpret this rule.
6. Coaches who do not follow these guidelines will be subject to the following:
 - a. 1st violation = Forfeit Game
 - b. 2nd violation = Banned from Town Championship, and prohibited from coaching in FMYSA for 1 year.



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Special Rules for Interlock Play

At our older age groups, there often are not enough FMYSA teams to play a full league schedule. In these instances, teams “interlock” with neighboring communities, playing against their teams at both Flower Mound and out of town fields. The following rules apply to those situations. This is not to be confused with North Texas Interlock (NTI) games, played by many of our Select Baseball teams.

1. Each team will supply one new game ball and one "good" used ball per game.
2. Home teams (determined by location) will be responsible for supplying umpires, keeping the official scorebook, and reporting game results.
3. FMYSA teams will continue to use FMYSA rules specified in this document, whether the games are on a Flower Mound field or not. The exception would be when an umpire at the home fields instructs the FMYSA team of a rule change. Objections to the rule change(s) will be handled by the board, not on the field. All disagreements need to be forwarded in writing to the V.P. of Town Baseball and the respective age group director.

Blast-Ball Rules - Updated 12/2008

Players Age:

1. All players must be 3 years old on April 30th of the year participating in Blast-Ball (in the Spring season, April 30th of the current year; in the Fall season, April 30th of the following year).

Equipment:

1. Playing field consists of home plate, a tee, and 1st base loaded with a horn.
2. All players must wear team baseball cap and team t-shirt supplied by FMYSA.
3. No player shall wear a baseball / softball glove. The game ball is foam rubber and is safe for kids to play without gloves.
4. FMYSA furnishes all equipment for Blast-Ball, consisting of blast balls, bat, batting tee, Blast Ball 1st Base, and 2 batting helmets. The coach is responsible for the care and upkeep of the equipment, including returning the equipment to the league after the season.

Rules:

1. Each team may have 2 coaches on the field of play at all times
2. Offensive players are required to wear a helmet when on the field.
3. Each team will bat its entire roster in each inning one complete time, which will constitute a half inning of play. Each turn at bat the batting order will be reversed. (Example: if a player bats last in the 1st inning he/she will bat first in the next inning).
4. When at bat, the object is to hit a fair ball, reach the base and sound the horn before the defensive team fields the ball, holds it above their head and yells “Blast”. Each batter will return to the dugout after running to 1st base.
5. Each batter will receive a maximum of 6 swings in which to hit a fair ball. A fair ball is any ball between the foul lines and past the 10 foot fair ball arc in front of home plate.
6. When on defense, all players will play a defensive position at least 38 feet from home plate. No player shall play catcher.



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7. The home team will be responsible for setting up the field for the game.
8. Coaches will also serve as umpires while on the field.

Age 4U Tee Ball Rules - Updated 12/2008

1. 4U uses a reduced injury baseball. This is a co-ed league. Score is not kept.
2. An offensive team will bat their entire roster before switching to defense, regardless of the number of runs scored or outs made.
3. All players should assume a defensive position on the field every inning. The child-pitcher must position themselves on either the right or left side of the 38' pitching rubber and be no more than 3' from the rubber. The team is allowed up to four infielders in addition to the pitcher. The remainder of the defensive players should be spread throughout the outfield at least 10 feet behind the baseline. No player shall play catcher.
4. EVERY player is required to play at least 2 consecutive innings of infield (1st, 2nd, 3rd, SS, Pitcher) in every game. This requirement should be met by the end of the 4th defensive inning. Since most teams have 10-13 players and only 5 infield positions, coaches will ensure each player spends as much time in the infield as the outfield over the course of a season.
5. Coaches will bat the entire lineup, in the order of their choosing. Should a coach deem a batter unfit for batting (i.e., crying, afraid of the ball, etc.), the batter will be skipped in the batting order without an out being recorded.
6. All batters will hit from a tee and will receive a maximum of 5 swings in which to hit a fair ball. If the player is unable to hit a fair ball after 5 swings with the ball on a tee, a strikeout will be recorded. No continuous foul balls.
7. When hitting from the tee, a foul ball will be called unless the ball is hit out of the dirt arch in front of the batter box or if the batter swings and hits the tee only, causing the ball to travel outside the dirt arch area in front of the batter box.
8. In addition to the normal ways in which a batter/runner may be put out, the following rule will apply with respect to force plays at any base. A runner will be declared out by the coach if the runner is being forced to the involved base and:
 - a. The fielder is in contact with the base
 - b. The ball makes contact with the fielder's glove or body, prior to the runner touching the base. The fielder need not catch the ball.
9. Runners can only advance one base on any hit, and can not advance on overthrows. This league is played offensively as station to station baseball. Coaches will declare the play over when a defensive player has retrieved the ball and all runners have ceased advancing one base.
10. Up to three defensive coaches are allowed on the field. The coaches must place themselves behind their outfielders and shall not physically interfere with play.
11. Since there are no umpires, coaches are responsible for determining the outcome of the play, out or safe. Coaches will be honorable in this duty. Parents should not argue with the coaches, which only delays the game and presents a bad image to the players and fans.
12. The offensive team will have a coach placing the ball on the Tee and will be stationed in the home plate area. This coach must step away after each ball is batted in play and not interfere with any player or defensive play.



