

**NLBSL SOFTBALL AND BASEBALL RULES 2025
FOR ALL AGE GROUPS**

1. FINAL ROSTERS WILL BE SUBMITTED TO YOUR TOWN REP TWO WEEKS AFTER THE FIRST NIGHT OF SCHEDULED GAMES. THIS WILL BE THE TOURNAMENT ROSTER. A PLAYER MUST PLAY IN AT LEAST 4 REGULAR SEASON GAMES TO BE ELIGIBLE FOR THE TOURNAMENT. COACHES MUST HAVE THE FINAL ROSTER WITH THEM AT TOURNAMENT GAMES.
2. PLAYERS CAN ONLY PLAY IN ONE AGE GROUP (EXCEPTION HIGH SCHOOL DIVISION). PLAYERS CAN PLAY UP AN AGE DIVISION, BUT NOT DOWN.
3. A GAME CAN BE STARTED WITH ANY NUMBERS OF PLAYERS PRESENT AND PLAYERS CAN BE ADDED TO THE BOTTOM OF THE ROSTER UPON LATE ARRIVAL TO THE GAME, WITHOUT A PENALTY.
4. TIME LIMIT—AS SOON AS THE THIRD OUT IS RECORDED, THE NEXT INNING BEGINS. THE HOME PLATE UMPIRE IS THE OFFICIAL TIME KEEPER.
5. OFFICIAL GAME:
45 MINUTES OF PLAY WILL CONSTITUTE A COMPLETE GAME IF THE GAME IS CALLED DUE TO RAIN, WEATHER, LIGHT FAILURE OR OTHER ACTS OF GOD AND CANNOT BE RESUMED. IF THE HOME TEAM IS LOSING AND DOES NOT GET TO BAT, THE OFFICIAL SCORE WILL REVERT BACK TO THE LAST COMPLETED INNING. THIS RULE IS DESIGNED FOR THE TIE BREAKER RULE AND STANDINGS FOR TOURNAMENT SEEDING.
6. ALL TEAMS WILL BAT THE ENTIRE ROSTER.
7. ALL PLAYERS MUST PLAY A DEFENSIVE POSITION BY THE BOTTOM OF THE 2ND INNING.
8. NO METAL CLEATS (except high school boys-18U and high school girls-18U and 14U boys and 14U girls). **UPDATE – Metal Cleats not allowed for any ages in Plattsburg due to turf fields**
9. NO HEAD FIRST SLIDES ALLOWED (EXCEPT FOR 12U BOYS & GIRLS AND OLDER). PLAYERS AT ANY AGE MAY DIVE BACK TO THE BAG ON A PICK OFF ATTEMPT.
10. RUNNERS MUST AVOID CONTACT. IF CONTACT IS MADE AND IN THE JUDGMENT OF THE UMPIRE THE CONTACT WAS MALICIOUS, THE PLAYER WILL BE OUT AND EJECTED FROM THE GAME AND MAY BE SUBJECT TO POSSIBLE SUSPENSION FROM THE NEXT GAME.
11. BATTER MUST CLEAR THE BATTER BOX FOR A RUNNER COMING HOME FROM 3RD OR THE RUNNER WILL BE CALLED OUT. NO WARNING WILL BE GIVEN.
12. IF A BATTER THROWS THE BAT, BOTH TEAMS WILL RECEIVE A WARNING. ANY ADDITIONAL BATS THROWN WILL RESULT IN THE BATTER BEING CALLED OUT.

