

PAL – Plantation Athletic League Baseball Rules & Etiquette

The overall objective of Plantation Athletic League (PAL) Recreational Baseball is to provide the children of Plantation, FL with an opportunity to participate in an organized team sport, develop sportsmanship, teamwork, skills, knowledge and appreciation of the various sports offered. PAL is committed to developing each child's potential and instill the desire to put forth one's best effort in all endeavors.

Recreational Baseball:

- Primarily works on the core baseball skills of all players from **5 – 15 years** of age
- Winter Baseball is known for being a “developmental” season for all players in each age groups, therefore scores will not be kept for the season, focus should be on the core functions of the players game, i.e. hitting, catching, fielding ground balls, glove work, foot positioning, and overall baseball IQ and understanding the “why's” of the game. Winter will be light on the number of teams however it allows for this relaxed, developmental phase to occur without the pressure of the win.
- Spring Baseball is more competitive. There are more teams registered, the coaching abilities are more diverse and the skills are from very inexperienced to extremely seasoned per team. Even though the competition is present during the Spring season, development and baseball IQ is always being developed.
- Teams will be assigned a well known team from the MLB, i.e. The Yankees, and all players will be expected to outfit themselves in the provided uniforms for this year. Outside uniform shirts should not be worn by the players during game play unless notified by the coach.
- Overall recreational baseball is located in the City of Plantation and will be played on either the Central Park or Sunset Park Baseball fields as well as District 8 team fields. We have now merged with District 8 and are expected to play those teams.

Expectations

Each team should consist of a Head Coach, at least one (1) Assistant Coach, ideally two (2) Assistant Coaches, and one (1) Team Parent. This structure allows for great coverage to support the parents and players who have committed to this PAL baseball program and will support any conflicts with one of the coaches, there will be a backup, or two, to keep and maintain the schedules set by PAL, as well as allowing for great coordination and communication for all. Please review the expectations outlined below for each role.

Head Coach:

- > The **Head Coach** has overall responsibility for the conduct of his assigned and drafted team. He is expected to instill fun and the spirit of good sportsmanship.
- > The **Head Coach** is responsible for the conduct of his players, parents, assistant coaches and spectators of his team. If any coach, player or parent is ejected from a game and they refuse to leave the field or continue to escalate the situation, the head coach will be warned by the umpire to have that person removed or his team will forfeit the game.
- > The **Head Coach** is responsible for the safety of all his players. The Head Coach will not put a child's safety in danger just to play a certain position on a team, pitch over the allotted and approved pitch count, return to a pitching and/or catching position prior to the proper rest period, etc. The Head Coach will not leave a player unattended after a practice or game.
- > The **Head Coach** is responsible for working out all baseball complaints/issues with parents in a respectable manner. If situation escalates, the head coach will contact PAL Baseball Director of Rules, Ethics and Compliance, **Wayne Clark (954) 203-7034**, with the proper unbiased details of the matter so they may address it promptly.
- > The **Head Coach** is responsible for advising the PAL Baseball Board of any players quitting a team, and must be reported in writing within 48 hours of being notified at littleleaguepal@gmail.com. Failure to report players

quitting a team may result in disciplinary actions against the head coach, and may result in forfeiture of their ability to coach in future seasons, based on the situation and will be addressed on a case by case basis.

- > Most of all, the **Head Coach**, will conduct him/herself in an ethical and professional manner while on and off the field. The Head Coach understands that parents and children are very influential and look for them to roll model behaviors that foster positive baseball, avoids conflict on and off the field and will have the wisdom to educate and inspire all that are involved.

Assistant Coach:

- > The **Assistant Coach's** expectations and responsibilities are the same as the Head Coach however is not responsible for being the direct and primary point of contact with the PAL Board on updates, communications, etc., unless this arrangement has been made in advance and the PAL Board Members have been advised as such.
- > The **Assistant Coach** will act as the back up to all of the above noted responsibilities of the Head Coach and will manage them accordingly.

Team Parent:

The team parent support function is highly recommended for each team and will support the coaches in:

- > Making phone calls and sending e-mails to team members regarding practices, games, schedule changes, etc., when needed
- > Organizes team pictures
- > Coordinates "team snacks" for post-game celebrations (win or lose there is something to be celebrated)
- > Any other activities directed by the coaching team or PAL Board in an effort to deliver the baseball experience for the players and families

Logistics

Schedules – Practices & Games:

Baseball teams shall be scheduled practice and/or have games no more than three (3) sessions per week. All teams, after their first scheduled game is played, these maximum sessions per week, also includes batting cage practices. Practices, at any age group/division level, shall not exceed 1 1/2 hours, per session. Due to the limited field availability, the PAL League Director will be responsible in scheduling the use of the fields equally amongst the teams in league, regardless of division, and may result in shared fields for practices. “Rain-out” and make up games will have priority over practice.