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Age 5U Baseball Rules - Updated 12/2008

1. All players should assume a defensive position on the field. Teams are allowed 1 pitcher and 1 catcher. The child-pitcher must position themselves on either the right or left side of the 38' pitching rubber and be no more than 3' from the rubber. The team is allowed to have up to four infielders in addition to the pitcher and catcher. The remainder of the defensive players should be spread throughout the outfield, at least 15 feet behind the baseline.
2. EVERY player is required to play at least 2 consecutive innings of infield (1st, 2nd, 3rd, SS, Catcher or Pitcher) in each game. This requirement must be met in 4 defensive innings. If a team has more than 12 players, or games last fewer than 4 innings, coaches are responsible for ensuring players' infield and outfield time is balanced over the course of a season.
3. Coaches will bat the entire lineup, in the order of their choosing. Should an umpire deem a batter unfit for batting (i.e., crying, afraid of the ball, etc.), the batter will be skipped in the batting order without an out being recorded.
4. Each batter may receive up to six pitches in which to hit a fair ball. If the child is unable to hit one of the first four pitches, the coach can (optionally) have the player hit from a tee for the last two pitches. If the player is unable to hit a fair ball after 6 pitched balls or 4 pitched balls and two swings with the ball on a tee, a strikeout will be recorded. No continuous foul balls.
5. Coach pitchers should bring a minimum of 2 baseballs to the mound to speed up play.
6. When hitting from the tee, a foul ball will be called unless the ball is hit out of the dirt arch in front of the batter box or if the batter swings and hits the tee only, causing the ball to travel outside the dirt arch area in front of the batter box.
7. In addition to the normal ways in which a batter/runner may be put out, the following rule will apply with respect to force plays at any base. A runner will be declared out by the umpire if the runner is being forced to the involved base and:
 - a. The fielder is in contact with the base
 - b. The ball makes contact with the fielder's glove or body, prior to the runner touching the base. The fielder need not catch the ball.
8. Runners can only advance one base on any hit. Runners can not advance on overthrows. This league is played offensively as station to station baseball.
9. The umpire will declare the play over when a defensive player has retrieved the ball and all runners have ceased advancing one base.
10. Up to three defensive coaches are allowed on the field. The coaches must place themselves behind their outfielders and shall not physically interfere with play.
11. In an effort to speed up play, the defensive team will place someone (a coach or other person 12 years or older) at the backstop to retrieve pitched balls and return them to the pitcher. No coaching or communication can be made from this position.



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Age 6U Baseball Rules - Updated 12/2008

