Grand Rapids Area Catholic Elementary Athletic Council (GRACEAC)

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GRACEAC TeamSnap

Wednesday, April 4, 2024

**BASEBALL LEAGUE RULES**

**5th/6th & 7th/8th Grade Leagues**

1. The baseball leagues shall consist of Catholic/Christian parish school teams that are members of the Grand Rapids Area Catholic Elementary Athletic Council (GRACEAC). Players must be enrolled in a GRACEAC School or organization or be a member of a Catholic Parish.

2. Invitational and league playoffs will follow all regular season game rules except where noted.

3. All other GRACEAC Handbook rules and regulations apply. (\* denotes reference to the GRACEAC Handbook – available from ADs and school principals)

4. All other game rules will be according to the National Federation of High School (NFHS) Rules for Junior Highs for 7th-8th grade. Rules for 5th/6th grade will be according to Little League Rules.

5.  The roster of players and coaches shall be listed in TeamSnap and considered the official team roster. Changes to this roster may not be changed or altered without the GRACEAC Program Directors approval.

6. The team playing as the home team for each contest will bring all players to the center of the diamond and lead the group in prayer. Opposing teams and coaches will meet immediately following the game at home plate to shake hands in a demonstration of good sportsmanship.

**MERGERS**

8. Any school requesting a merger should do so any time after February 27th by referring to the following guidelines:

a. Schools shall not practice together prior to approval of their merger request by the league president. Violations shall be reported to the league president.

b. A principal or athletic director may request a merger. Coaches must seek approval through their school principal or athletic director for a merger request. Coaches may not request a merger.

**Practice**

9. Practices may begin on the Monday during the week of March 15th (\* Rule P).

10. All teams are limited, per week, to:

Pre-Season: 8 hours - 4 practices Season: 6 hours - 3 practices

Practice time shall be limited to two (2) hours per day. Coaches are encouraged to cut time for practice and number of practices when there is an opportunity. (\* Rule G)

**GAME ELIGIBILITY AND MINIMUM PLAYING TIME**

11. To ensure total participation, it shall be mandatory that each student athlete participate the minimum time per game of two full innings (6 outs) in the field (with free substitutions) and one at bat.

12. When a player becomes injured during the course of a game and is deemed unable to continue, the minimum playing time for that player is not required.

13. Any time a player is injured and returns to play, the playing time minimum must be met.

14. It is the responsibility of the coach to make sure that each student athlete meets the required minimum playing time.

**GAME RULES**

**PRE-GAME**

15. 10 minutes before the scheduled starting time, each team shall supply the other team the first name, last name, and uniform number of each player who may participate. The list shall be in the correct batting order. If a player is absent at the start of the game, please leave them out of the batting order. When they arrive, they will be added to the bottom of the batting order. If a player is not present when it is their turn to bat, they will be called out. (If a player is injured, and cannot continue to play, they will not be called out when their spot in the batting order comes up. If the injured player misses a turn at bat, they cannot return to the game.)

16. There will be a coaches meeting prior to each game at home plate with both head coaches and the umpires. This coaches’ meeting will stress sportsmanship and leadership as well as rule review (ground rules, batting line-ups, etc.). A pregame coin toss will determine the home team. The home team AND visiting team will supply a new baseball– the home team will ALSO supply one good used baseball/softball.

17. **Baseball - A NOCSAE-certification is required to be stamped on all baseballs used in GRACEAC games. This stamp certifies that the baseball has met certain safety standards and must be on baseballs used during competitions. Failure to have the NOCSAE stamp prohibits using the baseballs.**

18. Forfeit time is scheduled start time plus ten minutes.

19. Infield practice for both teams is allowed prior to the game. Limit for this is 10 minutes.

20. Scorekeepers from each team shall meet after each half-inning to agree on the score. The head umpire shall keep the official starting time, for the purpose of enforcing the time limit**.**

21. Games may begin with a minimum of eight players.

22. Pitchers will be given 8 pitches to warm up for pre-game. Between innings, they are allowed one minute to throw five warm up pitches. Replacement pitchers are allowed one minute to throw eight warm up pitches.

**IN-GAME RULES**

23. Each game shall consist of:

a. 5th/6th grade – 6 innings or 75 minutes (no new inning will start after 75 minutes; drop dead time of 85 minutes at the next dead ball – score will be as of the last full inning played)

b. 7th/8th grade – 7 innings or 75 minutes (no new inning will start after 75 minutes; drop dead time of 85 minutes at the next dead ball – score will be as of the last full inning played)

c. Postseason Tournament – games will play the full six or seven inning games by grade level, unless mercy takes effect before. There will be no time limit enforced.

Note: For both levels, if a game goes into extra innings, within the time limit, the “Kansas City” rule will be used. That is, the player who batted last in the previous inning will be put at second base to start the next inning of extra innings. This rule will be used in regular season within time limit and in tournament play when a winner must be determined.