UPDATED RULE

13. USSSA BAT RESTRICTIONS WILL BE ENFORCED FOR HIGH SCHOOL BOYS TEAMS. IF AN INAPPROPRIATE BAT IS USED, THE BATTER WILL BE CALLED OUT.
HIGH SCHOOL BOYS--All bats for scholastic divisions ages 15U to 18U they must conform to the National Federation of High School Associations (NFHS) bat standards including a length to weight ratio no greater than negative three (-3) ounces. These bats must be permanently stamped with the BBCOR.50 Certified Mark or made of wood and manufactured by a licensed USSSA manufacturer.
- 14U BOYS—THE USSSA BAT RESTRICTION IS REMOVED.
IF IN THE JUDGEMENT OF THE UMPIRE A BAT IS UNSAFE, THE UMPIRE HAS THE AUTHORITY TO REMOVE THE BAT FROM PLAY. IF AN UNSAFE BAT IS USED, THE BATTER WILL BE CALLED OUT.
14. PITCHERS WILL BE ALLOWED 5 WARM-UP PITCHES.
15. THERE IS A MAXIMUM OF 5 RUNS PER INNING.
16. RUN SPREAD: 12 AFTER 3, 11 AFTER 4; AND 6 AFTER 5.
17. REGULAR SEASON GAMES CAN END IN A TIE. ONCE THE TIME LIMIT HAS EXPIRED, FINISH PLAYING THAT INNING. IF THE HOME TEAM HAS NOT BATTED IN THAT INNING, THEN THEY CAN BAT IF THEY ARE BEHIND OR IF THE SCORE IS TIED.
18. COACHES MUST HAVE A *HARD COPY* OF THE RULES IN-HAND TO COME OUT OF THE DUGOUT TO ARGUE A CALL WITH THE UMPIRE. JUDGMENT CALLS (OUTS/SAFE/FAIR/FOUL/BALK/STRIKE, ETC.) ARE NOT QUESTIONABLE.
19. NO DEFENSIVE COACHES OUT OF THE DUGOUT (except for 8U softball and 8U baseball).
20. RAINOUT POLICY:
COACHES WILL BE NOTIFIED BY TEXT IF YOUR GAME IS RAINED OUT BY 4PM ON THE DAY OF YOUR GAME. ALL GAMES THAT ARE RAINED OUT WILL BE RESCHEDULED. IF YOU ARE RAINED OUT IN OUR OWN TOWN, YOU WILL NEED TO CONTACT YOUR LEAGUE REP TO GET THE GAME RESCHEDULED. IF YOU ARE RAINED OUT IN ANOTHER TOWN, THAT TOWN'S LEAGUE REP WILL CONTACT YOU DIRECTLY TO RESCHEDULE THAT GAMES. MAKE-UP GAMES MAY BE PLAYED ON THE FOLLOWING SATURDAY OR SUNDAY. IF YOU ARE NOT ABLE TO PLAY ON THE RESCHEDULED DATE, YOUR TEAM WILL FORFEIT.
21. YOU AS THE COACH ARE RESPONSIBLE FOR KNOWING THE RULES AND CONTROLLING YOUR PLAYERS AND PARENTS.
22. IF YOU HAVE AN ISSUE REGARDING A GAME, UMPIRE, ETC., YOU WILL NEED TO CONTACT THE TOWN UIC YOU ARE PLAYING IN OR YOUR TOWN REP.
23. IN THE SITUATION WHERE THE RUN SPREAD IS REACHED OR THE HOME TEAM CAN'T CATCHUP BECAUSE OF THE MAXIMUM 5 RUN RULE PER INNING AND THERE IS TIME REMAINING, BOTH COACHES CAN AGREE TO PLAY FOR PRACTICE UNTIL THE TIME LIMIT OR THE COMPLETION OF 6 INNINGS. UMPIRES WILL CONTINUE TO UMPIRE DURING THIS PRACTICE.
24. THE HOME TEAM WILL BE THE OFFICIAL SCOREKEEPER.

25. ZERO TOLERANCE RULE

THERE WILL BE A ZERO TOLERANCE RULE FOR ANY PHYSICAL CONTACT NOT IN THE LINE OF THE GAME. THIS WILL INCLUDE, BUT NOT BE LIMITED TO, PUSHING, KICKING, HITTING, SPITTING, TRIPPING, THROWING OF SHOULDERS OR ELBOWS, ETC. THE CONSEQUENCE FOR THIS ACTION FOR ANY PLAYER, COACH, OR FAN WILL BE AUTOMATIC EJECTION FROM THE LEAGUE.

26. TRASH TALK RULE

TRASH TALK IS ANY STATEMENT THAT IS IN A DEGRADING NATURE TO ANOTHER PERSON.

- FIRST OFFENSE FOR A PLAYER/COACH DURING A GAME IS A WARNING FROM THE UMPIRE.
- SECOND OFFENSE DURING THE SAME GAME WILL RESULT IN AN EJECTION FROM THAT GAME AND A ONE GAME SUSPENSION FOR THE NEXT GAME THAT IS PLAYED.
- ANY SUBSEQUENT GAME EJECTIONS FOR TRASH TALKING WILL BE REFERRED TO LEAGUE UICS, WHO WILL DETERMINE THE NEXT CONSEQUENCE AS THEY SEE FIT, WHICH CAN INCLUDE POSSIBLE EJECTION FROM THE LEAGUE.

UNDERSTAND THAT UMPIRES CANNOT HEAR EVERYTHING THAT IS SAID DURING A GAME. IF ANY ADULT HEARS TRASH TALKING, THEY SHOULD REFER IT TO THE UMPIRES IMMEDIATELY.

