



DEER VALLEY
Unified School District



PEORIA
UNIFIED SCHOOL DISTRICT



NWVAC Baseball Rules

The Northwest Valley Athletic Conference will use the **NFHS** rules book as the adopted publication for rules and interpretation with the following additional information:

THE PLAYING FIELD

- A. The diamond shall have 90-foot baselines.
- B. The pitching distance shall be 60 feet 6 inches.

EQUIPMENT:

- A. Gloves shall be worn by all fielders.
- B. The pitcher shall not wear any items on the hands, wrists, or arms that may be distracting.
- C. The pitcher must wear a protective facemask while pitching.
- D. Jewelry shall not be worn by any player.
- E. The catcher must wear a facemask, body protector, shin guards, throat protectors and catchers' helmets (even when pitchers are warming up on the sidelines or between innings).
- F. All players must wear shoes. Metal spikes may be worn.
- G. It is recommended that all players wear a protective cup.
- H. Batters and base runners must wear an approved batting helmet.
- I. All bats must follow USA baseball regulations:
 - a. No longer than 34 inches.
 - b. Wood, metal, or composite is allowed.
 - c. Non-wood bats must be BBCOR or USABat certified.
 - d. The barrel diameter for any bat may be no larger than 2 and 5/8 inches.

PLAYERS AND SUBSTITUTES:

- A. A team shall consist of nine (9) players, but you may play with (8) eight.
- B. The starting players or substitutes may be withdrawn from the game and re-entered once, provided such player occupies the same batting order whenever in the lineup.
- C. Courtesy runners are allowed for the pitcher and catcher to speed up the game.
- D. A starter and any substitute for a starter may not be in the game at the same time.
- E. The batting order remains the same throughout a regular season game if all players on a team are batting, even though defensive substitutions are made. During tournament play, only the nine (9) positions players may bat including the designated hitter.
- F. A team may use a designated hitter.
- G. Extra hitters/flex players are not allowed.

GAME:

- A. The plate umpire should always go over the ground rules with both coaches prior to play.
- B. Regular season games will have the following conditions:
 - a. Each team will provide 2 game balls.
 - b. Individual school districts determine length and time of games.
 - c. Games that end in a tie, will result in a tie.
 - d. Ten run rule applies after the losing team has 3 complete at-bats (3 innings).
 - e. Games that run out of time will revert to the previous completed inning unless the home team at bat has scored more runs than the visiting team.
 - f. A maximum of 7 runs allowed per inning.
- A. Tournament games will have the following conditions:
 - a. Games will last 6 innings, or one hour and 30 minutes, whichever comes first.
 - b. Games that end in a tie will go to extra innings.
 - c. There is no run limit per inning.
- B. The home team shall have the last bat.
- C. Ten run rule applies after the losing team has 3 complete at-bats (3 innings).
- D. Coaches should provide two lineup cards, one to the umpire and the opposing coach.
- E. Adults can coach in both coaching boxes on the field of play.

PITCHING REGULATIONS:

- A. Pitchers will receive one warning and explanation for any illegal pitch. The next pitch with the same infraction will be called a ball. Base runners will not be given a free base.
- B. At the beginning of each inning or when a pitcher relieves another, no **more than one minute** may be used for warmups.
- C. Pitchers will follow USA baseball pitch count regulations:

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A

SPORTSMANSHIP

A student-athlete or coach, who is ejected from a game, will be suspended for one game. If that same student-athlete or coach is ejected from a game a second time during the same season, they will be suspended for the remainder of the season. If the ejection occurs during the last game of the season, the suspension will carry over to the next sports season.