

Boise's National Adult Baseball Association (NABA 18+)
Rules and Regulations
2013

This league was created to provide for men 18 years old and over an alternative to softball and enable us to play the game we all grew up playing. Adult attitudes must always prevail, no matter how competitive the League is. The League President and the Board of Directors have the responsibility to see that this ethic sustains, and anyone who abuses the league's code can be suspended or expelled from the league.

A. TEAM UNIFORMS AND EQUIPMENT

1. All teams must have full baseball uniforms.
 - No un-uniformed player will be allowed to play. Uniform includes cap, shirt, and pants. A sponsor patch is allowed on the left shoulder.
 - All teams must have uniforms for new players by final roster deadline of that season.
1. All batters and runners must have helmets. Full ear flap helmets are recommended, but one ear flap is required for at-bats and for base running. Catchers are also required to wear a helmet underneath their mask.
2. The official game ball will be determined each year by the Board of Directors. Each team must bring a minimum of 2 new balls and 1 good used ball to each game. Be prepared with additional balls if needed.
3. Wood bats only are permitted for both regular season games and all tournaments.
4. Metal cleats are permitted.

B. PLAYERS

1. Players become eligible to play in the league during the year of their 18th birthday. There are no exceptions to this rule. Team managers are responsible to see that this rule is never broken. An opposing manager may at any time during a game question a player's age and get their name. If a manager wants to lodge a protest, proof of age and residence must be mailed to the manager who lodged the protest by the Friday of the following week. If an under age or illegal non-roster player is detected, penalties will be forfeiture of all games in which the illegal player participated and a minimum two year suspension from the league for the illegal player starting on their 18th birthday (if under 18). If the team manager has prior knowledge, he is subject to a 2 year suspension from the time the infraction is discovered.
2. No player may switch teams without the consent of both managers and the league president. If this does not meet with approval, the player must sit out one calendar year from competition from the last date of his playing. The player will then be eligible to play on any team he wants. The player may also re-enter the league's next draft, making himself available to any team for selection. In the event a team disbands during or after a season, all players with 2 years league experience will become automatic free agents and will be permitted to play for any team the following season. Players not having 2 years league experience will re-enter the next draft.
3. If a player is not invited back by his manager and cannot be successfully traded, he must be given his release so that he may go to the team of his choosing or re-enter the draft. If a player is invited back to play and he desires not to play for his former team and cannot be successfully traded, he must sit out one entire year to become a free agent or re-enter the draft, making himself available to all teams.

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4. In the event a player wishes to leave his existing team and form a new team, he may do so. No other player can be taken from the existing team without the consent of the existing team's manager. No other players may be taken from any other team without the respective team manager's approval. Final approval is required by the Board of Directors in accordance with league expansion plans.
5. Each year all players on the league's waiting list will be invited to a draft. The annual draft will be conducted in a manner to allow parity in the league by having the prior year's team with the lowest finishing records drafting first.
6. In order for a player to qualify and participate in league playoffs, tournaments and post-season events, he must participate in at least 7 of his team's regular season games. If a player fails to meet the requirements, a letter should be submitted to the league president explaining non-compliance and asking the Board of Directors for eligibility in post-season events.
7. A player must be out of Pro-ball for 3 complete years before becoming eligible to participate in the league. Pro-ball refers to major and minor leagues players. The Senior Professional Baseball League will not constitute professional status for our league rules. Also, no more than 25% of any team roster can be composed of ex Pro-ball players, no matter the amount of time spent out of Pro-ball.
8. Final team rosters must be submitted by the August Board of Directors meeting of each season. There will be no changes permitted after the August Board of Directors meeting without the approval of the league President. Any players added after the August Board of Directors meeting will not be eligible for post season play.
9. Team personnel only allowed in the dugout, no children, except bat boy.
10. Each team is allowed one bat boy. Bat boys are required to wear a legal batting helmet.

C. GAMES

1. All games are 9 innings or 3 hours. For rain 5 innings complete. Regular season games can end in a tie if time runs out. No new inning will be started after 3 hours. All league playoff games must be played to completion.
2. Teams must have 8 players from their own roster to start a game. If a team only has 8 players, they may borrow a player from the opposing team with the opposing manager's consent if the opposing team has 10 or more players present for the game. Optionally, the team may use any eligible player from the league with the permission of the opposing manager. If the team's 9th player arrives after the start of the game, any borrowed player reverts back to his original team. If a team does play with only 8 players, there is NO automatic out for the missing ninth batter. If the team drops to 7 of their own roster players for any reason, the game is forfeited. If at any time during the game a player must leave the game for any reason, that player must be substituted in his batting spot or the team must take 1 out, the first time that player comes back to bat.
3. Injury: If a player is injured during the game and cannot continue playing due to the injury and his team can't fill his roster spot in the batting line up, they do not have to take an out. That team will skip that spot in the line-up and continue on with the batting order.
4. If a team does not have 8 players present by 15 minutes after game time, they will forfeit that game. Two forfeits by any team in one season for any reason could mean immediate expulsion from the league with no money refunded to the team. A vote of the league's Board of Directors will determine the team's future league status.