For scheduled shared field practices (outfield or infield) the Head Coach from both teams are expected to coordinate who will use the infield for first half of the practice (45 minutes), and who will use it for the second half of practice (45 minutes). When the designated time for the infield is over, that team will rotate to the outfield and utilize that space for the remainder of the practice.

Regular season games can end in ties for T ball and Coach Pitch. For minors and majors, a tie must game must be continued when the two teams meet again or will be rescheduled. See Rule 4.12 regarding this issue and the pitcher and pitch count.

Base Path & Distances:

Each baseball division, which is separated by age and skill levels, have different distances for the pitching mound from home plate, as well as distances between bases (feet within each base path from base to base to home plate). They are as follows for each division.

<u>DIVISION</u>	<u>PITCHING</u>	<u>BASES</u>
Tee Ball	None	50 Feet
Coach Pitch	40 Feet Flat	60 Feet
Minors	46 Feet	60 Feet
Majors	46 Feet	60 Feet
Intermediate	50 feet	70 feet
Juniors	60 feet	90 feet

Safety

Weather:

A Lightning Delay may occur with an alarm sound from the Lightning Prediction System with one (1) long 15- second blast means immediate evacuation of all fields and seek shelter in a nearby building or car. You should avoid remaining in the dugouts due to the metal and close proximity of trees in the ballpark.

Lightening Sirens: - A three (3) short blasts/siren means lightening is in the area and seek shelter immediately -
A five (5) second blasts/siren means activities may resume, and proceed back to the ball field to resume the game or practice as scheduled

Dugouts:

Home teams will use the third base dugout. The scorer’s table is on located next to the third base dugout.

Coaches in Dugouts. In all divisions one coach MUST remain in the dugout at all times. One Coach will be allowed on the green mat or clay area by the dugout entrance during play. All other Coaches may be requested to stay inside the dugout. The only exception will be for coaching 1st or 3rd base. Coaches must remain in designated Coaches Boxes. Coaches will be allowed on playing field for defense as set forth in PAL Tee Ball Only (see below D).

ONCE A GAME BEGINS BATTERS WILL NOT BE ALLOWED TO TAKE BATTING PRACTICE. NO SWINGING OR HITTING OUTSIDE OF THE PLAYING FIELD.

- A. No on deck batters **for coach pitch, minors and majors.**
- B. All base runners and batters must wear batting helmets during game play on the field.
- C. Pitcher position will wear batting helmet in T-Ball and Coach Pitch divisions.

ALL dugouts, after any practice and/or game should be left without track and cleared of any debris or equipment.

[PAL/Little League Baseball Divisions](#)

Tee Ball :

Tee Ball is known as an Educational & Instructional Division, sometimes referred to as a "Clinic" for this age group. The "Clinic" is an introduction to baseball, teaching throwing, catching, batting, the field layout, rules and good sportsmanship. No score will be kept.

The key to success in this age group is to keep the games organized and follow all of the Tee Ball rules with the following exceptions:

- A. Half inning consists of batting the entire lineup. The score may be zero outs or 13 outs, all players get to bat.
- B. Batter will get a maximum of 6 swings. If after 6 attempts, if the Batter has not hit a fair ball, they are considered out.
- C. Only USA Tee Ball approved bats may be used. USA Tee Ball must be designated on bat by manufacturer and must be legible if questioned.
- D. Teams Playing the Outfield: Teams may have an infield Coach standing on the side of the field, when your team is on the field. (One Defensive Coach inside the Coach's Box. In the outfield, coaching the outfield and one Defensive Coach standing on the side of the infield, coaching the infield.)
- E. Duration of Game is **1 hour & 15 minutes**. No new inning will begin after 1 hour 15 minutes of game time. Your 1 hour & 15 minutes of Game time may be reached after three (3) innings of game play. Four innings is the maximum amount of innings to be played in 1 hour and 15 minutes.
- F. Game Balls: Each team is to use one (1) game ball for each game played. Game balls are provided to all teams by PAL.
- G. Pitcher, Batters & Base runners must wear helmets at all times while on the field, no exceptions.
- H. Game Play: The HOME TEAM will bring and use their tee for the use of the game.

