



CPSAL HS Baseball Rules & Regulations

CPSAL HS Baseball Rules & Regulations

1. *Uniforms*

- 1.1. All teams must be in matching uniform tops and bottoms, with unique numbers for each player.
- 1.2. Jersey numbers cannot switch from player to player. No exceptions.
- 1.3. Teams can bring extra jerseys to games that are not assigned to any other players. These are considered blood jerseys; in case someone gets blood on their jersey and needs to change.
- 1.4. If a team does not have matching uniforms before their first regular season game, they must inform the league beforehand.
- 1.5. All uniform issues will be discussed before the game with the coaches, Game Supervisor and referees. All reasonable attempts will be made to correct any violations.
- 1.6. All players must wear baseball appropriate footwear. Baseball cleats with metal spikes are allowed.

2. Participation

- 2.1. Students in 8th grade may participate in Varsity competition.



CPSAL HS Baseball Rules & Regulations

- 2.2.If a student in 8th grade participates in Varsity High School Basketball competition for a school that participates in Junior High School competition, that student is eligible to participate in Junior High School competition as long as the programs are not in the same season.
- 2.3.In order to be eligible to participate in CPSAL activities a student must be enrolled in and attend a member school.
- 2.4.Physical Examination is required for each athlete and is the responsibility of the school to confirm each athlete has an updated physical.
- 2.5.Transferring students cannot be added to rosters during a season.
- 2.6.Transferring students gain eligibility at the beginning of the next season. For example, if a student transfers during the middle of the fall season, they gain eligibility for the start of the winter season.
- 2.7.A student shall be eligible for High School competition in grades 9th,10th,11th, and 12th.
- 2.8.A student who is 20 years old or turns 20 during the school year, is not eligible for any sports.
- 2.9.A student is eligible to participate in the CPSAL interscholastic sports program immediately upon lawful registration and entry into a New York School that offers such a program, provided the student meets the standards as set forth by the Eligibility Rules and Regulations.
- 2.10. Any transferring student who was on an active roster at another school at any time during the year prior to the date of transfer, shall be ineligible to represent the school transferred to, in that sport, for a period of one year from the date of transfer, unless the student can demonstrate that the transfer is the result of an official change of residence by his/her parents or legal guardians or the result of a legal change in guardians.



CPSAL HS Baseball Rules & Regulations

- 2.11. If a student was on a team's active roster in a sport in any high school (public, parochial or private), that student may not participate in the same sport during the same season, for any other team.
- 2.12. A student may participate on one or more teams but only for the school in which he/she is a full-time student.

3. *Jewelry*

- 3.1 No jewelry allowed. All earrings, facial piercings, body piercings, and bands must be removed before the start of the game.
 - b) Glasses that are accepted:
 - Plastic framed glasses • Sports goggles
 - Providing they are strapped around the head sports goggles
 - c) Glasses that are not permitted:
 - Lenses made of glass
 - Metal framed glasses
 - Any other type of eyewear that the referee/umpire deems could be dangerous.
- 3.2. If jewelry is for Religious reasons:
 - Child must have a letter from their school



CPSAL HS Baseball Rules & Regulations

- Letter must have school letterhead and signed by principal
- Child must have a letter from their parent as well
- Letters must be brought with the child to every game throughout the season
- If a child wears a religious band on wrist it can be worn but it must be covered with athletic tape and/or sweat band.

There are absolutely no exceptions to these rules, players will immediately not be allowed to play if caught violating these rules.

4. Rosters

4.1. Rosters are due by the team's 1st game of the season. This will be strictly enforced.

4.2. If roster is not submitted, the team will be able to play but will receive a forfeit loss until roster is submitted.

4.3. All team rosters will consist of a maximum of twenty (25) players and must contain the following

information:

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Name of school

Names and telephone numbers of head coach and assistant coaches

Legal first and last name of each player

Grade, age, and year of birth (day not required)

Uniform number of each player

Signature from Athletic Director.



CPSAL HS Baseball Rules & Regulations

4.4. It is responsibility of each member school to ensure the accuracy of the information provided on the league roster. The information provided on the submitted roster is considered official and will be the evidential basis of any eligibility challenges. Changes to the roster cannot be made after it is submitted to the league office without the written consent of the Director of Athletics.

4.5. League rosters should be emailed to league sports email or added to the league website cpsal.org before the 1st league game.