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manager may add to the number of courtesy runners. With 1 out in any inning, a courtesy runner (last batted out) can be used for the batting team's present catcher and pitcher if/when they are on base.

5. There is no regulation as to how many innings a pitcher may pitch in a game or a week. No white or gray pitching sleeves, batting gloves, wristbands, watches or jewelry are permitted for pitchers.
6. All protests should be lodged verbally to the league president within 24 hours. Protests allowed for player eligibility only. See rule B-1.

E. PLAYER BEHAVIOR

1. Any player or coach physically (pushing, hitting, etc.) or verbally abusing an umpire, player, coach, or spectator will be ejected from the game. The umpire crew and the coach of the player being ejected must submit to the league his player's name and reason for ejection. Upon review by the league president in consultation with the Board of Directors, the person will be given a warning for the first offense, be suspended for 2 additional games for the second offense, and barred from the league for 1 year for a third offense. The suspended person can petition the leagues' Board of Directors for re-instatement after the 1 year.
2. Intent to harm with "beanballs" by pitchers or "taking out" of fielders by base runners is not acceptable play, and will cause the offending player to be ejected from the game by the umpires. After receiving input from the umpires, managers, and involved players, the league President will take further disciplinary action of an automatic 3 game suspension and consideration for disqualification from play for the remainder of the season or league expulsion with no league fees refunded.
3. If an infielder decoys a throw/tag, all runners will be entitled to advance one base. If the same fielder decoys twice in a game, he will be ejected from the game.
4. All players must avoid an intentional collision with a fielder. In this case the runner will be automatically out and if ruled deliberate, by the umpires, may result in the player being ejected from the game and possibly suspended. In general, players must slide at all bases where there is an apparent play.

Actions by a runner are illegal and interference shall be called if:

1. The runner slides or runs out of the base line in the direction of the fielder
2. The runner uses a rolling, cross-body or pop-up slide and either makes contact with or alters the play of a fielder
3. The runner's raised leg makes contact higher than the fielder's knee when in a standing position
4. The runner goes beyond the base and either makes contact with or alters the play of the fielder ("Beyond the base" means any part of the offensive player's body makes contact with or alters the play of the fielder beyond the base.)
5. The runner slashes or kicks the fielder with either leg
6. The runner illegally slides toward or contacts the fielder even if the fielder makes no attempt to throw to complete a play.

PENALTY for 1-6:

1. With less than two outs, the batter-runner, as well as the interfering runner, shall be declared out and no other runner(s) shall advance.
2. With two outs, the interfering runner shall be declared out and no other runner(s) shall advance.
3. If the runner's slide or collision is flagrant, the runner may be ejected from the contest based on the umpire's judgment.

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5. If there is a 10-run discrepancy at the end of 7 innings or a 15-run discrepancy at the end of 5 innings, the game will be ruled final at this point. This rule will not pertain to tournament play.
6. Rained out games: One of the managers of the scheduled teams must notify the league president (Joe Richardson (208) 949-1925 and head umpire Troy Humble (208) 941-0129) no later than 1 hour before the scheduled game time. The game will be rescheduled by the league President if the schedule permits, and does not conflict with previously scheduled games at no extra cost to either team as long as it is cancelled in time and at 1. It is both of the scheduled team's responsibility to check the weather and determine if the game should be played or not. Once the umpires are paid in full and the game starts, the money is none refundable and will not be carried over to another day if the game is rained out at any point during the game. If the game ends with less than 5 innings completed, the game will end in a tie and each team will enter one run scored per inning played. (ex: 4 innings, score 4 to 4).
7. Final league standings will be determined by won/lost percentages with one point for each win and a half point for each tie divided by the number of games played by each team. Ties will be decided by head to head competition first, followed by intra-division won/lost record. If there still is a tie, there will be a one game playoff between the two tied teams.
7. Umpires are \$65 per game per umpire. Each team is required to pay the umpire before the game begins. If only one umpire is present for the game the fees will be \$80 (\$40 per team) for working behind the plate. If a team has to forfeit he must contact the league and the umpire crew chief at least 1 hour before game time. If the team forfeits while umpires are present that team must pay each umpire \$40.
8. The Home team is responsible for field preparation **before the game**, which includes chalking and dragging and also their own dugout cleaning after the game. The Visiting team is responsible for putting the field to bed which includes, at a minimum, raking, sweeping, and tarping. The Home team will use the first base dugout and will take infield 20 minutes prior to game time for 20 minutes. If the field is not prepared, they will use that time to get the field ready for play. The Visiting team will take the field 40 minutes prior to game time.

