

MIDDLE SCHOOL BASEBALL RULES

(Revised 2026)

1. LEAGUE POLICIES

1.1 Participation

- a. A student athlete must be enrolled in and attend a CPSAL member school and meet all age, and grade requirements. It is the responsibility of the member school to ensure all of the eligibility requirements are met. • **Please refer to “CPSAL Student-Eligibility Guidelines” for further information.**
- b. 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
- c. Physical Examination is required for each athlete and is the responsibility of the school to confirm each athlete has an updated physical.
- d. A player must have played in at least half of the season games to be eligible for the playoffs. Exceptions will be made for injured players at the discretion of the commissioner.
- e. A student who is 16 years old or turns 16 during the school year, is not eligible for any sports.

1.3 Jewelry

- a. 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.
- d. If jewelry is for Religious reasons: • Child must have a letter from their school • 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.
- e. There are absolutely no exceptions to these rules, players will immediately not be allowed to play if caught violating these rules.

1.3 Roster

- a. Each participating school must submit a team roster to the league office 24 hours before the first regular season game. This will be strictly enforced. Any team not providing a team roster before the 1st game (without a written exemption from CPSAL) will forfeit their games **until the roster is submitted**
- b. All team rosters will consist of a maximum of 25 players and must contain the following
 - Information:
 - Name of school
 - Names and telephone numbers of head coach, assistant coaches and team managers
 - Legal first and last name of each player
 - Grade, age, and birthday of each player
 - Uniform number of each player
- c. It is the 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.
- d. Changes to the roster cannot be made after it is submitted to the league office without the written consent of CPSAL.
- e. League rosters should be emailed to league sports email or added to the league website cpsal.org before the 1st league game.

1.3 Player Equipment:

- a. All teams **MUST** have unique numbers for each player.
- b. Catchers shall wear the full protective equipment of helmet, mask with throat protector, chest protector, shin guards and cup. The helmet/mask combination must meet NHSF standards.
- c. Batters and base runners and all players on base path shall wear protective headgear.
- d. Bats **MUST** be solid wood bats or composite wood bats and BBCOR certified with a (minus 3 difference). 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
- e. Any player warming up a pitcher, on or off the diamond, shall wear a mask.
- f. Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any modified sport.
- g. Players are not allowed to wear watches or jewelry (chains, earrings).
- h. Prescription eyeglasses only may be worn; lenses made of glass are not permitted

- i. No player will be allowed to play with a cast. A doctor's release note must be presented to the league before they can play again

1.4 Game Equipment

- a. The home team (as designated by the league schedule) is responsible for bringing all bases, home plate and a pitching rubber. Failure to do so will result in a forfeit unless away team agrees to provide instead.
- b. Both teams are responsible for bringing three (3) baseballs to the game. The approved baseballs are:
 - Rawlings American or National League Baseball
 - Wilson A1010 PRO
 - Diamond OL
 - NHSF baseball
- c. Both teams are responsible for bringing the AED (Automated External Defibrillator) to the game.

1.5 Playoff Tournament and Tiebreakers

- a. CPSAL will determine the playoff seeding once the regular season is completed using the following criteria:
 - Head to Head
 - Points against
 - Points For
 - Run differential (the subtraction of runs scored for a team and runs allowed by a team)
 - 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.

1.6 Filming

- a. Teams are allowed to film their own games and not allowed to film games that they are not participating in.
- b. Video recordings are allowed by A.D's or coaches only to record their own games. A.D's and coaches that violate this policy will forfeit one (1) game.
- c. Parents and spectators are allowed to only film their children's games.
- d. Filming will only be allowed for review in case of an altercation or a player gets injured.

2. Game Rules

- a. Doubleheaders: A team may play two (2) games in one day twice during a season, either a doubleheader against a single opponent, or two successive games against two different opponents. The following doubleheader restrictions must be followed:
 - The maximum number of doubleheaders allowed is two (2).
 - A team may not play three (3) games in two (2) consecutive days. No more than three (3) games a week may be played.
 - Pitching limitations remain the same.
 - Unless coaches agree otherwise, double headers are two 5 inning games
- b. Regulation game shall be 5 innings. The Mercy Rule will be in effect after 3 innings; Game to end after a team at the short end of the 10 run rule has completed their 3rd at bat.
- c. A team cannot bat around in a single inning. (Once the batting order comes back to the batter who started the inning, the inning is officially over.)
- d. Championship Game will allow teams to bat around.
- e. No full inning shall start within 10 minutes of permit expiration time.
- f. An official game is 3 innings or 2 and one-half if the home team is ahead. If a winner can be determined and no more baseball can be played that day, the game is over. It does not have to go 5 innings. If a game is suspended, prior to an official game completed, then the game will be continued at a later date.
- g. 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.

2.1 GAMEDAY POLICIES

- a. Base runners may not run over fielders, they must either slide or give themselves up.
- b. Pinch runners can be used for the catcher, with 2 outs to help speed up the game. The runner must be a non-starter, and the same runner cannot run for the catcher.
- c. Students are not allowed to coach runners in the coaches' box.
- d. Head-first sliding IS NOT allowed. However on a pick-off play runners may dive BACK into a base head-first.
- e. Base runners cannot run over the catcher.
- f. All appeal plays must start from the pitching rubber.
- g. 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.
- h. Umpires will speak only to the head coaches during a dispute.
- i. For an INTENTIONAL WALK, Umpire must be notified.
- j. DH (Designated Hitter) is not allowed. Extra player, referred to as EP is optional (on a game-by-game basis), but if one is used, it must be known prior to the start of the game (official lineup card) and be listed on the scoring sheet in the regular batting order. If the EP is used, he must be used for the entire game. Failure to complete the game with the EP results in the forfeiture of the game (except in case of injury or ejection from game with no eligible players left to enter, the rules permit play with eight men). If an EP is used, all 10 players bat, but only 9 can play defense each inning. The person designated

as the EP (not a defensive player at the start of the game) may at a later time play a defensive position; the defensive player now is only a batter for that inning and not a fielder. There will always be one player in the lineup not on the field defensively. The EP may be substituted for at any time, either by a pinch-hitter who then becomes the EP. The substitute must be a player who has not yet been in the game. Substitutes and re-entry will be treated as in the past. A starter may re-enter the game into his same batting order position.