25. Ties will not be played out in the regular season, unless within the time limit.

26. Run limit: There shall be a 5 run per inning limit for 5th/6th grade, regardless of inning. No run limit for 7th/8th. (See Rule 38 for “Mercy Rule”)

27. Courtesy runners will be allowed (and encouraged) for pitchers and catchers (regardless of the number of outs). The player who made the last out will be the designated runner. (This will allow the catcher to put on the gear, and will allow the pitcher to rest).

28. 5th/6th grade must use the rocket rule for batting order. 7th/8th grade has the option of rocket rule or 9 player batting order. If a team uses a 9 player batting order, a player may sub in a batting position for an at bat. The original player may sub back into their original batting order spot only. Each player shall have at least one bat per game and shall play in the field a minimum of 2 innings (6 outs) per game.

29. Hitters start with a 0 and 0 count.

30. Bunting is allowed in 5th/6th & 7th/8th grade levels.

31. If a batter is hit by a pitch, the batter will be awarded a base only if the umpire determines that the batter made an attempt to avoid being hit. This is an umpire’s judgment and cannot be appealed.

32. The overthrow rule will be as follows: At the time of the release of the throw, the batter and runners are awarded two bases. This applies to infield and outfield throws. If the ball remains in the field of play, the runner(s) advance at their own peril.

33. Maximum innings for pitchers (one pitch is considered an inning):

a. 5th/6th Grade: 85 pitches per game maximum

b. 7th/8th Grade: 95 pitches per game maximum

c. 6 innings PER DAY (when double-headers are played). 10 innings PER WEEK (a WEEK is defined as starting on Sunday, and ending on Saturday)

d. Once removed from the mound, a baseball pitcher may not return to pitch in the same game. Once removed from the mound, a softball pitcher may return to pitch in the same game.

e. There will be a pitch count limit in addition to the inning limit. The pitcher can throw until whichever limit he reaches first, pitch count or inning limit. The maximum pitches thrown in the 5th/6th grade league will be 85 per game, and 7th/8th grade will be 95 per game. We will also be using the chart at the following link -  [Pitch Smart | Guidelines | MLB.com](http://m.mlb.com/pitchsmart/pitching-guidelines) - to assure pitchers are given the correct amount of rest in between pitching. The coaches will be responsible for adhering to the rest days, pitch count, etc. Opposing coaches are encouraged to keep track of the pitch count, and should confirm with the other team in between each half inning how many pitches have been thrown.

34. Mound visits: This rule applies per inning. You get one free mound visit per inning. Time limit for mound visits is one minute. Each mound visit that follows the first visit in that same inning must result in a pitching change.

35. The infield fly rule will be followed.

36. For 7/8th grade level only - Dropped Third Strike Rule: The batter becomes a runner when the third strike called by the umpire is not caught, providing (1) first base is unoccupied or (2) first base is occupied with two out. Note: A batter forfeits their opportunity to advance to first base when the batter enters the dugout or other dead ball areas.

37. 5th/6th grade teams may place 10 players on field while on defense, but 4 players must be in the outfield.

38. The “Mercy Rule” (the game is done at this point) will take effect as follows:

a. 7th/8th grade – When one team is ahead by 15 or more runs after four innings, or up by 10 runs after five innings.

b. 5th/6th grade – When one team is ahead by 15 or more runs after five innings.

39. Stealing will be allowed as follows:

a. 5th/6th grade **baseball** – The runner must maintain contact with the base until the ball crosses home plate. Once the ball crosses the plate, the runner may attempt to steal. If a runner leaves early, he will be called out.

b. 7th/8th grade **baseball** – Leading off and steals are allowed.

c. Steals of home and squeeze plays are allowed.

40. Intentional walks:

a. 5th/6th grade – Not allowed.

b. 7th/8th grade – Batter will be waived to first base after the umpire is alerted. (No pitches necessary)

41. Postseason (5/6 & 7/8 grade): Higher seeds are automatically the home team, thus no need for pregame coin toss to determine. Also, the time limit is still enforced, except for tie games.

42. Balk Rule – (**7/8 grade baseball onl**y): One warning per team, then each violation committed after warning is rule enforcement.

**UNIFORMS & EQUIPMENT**

43. No jewelry may be worn during a game. Any “unforgiving” material (i.e. plastic or metal) may not be worn during games.

44. Uniforms of all team members should be of the same color and style. Caps and shoes are required. When a player wears a helmet, it replaces the cap as mandatory equipment. If the pitcher’s undershirt is exposed, it cannot be white or gray. Coaches will be responsible for the uniform compliance of all their players.