1. All players should assume a defensive position on the field. Teams are allowed 1 pitcher and 1 catcher. The child-pitcher must position themselves on either the right or left side of the 38' pitching rubber and be no more than 3' from the rubber. Teams are allowed to have up to four infielders in addition to the pitcher and catcher. The remainder of the defensive players should be spread throughout the outfield at least 15 feet behind the baseline.
2. EVERY player is required to play at least 2 consecutive innings of infield (1st, 2nd, 3rd, SS, Catcher or Pitcher) in each game. This requirement must be met in 4 defensive innings. If a team has more than 12 players, or games last fewer than 4 innings, coaches are responsible for ensuring players' infield and outfield time is balanced over the course of a season.
3. Each batter may receive up to six pitches in which to hit a fair ball. If the child is unable to hit one of the six pitches, a strikeout will be recorded. No continuous foul balls.
4. Coach pitchers should bring a minimum of 2 baseballs to the mound to speed up play.
5. In addition to the normal ways in which a batter/runner may be put out, the following rule will apply with respect to force plays at any base. A runner will be declared out by the umpire if the runner is being forced to the involved base and:
 - a. The fielder is in contact with the base, and
 - b. The ball makes contact with the fielder's glove or body, prior to the runner touching the base.
The fielder does not need to catch the ball.
6. In the 6U FALL season, runners can advance only one base on any hit; runners cannot advance on overthrows. In the 6U SPRING season, when a ball is hit into the outfield and has not been fielded when the runner reaches the next base, the runner may take one additional base at their own risk. Runners are still not permitted to advance on overthrows, and may not start toward the next base if a fielder has control of the ball.
7. The umpire will declare the play over when a defensive player has retrieved the ball and all runners have ceased advancing to the next base.
8. Up to three defensive coaches are allowed on the field. The coaches must place themselves behind their outfielders and shall not physically interfere with play.
9. In an effort to speed up play, the defensive team will place someone (a coach or other person 12 years or older) at the backstop to retrieve pitched balls and return them to the pitcher. No coaching or communication can be made from this position.



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Age 7U Baseball Rules - Updated 12/2008

1. Only 10 defensive players are allowed on the field at one time, including 1 pitcher, 1 catcher, and four infielders. The child-pitcher must position themselves on either the right or left side of the 42' pitching rubber and be no more than 3' from the rubber. Infielders must remain at least 42' from home plate when the ball is pitched.
2. EVERY player is required to play at least 2 consecutive innings of infield (1st, 2nd, 3rd, SS, Catcher or Pitcher) in each game. This requirement must be met in 4 defensive innings.
3. A team must have at least 8 players to start a game. Teams playing with only nine players SHALL NOT incur an automatic out when the 10th batting position arises; the 1st batter will bat without penalty to the team. Teams playing with only eight players SHALL incur an automatic out when the 9th batting position arises.
4. Coach pitchers should bring a minimum of 2 baseballs to the mound to speed up play.
5. Coach pitchers must stop coaching upon beginning of the play. Before play, the coach can speak to the batter to help him get in the proper position. However, once the pitcher starts his pitching motion, he can not continue to coach, such as yelling "don't swing" to the batter after the ball leaves his hand.
6. Coach pitchers must attempt to get off the field immediately once a batter hits a fair ball, without interfering with the defensive play. They may not return to the field until the play is over.
7. Each batter may receive up to six pitches in which to hit a fair ball. Umpires will call swinging strikes only and three will be an out. The sixth pitch, unless hit in fair territory, will be an out. Continuous last strike foul balls are not allowed.
8. Overthrows, whether into fair or foul territory, will be considered live, unless the ball enters a dugout or any other area deemed out of play, in which case each runner will automatically receive two bases (from the time of the throw). Overthrows remaining in play will be considered live and runners may continue to advance at their own risk of being put out.
9. The umpire will declare the play over when a defensive player in the infield controls the ball and all runners have ceased advancing to the nearest base.
10. A maximum of two defensive coaches are allowed on the field, provided they remain in foul territory adjacent to their outfielders at all times.
11. A runner cannot leave any base until the ball is hit. If a player leaves the base prior to the ball being hit (in the umpire's judgment), an out will be called. This is not an appeal play.
12. In an effort to speed up play, the defensive team will place someone (a coach or other person 12 years or older) at the backstop to retrieve pitched balls and return them to the pitcher. No coaching or communication can be made from this position.



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Age 8U Baseball Rules - Updated 12/2008