5. *Scheduling*

5.1. The season will generally start the Last week of March and continue through the Beginning of June.

5.2. Games will be scheduled on any day of the week except Sunday. Games will not be scheduled on the following days:

- Martin Luther King Jr. Day (3rd Monday of January) • President's Day
- Mid-winter Recess
- Christmas Day

5.3. Teams are responsible for submitting their blackout dates the week after the Preseason meeting. The preseason meeting will be held in the middle of November. Schools are entitled (7) blackout dates (not including the CPSAL Holiday blackout dates. The league will not schedule games on these blackout dates.

5.4. All schools must be prepared to play Saturday games throughout the course of the season. Blackout dates consisting of all Saturday dates will not be accepted.



CPSAL HS Baseball Rules & Regulations

5.5. It is the responsibility of each participating school to ensure that the blackout dates are inclusive of any foreseen conflicts that the school may have with playing games on that day. These conflicts include (but are not limited to):

- a. School-specific closings (half-days, early dismissal, etc)
- b. Testing (mid-terms, interim assessments, SATs, etc)
- c. Parent/Teacher Conferences
- d. School Proms/Dances
- e. School Trips
- f. Graduation dates
- g. Vacations/absences of the coaches

5.6. Schools will be expected to play on any day that is not listed as a blackout date. Any schedule conflicts presented to the league after the final schedule has been released will be reviewed and a final decision on whether to reschedule the game will be made at the sole discretion of the Director of Athletics.

5.7. Blackout dates- Please keep in mind that if you cannot play on a specific day of the week (All Tuesday's) that specific day will be counted towards your blackout dates.

6. Playoff Tournament and Tiebreakers

6.1. CPSAL will determine the playoff dates and seeding once the regular season is complete using the following criteria:

- a. Wins/losses



CPSAL HS Baseball Rules & Regulations

- b. Head to Head
 - c. Point against
 - d. Points for
 - e. Points for minus points against
- 6.2. All players must play at least 1/3 of regular season games in order to be eligible for postseason.
- 6.3. During the playoffs, if the game is tied after the completion of 7 innings, each team will start the 8th inning with a runner on 2nd. If the game is tied after the extra inning, we will continue to start each inning thereafter with a runner on 2nd base until a winner has been determined.

7. *Filming*

- 7.1. Teams are allowed to film their own games and not allowed to film games that they are not participating in.
- 7.2. No soliciting or receiving another team's film for any reason.
- 7.3. If the above rules are not followed, a one game suspension/forfeit will be enforced.
- 7.4. Parents and spectators are allowed to film.
- 7.5. Filming will only be allowed for review in case of an altercation or a player gets injured.

8. *Cancellation of Games*

- 8.1. Any cancellations on game day will be made by CPSAL by 1pm.
- 8.2. Games canceled in less than 48 hours of game day will not Rescheduled and result in a forfeit for the rescheduling team. CPSAL reserves the right to reschedule a game based on unavoidable emergencies determined by CPSAL administration.



CPSAL HS Baseball Rules & Regulations

9. *Gameday Policies*

9.1 Game Duration

- A) All weekday games (Monday-Friday) must start at 4pm and are scheduled for 7 innings or 2 hours long (in compliance with the field permit).
- b) If there is no scheduled use of the field when the permit has expired, the game may continue past 2 hours to complete 7 innings at the umpire's judgment.
- c) If 7 innings cannot be completed by the end of the permit time, the score of the last completed inning shall be used in determining the final score.
- d) No full inning shall start within 10 minutes of permit expiration time (after 5:50pm)

9.2. The 10-run mercy rule will be in effect after 5 innings.

- If the home team is trailing by 10 runs in the 4th inning or later, they will be allowed a final at-bat.
- If they do not reduce the deficit to 9 runs or less in their final at-bat, the game is over. If the home team scores enough to reduce the deficit to 9 runs or less, the game will continue.

9.3. A game is considered an official game after 5 innings. If the game cannot be completed due to inclement weather, it will continue exactly where it was left off with the same batting line-up in place.

9.4. Only the home plate umpire can delay or postpone a game due to weather or field conditions once the teams have arrived at the field.

Forfeits

- 10.1. All forfeited games are entered into the standings as a 1-0
- 10.2. A fifteen (15) minute forfeit time (Starts 15 minutes after the scheduled start time of the game) is allowed for all games. This will be strictly enforced by the referees unless extra time is authorized by the Commissioner.