27. SPORTSMANSHIP

ALL PLAYERS, COACHES, MANAGERS, SPONSORS AND SPECTATORS ARE EXPECTED TO CONDUCT THEMSELVES IN A SPORTSMANLIKE MANNER AT ALL TIMES. ANY PLAYER, COACH, MANAGER, SPONSOR OR SPECTATOR WHOSE CONDUCT IS UNBECOMING OR ABUSIVE SHALL AT A MINIMUM BE REPRIMANDED WITH A WARNING. IF WARRANTED, THE OFFENDING PARTY SHALL BE EJECTED FROM THE GAME AT THE DISCRETION OF THE UMPIRES AND/OR TOWN OR LEAGUE UIC.

28. FOR ANY LEAGUE RULE NOT COVERED HERE OR ON AN AGE GROUPS SPECIFIC PAGE, WE WILL FOLLOW THE USSSA RULES.

Link to current USSSA baseball rules:

https://usssa-prod.dotcms.cloud/dA/e063303957/baseball-rules.pdf?language_id=1

Link to current USSSA softball rules:

https://usssa.com/docs/Fastpitch/Fastpitch_Rules.pdf

29. AGE OF THE UMPIRES MUST BE TWO YEARS REMOVED FROM THE AGE GROUP THEY ARE UMPIRING.

30. TOURNAMENT RULES/MODIFICATIONS/CLARIFICATIONS

- RAINOUTS—IF A GAME IS POSTPONED AT ANYTIME DUE TO WEATHER...THE GAME WILL BE RESUMED AT THE POINT OF STOPPAGE. SCORE, TIME, RUNNER POSITIONS, OUTS, ETC. MUST BE RECORDED AT THE TIME OF STOPPAGE.
- IF A RAINOUT OCCURS IN THE GAME AND THE GAME IS RESUMED...THE PITCH COUNT WILL CONTINUE FROM THE POINT OF STOPPAGE OF THE ORIGINAL GAME.
- THE CHAMPIONSHIP GAME WILL NOT HAVE A TIME LIMIT (6 FULL INNINGS)
- IN THE EVENT OF RAINOUTS DURING THE TOURNAMENT...THE HOST TOURNAMENT DIRECTOR HAS THE AUTHORITY TO ADJUST GAME TIMES OR INNINGS IN AN EFFORT TO GET TOURNAMENT COMPLETED IN A SAFE AND TIMELY MANNER. THERE WILL BE NO CHANGES AFTER THE START OF A GAME.

31. PLAYER DRAFT

A COACH IS ABLE TO FREEZE UP TO 4 PLAYERS FOR THE TOWN'S DRAFT PROCESS IF THERE ARE ENOUGH PLAYERS TO HAVE MORE THAN ONE TEAM IN AN AGE GROUP.

32. COMPETITIVE PLAYER RULES

ALL KIDS PLAYING IN THE NLBSL LEAGUE AND ON A COMPETITIVE TEAM MUST BE SPLIT EVENLY BETWEEN THE TEAMS FOR THAT PARTICULAR TOWN THAT ARE PLAYING FOR THE NLBSL LEAGUE FOR THAT AGE DIVISION. A COMPETITIVE PITCHER IS NOT ALLOWED TO PITCH IN THE NLBSL LEAGUE.

33. PITCH COUNT LIMITS FOR BOYS DIVISIONS

Baseball all age groups:

- 3 Innings pitched in one calendar day allows a pitcher to throw the next day. If more than 3 innings are pitched in one calendar day, player must have one calendar day rest before they can pitch again.
- One calendar day maximum of innings pitched is 6.
- Three calendar day maximum of innings a pitcher can pitch is 8.

34. THE TOWN REPS OF THE NLBSL LEAGUE CAN AT ANYTIME VOTE UPON AND UPHOLD A NEW AMENDMENT/RULE/DISQUALIFICATION IF IT IS IN THE BEST INTEREST OF THE PLAYERS OR THE NLBSL LEAGUE. LEAGUE UICS SHOULD BE CONSULTED FOR GUIDANCE, BUT THEY DO NOT HAVE A VOTE.

35. COACHES ARE NOT ALLOWED TO TOUCH THE RUNNERS UNTIL THE PLAY IS DEAD. IF A COACH TOUCHES A RUNNER DURING A LIVE PLAY, SAID RUNNER WILL BE CALLED OUT.

36. NO MUSIC WILL BE ALLOWED DURING ANY REGULAR SEASON OR TOURNAMENT GAME.

37. PRIOR TO THE START OF ANY TOURNAMENT, THE UIC OR TOURNAMENT DIRECTOR WILL REVIEW RULES WITH THE COACHES. DAILY UPDATES FOR PITCH COUNTS SHOULD BE PHYSICALLY POSTED.

38. IF A SITUATION ARRISES THAT A UIC RECOMMENDS REMOVING A TEAM FROM A TOURNAMENT, ALL TOWN REPS MUST BE CONTACTED FOR THEM TO DISCUSS AND EVALUATE THE SITUATION BEFORE MAKING THE FINAL DECISION IS MADE.