- k. The re-entry rule may be waived only if an injured player must be replaced and all eligible substitutions were used during the game.
- l. When the team at bat has two outs with the catcher on base, a pinch runner may be used to allow the catcher to get his/her gear on prior to the third out. (The pinch runner is a player who is a substitute, or in the case that all substitutes have been used, a player off the bench who is not currently in the lineup. This rule does not change the normal substitution rules and does not overshadow the need to get all players in the lineup; it allows for cutting time off the transition between innings).
- m. Under CPSAL discretion, a new substitution game rule may be used to maximize modified players' participation in their baseball/softball games. The official lineup card will list all players on the team in a designated batting order, allowing any of the players listed in a slot to bat when that slot occurs.
- n. To help keep the game moving, an on deck batter should pick up the ball that goes to the backstop. The player will hold onto the ball until stoppage in play, or the umpire needs a game ball in a dead ball situation.

2.2 Pitching Rules

- a. Pitch Count for Modified Baseball:

MAX # OF PITCHES	# NIGHTS REST
<i>MODIFIED</i>	<i>MODIFIED</i>
61-75	4
41-60	3
21-40	2
1-20	1

- b. If a pitch is thrown on a balk call, the pitch will NOT count for the purposes of this rule.
- c. A pitcher at any level who reaches the pitch count limit in the middle of an at-bat will be allowed to finish that hitter.
- d. One Balk Warning per pitcher.

- e. Schools will have the responsibility to maintain all pitching charts. They will also be required to make any game chart available to any school prior to any game to show availability of pitchers for the given day.
- f. During games each team will record pitch counts on the official CPSAL pitch count form, this should not include warm-ups or pick off attempts. After each half inning the pitch counts will be confirmed by both teams. Any discrepancy will be resolved based on the records of the winning team's pitch count chart.
- g. At the game's conclusion, the CPSAL pitch count form will be signed by both head coaches or designated representatives. (ie; Team Manager, Assistant Coach, School Athletic Director)
- h. Any violation of this rule will be considered in the same light as a school using an ineligible player or not submitting the final score as the winning team. The game will be forfeited or declared a no contest.

3. Scheduling and Cancellations

- a. 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 by the commissioner.
- b. Any cancellations due to weather will be made by CPSAL by 12pm.
- c. Rescheduling of rainouts will be made by the league director and agreed upon by both schools.
- d. The winning coach is responsible for submitting the final game score to the league. All game scores must be texted or emailed to the league office no later than 48 hours after completion of the game. This ensures accurate and timely updating of the standings on the league website.

3.1 Forfeits

- a. All forfeited games are entered into the standings as a 1-0 loss.
- b. A thirty (30) minute forfeit time is allowed for all games. This will be **STRICTLY ENFORCED** by the umpires unless extra time is authorized by CPSAL. All teams must have at least eight (8) players to start an official game. Teams that have less than 8 players by the start of their inning on defense will receive a forfeit/no contest.
- c. 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.
- d. 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 10th spot but the 9th spot will remain an automatic out for the remainder of the game.

4. Scorebooks and Scoreboards

- a. Each team is responsible for keeping an accurate score book.

- b. 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.
- c. If scores are not submitted within the time given, the game will result in a tie. This ensures accurate and timely updating of the standings on the league website.

5. Protest Protocol

- a. Protests to an umpire's judgment call WILL NOT BE ALLOWED.

Judgment calls include (but are not limited to):

- Balls/Strikes
 - Out/Safe calls
 - Infield fly calls
 - Obstruction
 - Fair/Foul calls
- b. All protests of rules interpretations must be made in writing and turned into the home plate umpire.
 - c. All protests must be completed on the proper Protest form or via email sent to the Commissioner. All protest forms are on CPSAL website (cpsal.org) under documents. Protest must be emailed CPSAL (CPSALNYC@GMAIL.COM) within 24 hours of completion of game

6. Sportsmanship / Penalties

6.1 Sportsmanship and Dugout Policy

- a. All teams are expected to show sportsmanship before and after each game. Coaches and players MUST lineup and shake hands before and after each game. Exceptions to this rule are made for injured players AFTER the coach informs the umpire of the injury.
- b. Only coaches, players, and managers are allowed in the dugout during the game. Coaches and managers must be in team apparel/colors and players must be in uniform.
- c. No spectators are allowed in the dugout during the game.
- d. All teams are responsible for removing their trash from the dugout area after the game.
- e. Coaches are responsible for the actions of their players and spectators on and off the field.
- f. 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.

6.2 Fighting/ Altercations & Ejections/ Suspension

- a. 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.
- b. 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 game.

c. 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.

d. Any player or coach ejected from a game must leave the immediate playing 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. Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.

e. Coaches ejected from a game for unsportsmanlike behavior will face a minimum two-game suspension.

f. 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 CPSAL.

g. As per the CPSAL rulebook, any additional penalties may be imposed at the school or section level.