CPSAL HS Baseball Rules & Regulations

- 10.3. All teams must have at least (8) players to start an official game. Teams that have less than five (8) players by the designated forfeit time will forfeit the game.
- 10.4. If a team starts a game with 8 players, the 9th spot in the lineup will be an automatic out every time through the lineup.
- 10.5. If the 9th player arrives before their first turn at bat, they can be inserted into the lineup without penalty. If the 9th player arrives after their first turn at bat, they can be inserted into the lineup in the 9th spot but will have to wait until their spot in the lineup comes up to bat. They cannot be substituted for another player.
- 10.6. If you start the game without a DH or EH, you cannot add one later in the game.
- 10.7. Any team that forfeits three or more games in a season will not be eligible for playoffs.
- 10.8. All teams that must forfeit a Saturday game must inform the league via phone call or email by 3pm on Friday.

11. Suspension /Ejection of Student/Coaches

- 11.1. Any player ejected from a game must leave the immediate playing area.
- 11.2. Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.
- 11.3. Any coach ejected from a game must leave the immediate playing area.
- 11.4. If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.
- 11.5. Coaches ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.



CPSAL HS Baseball Rules & Regulations

12. *Equipment and Safety*

12.1. The home team (as designated by the league schedule) is responsible for bringing all bases, home plate and a pitching rubber.

12.2. If the visiting team has to supply any of the equipment that the home team was required to bring, the home team will forfeit their right to be the home team.

12.3. Both teams are responsible for bringing three (3) baseballs to the game.

12.4. All catchers must wear full protective gear including the helmet with faceguard, chest protector, and shin guards.

- All batters must wear helmets.
- All players must wear helmets on the base paths.

12.5. Both teams are responsible for bringing the AED (Automated External Defibrillator) to the game. If a school doesn't have an AED, they will forfeit the game.

12.6. A throat protector and a helmet are mandatory for catchers and the helmet must provide protection to both sides of a catcher's head. The helmet/mask combination must meet NHSF standards.

12.7. The approved baseballs are:

- The Rawlings American or National League Baseball,
- Wilson A1010 PRO



CPSAL HS Baseball Rules & Regulations

- Diamond OL

- NHSF baseball.

12.8. All interscholastic high school baseball games played in New York City must use solid wood bats or composite wood bats.

*The following wood composite bats have been approved

- Baum AAA Pro Composite bat
- Brett Bats – Maple Master 110 and ST – 271
- Demirini composite bats
- Mizuno - MZC 27
- Louisville Sluggers 125

13. Protests Protocol

13.1. Protests may only be made if a rule is alleged to have been applied incorrectly, or not applied.

13.2. No protest of judgment calls may be entered.



CPSAL HS Baseball Rules & Regulations

13.3. Coach must verbally inform the Umpire of the protest before play commences or resumes.

a) Judgment calls include (but are not limited to):

- Balls/Strikes
- Out/Safe calls
- Infield Fly rule
- Obstruction
- Fair/foul call

13.4. All protests of rules interpretations/athlete eligibility/scorebook keeping must be made in writing and emailed to the Director of Athletics within 24 hours of completion of the game.

13.5. All protests must be completed on the proper Protest form or via email sent to the Commissioner.

13.6. All protest forms are on CPSAL website (cpsal.org) under documents.

13.7. The league will investigate all protests and will deliver a ruling within 24 hours of receipt of protest. If a ruling cannot be made within 48 hours, the protesting coach will be notified of the delay and informed of when to expect a ruling.

13.8. A coach can only protest the age and grade of two (2) players within 48 hours of a regular season game and 24 hours of a play-off game.

14. *Sportsmanship Policy*

14.1. All teams are expected to show sportsmanship before, during, and after each game. Coaches and players must line up and shake hands after each game. Exceptions to this rule are made for injured players after the coach informs the referees/game supervisor of the injury.



CPSAL HS Baseball Rules & Regulations

- 14.2. Players must keep their jerseys on during the postgame sportsmanship line. If a player removes their jersey before the sportsmanship line, that player will be warned. Continued violation of this rule may result in a 1 game suspension.
- 14.3. Players who do not participate in the sportsmanship line may be suspended for their next game.
- 14.4. Coaches who do not participate in the sportsmanship line will be suspended for their next game.
- 14.5. Only coaches, players, and managers are allowed in the dugout during the game.
- 14.6. Coaches and managers must be in team apparel/colors and players must be in uniform.
- 14.7. No spectators are allowed in the dugout during the game.
- 14.8. All teams are responsible for removing their trash from the bench area after the game.
- 14.9. Coaches and ADs are responsible for the actions of their players and spectators on and off the field.
- 14.10. Players and coaches heard using profanity towards the umpire will be ejected. Any parent heard swearing, cursing or harassing the umpire, the coach will be given a warning. If this request is ignored, the parent will be asked to leave the field, and if they refuse, the team will forfeit the game.
- 14.11. Offensive or confrontational language will not be tolerated. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the umpire will give one warning. If it continues, the players or players will be ejected from the game.
- 14.12. Players may not physically or verbally abuse an opponent, coach or official.
- 14.13. Any player or coach ejected from a game must immediately leave the field area. If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.