Coach Pitch:

- A. Home team will provide game balls that were given by the league. Please use three new game balls and two used ones.

- B. If pitching machine is used, the Home team will be responsible for bringing their pitching machine and balls to the game. I highly encourage the visiting teams to bring theirs as well as a backup in the event there is an issue with the machine during the game. Settings are 6-4-3. 35 mph at 40 feet, no exceptions.

NOTE: The coach operating the machine, must press the machine pedal completely to the ground to ensure an accurate pitch across home plate.

- C. Duration of Game is maximum, 1 1/2 hours or six innings, whichever comes first. A new inning will not begin after 1 hour 20 minutes of game time. It is recommended that the game start time be reviewed by both team coaches and agree so there is no dispute or confusion.
- D. Teams must bat the entire bench. Half inning will be considered complete when the Offensive Team has scored five (5) runs or three (3) outs have been made, whichever comes first. It's considered a completed inning once both teams have completed an at bat.
- E. Field/player alignment - Play 10 defensive players (6 infield and 4 outfielders). Games may start with 9 players and finish with 8 players if due to injury or sickness. Team's short players are required to have a player in the catcher and pitcher positions, all other positions are at the discretion of the coach.
- F. Catcher is considered an infielder position.
- G. No player may sit on the bench for more than two (2) consecutive innings.
- H. Each player must play a minimum of three (3) full innings.
- I. No Defensive Player may position himself prior to the pitch more than 15 feet in front of 1st or 3rd base.
- J. No Outfielder may be within 15 feet of any base, excluding a Pop-up or Fly ball.

NOTE: Penalty: Batter/Runner is awarded 1st base, all Base runners advance 1 base if there's a forced position movement.).

- K. Batter will be served up to 5 pitches. If the 5th pitch is hit foul or foul tipped, Batter will be allowed more pitches until either he strikes out or puts the ball in play. No Three Pitch Strikeouts, No Walks, No Hit by pitch allowed. No fake bunting will be allowed in Coach Pitch. However, bunting is allowed.
- L. Big barrel bats are allowed on with USA STAMP. 2 5/8 inches is the maximum barrel width.
- M. No Stealing, No Leadoffs, Base Runners can be called out for leading off the base.
- N. Players playing at the Pitcher position, will stand directly to either side of the Coach Pitcher.
- O. No infield fly rule, meaning If an **infield fly** is caught, the runners must retouch their original bases ("tag up") after the catch before attempting to advance. If an **infield fly** is **not** caught, **no** tag up is required and the runners may advance at their own risk. ... The **infield fly rule** states that runners may advance "after the ball is touched".
- P. One base on overthrow to first or third base when ball is in foul territory. Base runners may advance at their own risk. If defensive player attempts to make a play on an advancing runner ball is considered live and in play. If no play is made runners will be limited to one base.
- Q. A play WILL BE declared dead when an INFIELDER has control of the ball, either after receiving a ball from an outfielder on a base hit or on a batted ball erred by an infielder. The infielder must be near a base or in the base path area base (within five feet of baseline). If a runner has not reached the "half-way" point at the time the infielder catches the ball from the outfielder, the runner must return to the last base touched. Coaches

should use good judgment and not send runners just to force a judgment call. Teach players the correct way to play baseball.

- R. When a ball hits the pitching machine, it's considered interference, therefore the ball is declared dead and all the runners advance one base. Batter advances to first base.
- S. Each team will be scheduled for 12 games; No standings/score recorded.
- T. Playoffs, there will be a blind draw for double elimination playoffs.
- U. Catcher must wear face mask and safety cup.
- V. Mercy rule is 15 runs after three innings, 10 runs after four innings and six runs after five.

Minors (May be referred to as "Kid Pitch"):

Little League Rules Apply, refer to the Head Coaches Little League Rule Book, as well as the rules noted above for Coach Pitch.

Plantation Athletic League Rule modifications from Little League Rules:

- > Teams bat the entire bench, meaning that all players will bat at least one (1) time per game.
- > Time limit for games is 1 hour 45 minutes. If team is down by 6 runs or more with less than 5 minutes left before time limit, then the game is officially over.
- > Half inning: is considered complete when the Offensive Team has scored five (5) runs or 3 outs have been made, whichever comes first.
- > No drop third strike...meaning the batter is up and has 2 strikes, he swings and misses or the catcher drops the ball on the 3rd strike, the batter can run to 1st base. If the batter running is tagged out heading to 1st base, it is considered an out. See the 2019 LL Rule Book for more information.
- > No leading. Players are not permitted to advance forward toward the next base pending the pitched ball to be hit by the batter. Runners foot must remain on the plate until the ball is hit or the over throw rule occurs.
- > No stealing except when a ball passes home plate. Runners advance at their own risk and the ball is then considered live. If a play is made on an advancing base runner and may be considered an out if tagged.
- > No on deck batters. Batters may not warm up on the field space in front of the dugout awaiting their turn in the home plate batter's box.
- > Catchers must warm up Pitchers, and the Catcher must always wear mask and use mitt in doing so.
- > No butcher boys...meaning the batter acts as if he/she will bunt the pitched ball, but instead attempts a full swing.
- > Pitch Count: All pitches must be tracked and recorded for tracking purposes. Pitch counters will be provided to all coaches, on a per coach need basis. The purpose of tracking the pitches is to ensure that maximum pitch count is followed and the proper rest break between pitched games is followed for the safety of the player. All pitch counts should be immediately added to the PAL website following each game. The password to enter the site is **2022**.

Majors:

Little League Rules Apply, refer to the Head Coaches Little League Rule Book, as well as the rules noted above. Here are additional important notes for the Majors Division:

- > No cap limit on runs per inning rule applies, meaning the ability of each team to score runs is unlimited per inning until there are three (3) outs ending that half inning, the entire inning is complete and the run rule applies.
- > Time limit for games is 1 hour 45 minutes.
- > Leading – Same applies as in Minors/Kid pitch
- > Three (3) visits to mound allowed, meaning the coach may visit the pitcher on the mound at a maximum of three (3) times during a game, one per inning. Two visits to the same pitcher in the same inning and the pitcher must come out.
- > All players on any given team will receive playing time. Those players who sitting out (“on the bench”) will play at minimum two (2) innings and will bat at least one (1) inning per game.

Little League Regulations VI – Pitchers:

Any player on a regular season team may pitch. **Exception:** Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day. A player who played the position of catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches or more (15- and 16-year-olds: 31 pitches or more) in the same day, may not return to the catcher position on that calendar day.

EXCEPTION: If the pitcher reaches the 20-pitch limit (15- and 16-year-olds: 30-pitch limit) while facing a batter, the pitcher may continue to pitch, and maintain their eligibility to return to the catcher position, until any one of the following conditions occur: (1) that batter reaches base; (2) that batter is retired; or (3) the third out is made to complete the half-inning or the game.

NOTE: Warm up pitches do not count toward live game pitch counts. The accumulation of pitches will begin when the ball is live and a batter is in the box.

The Manager/Coach must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age: 13 -16	95 pitches per day
Age: 11-12	85 pitches per day
Age: 9-10	75 pitches per day
Age: 7-8	50 pitches per day

Pitchers 14 years old and younger are required to have specific rest periods by age division:

- 66 or more in a day, four (4) calendar days of rest must be observed
- 51 – 65 in a day, three (3) calendar days of rest must be observed
- 36 – 50 in a day, two (2) calendar days of rest must be observed
- 21 - 35 in a day, one (1) calendar day of rest must be observed
- 1 – 20 in a day, no calendar days of rest are required

EXCEPTION: If a pitcher reaches the limit imposed in Regulation VI(c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs:

1. That batter reaches base;
2. That batter is put out;

3. The third out is made to complete the half-inning or the game.

NOTE: If a pitcher reaches 40 pitches while facing a batter, the pitcher may continue to pitch, and maintain their eligibility to play the position of catcher for the remainder of that day, until any one of the following conditions occurs:

- a. that batter reaches base;
- b. that batter is retired; or
- c. the third out is made to complete the half inning or the game.

The pitcher would be allowed to play the catcher position provided that pitcher is moved, removed, or the game is completed before delivering a pitch to another batter. If a player delivers 41 or more pitches, and is not covered under the threshold exception, the player may not play the position of catcher for the remainder of that day.

For additional rules and regulations that govern any of the PAL Baseball divisions, please contact your current Head Coach or the PAL Board of Directors. The Head Coach will provide you with their contact information once teams are assigned and the rosters are finalized. The PAL Baseball Board Members are as follows...

Baseball Commissioner	Wayne Clark	hwayneclarkesq@gmail.com	(954) 203-7034
PAL Baseball Director	Tony Piedra	littleleaguepal@gmail.com	(954) 881-6272
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PAL Baseball Director	Thomas Mann	thehostcobra@yahoo.com	(954) 279-6086

On behalf of the Plantation Athletic League and our partners at the City of Plantation, we wish you a strong and successful baseball season!