1. Only 10 defensive players are allowed on the field at one time. Teams are allowed 1 pitcher, 1 catcher, and four infielders. The child-pitcher must position themselves on either the right or left side of the 42' pitching rubber and be no more than 3' from the rubber. Infielders must remain at least 42' from home plate when the ball is pitched.
2. EVERY player is required to play at least 2 consecutive innings of infield (1st, 2nd, 3rd, SS, Catcher or Pitcher) in each game. This requirement must be met in 4 defensive innings.
3. A team must have at least 8 players to start a game. Teams playing with only nine players SHALL NOT incur an automatic out when the 10th batting position arises; the 1st batter will bat without penalty to the team. Teams playing with only eight players SHALL incur an automatic out when the 9th batting position arises.
4. Coach pitchers should bring a minimum of 2 baseballs to the mound to speed up play.
5. Coach pitchers must stop coaching upon beginning of the play. Before play, the coach can speak to the batter to help him get in the proper position. However, once the pitcher starts his pitching motion, he can not continue to coach, such as yelling "don't swing" to the batter after the ball leaves his hand.
6. Coach pitchers must attempt to get off the field immediately once a batter hits a fair ball, without interfering with the defensive play. They may not return to the field until the play is over.
7. Each batter may receive up to six pitches, in which to hit a fair ball. Umpires will call swinging strikes only and three will be an out. The sixth pitch, unless hit in fair territory, will be an out. Continuous last strike foul balls are not allowed.
8. Overthrows, whether into fair or foul territory, will be considered live, unless the ball enters a dugout or any other area deemed out of play, in which case each runner will automatically receive two bases (from the time of the throw). Overthrows remaining in play will be considered live and runners may continue to advance at their own risk of being put out.
9. The umpire will declare the play over when a defensive player in the infield has control of the ball and all runners have stopped their offensive progress.
10. A maximum of two defensive coaches are on allowed on the field provided they remain in foul territory at all times. Furthermore, these defensive coaches will place themselves adjacent to their outfielders.
11. A runner cannot leave any base until the ball is hit. If a player leaves the base prior to the ball being hit (in the umpire's judgment), an out will be called. This is not an appeal play.

Age 9U Baseball Rules - Updated 6/2009

1. Only 9 defensive players are allowed on the field at one time.
2. A team must have at least 8 players to start a game. Teams playing with only eight players SHALL incur an automatic out when the 9th batting position arises.



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3. FALL season: runners may not lead-off, and may only leave the base once the pitched ball has crossed the plate. Should a catcher make an effort to throw out a runner, the runner may advance an additional base with risk of being thrown out. Runners will not advance on an overthrow made from the catcher to the pitcher's position. The ball will be considered "dead" once the defensive player has control of the ball and all runners have stopped their offensive progress. No balks will be called. Base runners reaching third base may only advance to home plate on a batted ball or on a bases loaded walk. Runners will be given one warning (per team) for leaving the base prior to the pitch crossing home plate; all infractions thereafter will be called as an out and the runner will be removed from the base.
4. SPRING season: runners may lead-off and steal. Should a catcher make an effort to throw out a runner, the runner may advance an additional base with risk of being thrown out. Base runners reaching third base may only advance to home plate on a batted ball or on a bases loaded walk. Balks will be called, after one warning per pitcher.
5. On a dropped third strike, the batter is out.
6. All players must play at least 1 inning per game in the infield (1st, 2nd, 3rd, SS, P, C) during every regular season game (does not include Town Championship tournament). This requirement must be met in 3 defensive innings. Rare exceptions may be permitted, with approval from VP of Baseball. (Added 6/2009)

Age 10U and Older Baseball Rules - Updated 6/2009

1. All bases will be considered open. Base runners may lead-off from all bases and advance in accordance with the rules of baseball.
2. Only 9 defensive players are allowed on the field at one time.
3. A team must have at least 8 players to start a game. Teams playing with only eight players SHALL incur an automatic out when the 9th batting position arises.
4. Balks will be called at all age groups. However, at 10U, umpires will issue one warning per pitcher prior to imposing penalties. There are no warnings at 11U and older.
5. Any base runner stealing home plate on a swinging strike is out at the time the bat is swung. A bunt is not a swinging strike. If a base runner is called out for attempting to steal home, the ball is dead and the pitch does not count. The intent of the rule is to protect the base runner without taking away the opportunity to steal. It is not an out if the bases are loaded, 3-2 count, and there are 2 outs. If on the pitch all runners start moving and the batter swings and fouls off the pitch or gets a hit, this shall not be considered illegal and therefore no action shall be taken by the umpire in calling anyone out.
6. A "mercy rule" will be in effect after 3 complete innings, as follows:
 - 15 runs after 3 innings
 - 10 runs after 4 innings
 - 8 runs after 5 innings
7. Players in 10U, 11U, and 12U must play at least 1 inning per game in the infield (1st, 2nd, 3rd, SS, P, and C) during every regular season game (does not include Town Championship tournament). This requirement must be met in 3 defensive innings. Rare exceptions may be permitted, with approval from VP of Baseball. (Added 6/2009)