CPSAL HS Baseball Rules & Regulations

14.14. Players ejected from a game for unsportsmanlike behavior will face a minimum one (1) game suspension. The minimum penalty imposed upon a student-athlete or coaches ejected from a game by an umpire will be a one game suspension.

14.15. Coaches ejected from a game for unsportsmanlike behavior will face a minimum two (2) game suspension.

14. *Fighting/Altercations*

15.1. Fighting of any kind will not be tolerated. Any player who throws a punch will be ejected for fighting and automatically suspended for their next 2 games at minimum.

15.2. Coaches are responsible for controlling their benches during an altercation. If a player leaves the bench to participate in an on-court altercation, that player will be ejected from the game and suspended for the next game.

15.3. If more than one (1) player fights during or after a game, it is considered a team fight.

15.4. If a team fight takes place a team can be suspended for one (1) game or the entire season.

15.5. During a team fight if one (1) player is reported to be out of control, that player can serve a suspension longer than the team suspension.

15.6. After a review of the incident (which can include statements from the coaches, referees, Game Supervisor and/or any video footage), additional penalties can be assessed at the discretion of the league commissioner.

15.7. CPSAL reserves the right to suspend a player for a minimum of one (1) game and maximum of the entire season.



CPSAL HS Baseball Rules & Regulations

15.8. Any player that leaves the dugout for a fight, will face an automatic suspension of one game. The commissioner could determine if the action of the player warrants more than a 1 game suspension.

16. Spectators and Cheerleading Policies

16.1. a warning will be given to fans or parents who disrupt the flow of the game at the umpire's or Game Supervisor's discretion. If the disruption continues, the fan or parent will be asked to leave the event. If he/she refuses to leave the park, the team that's being supported by the unruly fan will forfeit the game.

16.2. Cheerleaders are an extension of the team and must also be accommodated at all home and away locations.

16.3. Home team cheerleaders should cheer on Home team sidelines or designated area if available.

16.4. Home team cheerleaders cannot cheer on the away team's sideline/bench. Away team cheerleaders cannot cheer behind the home team's bench.

16.5. Cheerleaders are just like the players and can be ejected/suspended from a game for disorderly behavior at the referee or Game Supervisor's discretion.

17. Sound and PA Announcements

17.1. Pre-game music and music during timeouts is allowed. All music and sounds should be in good taste and profanity free.

17.2. Play-by-play announcing is allowed and encouraged during league games. Must be appropriate and cannot make fun of players.



CPSAL HS Baseball Rules & Regulations

18. Scorebooks and Scoreboards

- 18.1. Each team is responsible for keeping an accurate score book.
- 18.2. The winning team is responsible for submitting the final game score to the league. All game scores must be texted or emailed to the league no later than 24 hours after completion of the game.
- 18.3. If scores are not submitted within the time given, the game will be awarded to the opposing team.
- 18.4. This ensures accurate and timely updating of the standings on the league website.

19. GAMEPLAY RULES

19.1. Game Rules

- a) All rosters are final after 1st game.
- b) All students must play in at least half of their season in order to qualify.
- c) All games including playoffs are seven (7) innings or 2 hours long.
- d) Championship game is seven (7) innings.
- e) After every game the winning team must submit a picture of the following:



CPSAL HS Baseball Rules & Regulations

- The scorebook

- Final score

19.2. All line-up sheets must be turned in before the start of every game.

- All lineup cards must be kept in case of a question of a student's eligibility.
- All scorebooks must be emailed after every game to the CPSALSCORES@gmail.com.

19.3. All field playing rules will be determined by home plate umpire before the start of the game.

19.4. Forfeit time is 30 minutes.

19.5. (8) Players can start an official game. HOWEVER, the 9th slot in the line-up is an automatic out, every time that slot comes up to bat.

19.6. Courtesy runner- a pitcher and the catcher can be removed for a pinch runner if there are two outs in the inning. The runner must be the person that made the last out within the inning. If both the pitcher and catcher are on base at the same time, then the last two outs can be used as pinch runners. They must be placed on the bases in the order that they made the outs. So, the first out will be the first pinch runner at the base closest to home.