D. COACHING

1. Each manager has his own prerogative to bat as many players as he so desires in his initial lineup, with a minimum of nine players (8 if the team has only 8 players for that game). A manager can add players at the bottom of the lineup at any time. If a player is pinch-hit for, he may re-enter as a hitter only in the same batting spot, and may stay in the game defensively. Batters cannot be deleted or skipped over, regardless of their batting position or when they were added during the game.
2. All players may be substituted for defensively, at any time, except for the pitcher without affecting the player's offensive status in the line-up. If the starting pitcher is removed, he may re-enter to pitch only one time during the course of the game. No other pitcher may re-enter the game to pitch after he is removed.
3. If a player is forced to leave a game due to a player being ejected from a game, a reserve player, not previously entered into the game as a hitter, must hit in the batter's place. If no reserve is present, that spot is skipped and the team will take 1 out for the first time the player's spot comes back to bat.
4. Players that will need courtesy runners due to injury factor only, must have their manager notify the opposing manager before game time. If not so notified, the opposing manager may deny the request. Each team will be allowed a maximum of 2 courtesy runners per game. The player to make the last batted out must be the courtesy runner (as an additional option to this rule, pitchers and catchers, if the last batted out, may be skipped as courtesy runners with the previous batted out running). In the event a player becomes injured during the game, a

Note: The objective of this rule is to penalize the offensive team for deliberate, unwarranted unsportsmanlike action by the runner for the purpose of crashing into the fielder, rather than trying to reach the base. Obviously this is an umpire's judgment play. It is the judgment of the umpire whether a collision/slide intentionally violates this rule. This includes using elbows or lowering a shoulder in an attempt to cause a fielder to drop a held ball. The umpires may, at any time, eject any player who makes contact with another player with the intent to cause injury. The NABA would like to remind all managers and players that a player might not block the base path or a base without possession of the ball. For example, a catcher may not block the plate without the ball. The right of way belongs to the runner. Most catchers should know to offer the runner part of the plate to make him slide inside or out.

5. 8.05 If there is a runner, or runners, it is a balk when—

(a) The pitcher, while touching his plate, makes any motion naturally associated with his pitch and fails to make such delivery;

Rule 8.05(a) Comment: If a left-handed or right-handed pitcher swings his free foot past the back edge of the pitcher's rubber, he is required to pitch to the batter except to throw to second base on a pick-off-play.

(b) The pitcher, while touching his plate, feints a throw to first base and fails to complete the throw;

(c) The pitcher, while touching his plate, fails to step directly toward a base before throwing to that base;

Rule 8.05(c) Comment: Requires the pitcher, while touching his plate, to step directly toward a base before throwing to that base. If a pitcher turns or spins off of his free foot without actually stepping or if he turns his body and throws before stepping, it is a balk. A pitcher is to step directly toward a base before throwing to that base but does not require him to throw (except to first base only) because he steps. It is possible, with runners on first and third, for the pitcher to step toward third and not throw, merely to bluff the runner back to third; then seeing the runner on first start for second, turn and step toward and throw to first base. This is legal. However, if, with runners on first and third, the pitcher, while in contact with the rubber, steps toward third and then immediately and in practically the same motion "wheels" and throws to first base, it is obviously an attempt to deceive the runner at first base, and in such a move it is practically impossible to step directly toward first base before the throw to first base, and such a move shall be called a balk. Of course, if the pitcher steps off the rubber and then makes such a move, it is not a balk.

(d) The pitcher, while touching his plate, throws, or feints a throw to an unoccupied base, except for the purpose of making a play.

6. There will be no smoking in the dugouts.

7. Behavior as a representative of the league influenced by alcohol or other drugs will not be tolerated. Each team will be responsible for eliminating this behavior. Failure to uphold the image of the league and safe play may result in expulsion of the player thru action by the Board of Directors and league President.

F. LEAGUE GOVERNMENT

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1. The league's Board of Directors consists of 1 representative from each team in the league plus one person chosen by the leagues' team representatives as a President. The President cannot be one of the league's team representatives.
2. To be eligible for President you must be in the league at least two years and managed a team for at least one year.
3. Each team representative has one vote in all matters acted upon by the Board of Directors. The league President only votes in case of a tie among the team representatives.
4. Each team representative can name 2 alternates from his team that can represent his team at Board of Directors meetings. Any alternate team representative has full voting privileges for his team.
5. The league's President will also elect a Vice-President and Treasurer who may or may not be one of the team representatives. The Vice-President and Treasurer will not have a vote in matters acted upon by the Board of Directors unless they are also their respective team representatives.