19.7. EXTRA HITTER (10th batter) is allowed. Also known as an EH

19.8. Home plate will be 60'6" feet to the mound and 90' feet from each base.

19.8. All players must be in full matching uniform (pants, jersey, and caps).



CPSAL HS Baseball Rules & Regulations

19.9. Lineups and Ground Rules

a) Umpires will go over the ground rules with both coaches at the beginning of the game. b) It is the responsibility of the coaches to clarify any interpretation of the ground rules with the umpires, BEFORE the start of the game.

d) Foul language, obscene gestures, abuse of the umpires and any other unsportsmanlike actions WILL NOT be tolerated from any coaches or players and may result in ejection or forfeiture of the current game, suspension from subsequent games and/or ejection from the league.

c) It is the responsibility of the coaches to accurately relay any interpretation of the ground rules to their players.

d) All lineups MUST be turned in to the umpire and the opposing coach (on an official lineup sheet) BEFORE the start of the game.

e) The lineup sheet must contain the following information:

- Name of school and coach
- Legal first and last name of each player in the lineup and substitutes (must match name on official roster)
- Position of each player starting the game
- Uniform number of each player

19.10. It is the responsibility of each coach to ensure the accuracy of the lineup card. The information provided on the lineup card is considered official and will be the evidential basis of any challenges.



CPSAL HS Baseball Rules & Regulations

Each team must keep an accurate scorebook of the game play to resolve any discrepancies of the score or batting order. The scorebook is considered part of the official record of the game and must be provided to the league in order to resolve any protests.

19.11. D.H RULE

a) A Designated hitter is allowed to bat for the pitcher only in the line-up (IT'S OPTIONAL). Once a team decides to use a DH, they can no longer use an EH and therefore they can only bat 9 players.

19.12. Re-ENTRY RULE

Re-entry rules: Allows for a starter to re-enter the game one time. That is, when a sub replaces a starter, the starter then sub back in the place of his replacement once. However, the starter can only return to the same spot in the lineup he occupied before being subbed out of the game. A substitute, on the other hand, after entering the game and then being replaced, is done for the day.

19.13. Base Running/ Violations

- a) Base runners may not run over fielders, they must either slide or give themselves up.
- b) Pinch runners can be used for the pitcher and catcher in 2 outs situations to help speed up the game.
- c) First and third base coaches are expected to wear HELMETS in the coach's box. If a coach decides not to wear a helmet they do so at their own RISK.
- d) Students are not allowed to coach runners in the coaches' box.
- e) Head-first sliding into bases is allowed except for there is no headfirst sliding into Home Plate.



CPSAL HS Baseball Rules & Regulations

f) Base runners cannot run over the catcher.

g) All appeal plays must start from the pitching rubber.

h) The coaches must notify the home plate umpire of which base is being appealed and then the pitcher must throw to the base that is in question. The umpire will call the runner safe if the appeal process is not carried out properly.

19.14. Each coach will actively supervise team members until the game is completed.

19.15. All coaches at 1st or 3rd base must wear a school t-shirt or hooded sweatshirt, representing the school. Coaches who refuse to wear school apparel will be restricted to the dugout.

19.16. Umpires will speak only to the head coaches during a dispute.

19.17. PITCHER PROTECTION GUIDELINES

a) Varsity pitchers will have a cap of 105 total pitches for one game and JV will be able to throw no more than 90.

b) Players will be able to pitch the next day if they throw 25 or fewer pitches.

c) Varsity pitchers will have to rest a day after throwing 26-53 pitches, two days after throwing 50-70 pitches, three days after throwing 70-90, and four days after throwing more than 90 pitches.

d) JV pitchers will have to rest a day after throwing between 21-40 pitches, two days after throwing 41-60 pitches, three days after throwing 61-79, and four days for anything more than 81 pitches.

19.18 *INTENTIONAL WALK*

a) Umpire must be notified.

b) Four intentional ball pitches do not need to be thrown.



CPSAL HS Baseball Rules & Regulations

c) Inform the umpire that a pitcher is going to walk the batter and the batter may proceed to 1st base.

19.19 *MERCY RULE*

a) After 5 complete innings, if a team is trailing by 10 runs at the end of an inning, the game will end, and the win will be awarded to the team that is ahead.

b) If the home team is down by 10 runs at the beginning of the inning, the home team must have their final at bat.

19.20. Teams have 60 seconds to warm-up (pitchers/fielders) between innings before the umpire calls batter up.