45. Metal spikes may be worn at the 7/8th grade only. No metal cleats in 5/6th grade level.

46. Warm-up catchers (under the age of 18) must wear protective helmets and masks.

47. Players must wear protective helmets when acting as baserunners, batters, or while on the field as a coach.

48. BAT Rule:

a. 5th/6th grade **Basebal**l – Effective starting the 2018 season, all bats must have the USA **Baseball** approved stamp. If the  bat does not have this stamp, it is illegal and shall be removed from play.

b. 7th/8th grade **Baseball** – BBCOR bats will continue to be legal, as well as bats with the USA baseball approved stamp. If the bat does not have these stamps, it is illegal and shall be removed from play.

c. If an illegal bat is used and the batter gets a hit with it, he is automatically out and all runners return to their original bases (if applicable). The Bat Rule is a safety rule. Illegal bats are deemed a safety concern and shall not be used.

**Coaching Guidelines**

 49. The head coach is responsible for the conduct and behavior of substitutes, disqualified squad members, spectators, and all other bench personnel. Only players and coaches may be on the field during pre-game warm-ups and games.

 50. Bench personnel shall not:

  a. Disrespectfully address an official.

b. Incite undesirable crowd reactions.

51. Any coach or player ejected from a game will automatically sit out the next scheduled game.

**PLAYER SAFETY**

52. Runners must slide or avoid contact on tag plays at all bases with the exception of first base. Feet first and head first slides are legal. Violation will result in automatic out – no warning given. Intentional violent contact will result in ejection.

53. Each team will receive one warning for a thrown bat. The next occurrence for that team will result in the player being called out.

54. No player shall attempt a fake tag. A fake tag will be considered an obstruction. The umpire shall signal a delayed dead ball. The runner can be awarded the next base if the umpire determines the fake tag prevented further advancement. If so determined that player may only be awarded the next base. The penalty for doing a fake tag can be an ejection from the game.

55. Ejected players will be removed from the lineup, including the rocket batting rule line up. If batting rocket style, their place in the batting order will be an out. Ejected player, except for unsportsmanlike behavior, may not play the next game. Coaches and students/athletes removed from a game for unsportsmanlike behavior shall miss the next game.

56. Players who leave a game early with a rocket batting order will be out when their place in the order is up to bat.

56. An unconscious or apparently unconscious player will be removed from the game by the coach. The player may not return to any game or practice, without written authorization from a physician (M.D. or D.O.). This authorization must be given to:

a. The game official prior to the player’s return, if for the same game.

b. The school Athletic Director before practicing or playing again.

57. A player who is bleeding, has an open wound, or has an excessive amount of blood on their uniform must leave the game. The game official will stop the game and allow the coach one full minute to bring in a substitution. The affected player must sit out until the next time stoppage before returning to the game. Excessive bleeding or an excessive amount of blood is any amount on the uniform or skin that can be transferred to a teammate, opponent, or official. The player may not return until the bleeding has stopped, and if necessary, the affected area covered. If the player has an excessive amount of blood on their uniform, the uniform must be changed. Coaches are encouraged to have extra uniforms, socks, etc. for a player to change into. Inexpensive numbered T-shirts can be used for this purpose, as long as they are of a similar color as the game jersey.

**FIELD DIMENSIONS**

58. Pitching distances are as follows:

a. 46 feet for 5th/6th grade **Baseball**

b. 54 feet for 7th/8th grade **Baseball**

**Note: Pitchers are not allowed to wear wristbands, as they may be considered distracting. This includes play card wristbands or sweatbands including prohibition of wristbands on either arm.  Pitchers may not use a white baseball glove.**

59. Base path distances are as follows:

a. 60 feet for 5th/6th grade **Basebal**l

b. 80 feet for 7th/8th grade **Baseball**

**INCLEMENT WEATHER**

60. Coaches will be notified of canceled games due to inclement weather if decided prior to the end of the school day. If school is canceled, GAMES MAY STILL BE PLAYED. Coaches or athletic directors should call the GRACEAC hotline at (616) 456-9563 for further information regarding game status. If a game is canceled because of inclement weather, the contest shall be played at a time and place mutually agreed upon by the league president and coaches.

61. If lighting or thunder is seen or heard prior to, or during the game, the game shall stop immediately. This rule is not up to discussion. All coaches, players and officials are to seek immediate cover in a building. If no building is available, then the game is canceled/postponed, and coaches, players and officials shall leave the area. If shelter is available play may not resume until a full 30 minutes has passed from the last seen or heard lightning or thunder. If the severe weather persists for 45 minutes or longer, the game is canceled. If the game has been played for three innings or more for 5/6th grade and four innings or more for 7/8th grade it will be determined to be a complete game.Otherwise all attempts will be made to reschedule the game and it will be played at the same point it was postponed. Both coaches shall agree on the status of the scorebook. If two or more games are scheduled for that day, the delayed game cannot go past the start time of the following game. Coaches are encouraged to make an effort to get playing time covered in the next game if canceled or shortened and playing time requirements are not met.

62. Coaches, parents, and officials are expected to use GRACEAC’s **TeamSnap**. No exceptions. **TeamSnap** will contain Roster, coaching, practice, game and cancellation information. All are encouraged to use **TeamSnap** for the entire communication protocols for GRACEAC. Please see your AD regarding any concerns.

Rules revised 4-4-24. Rules are in effect as written. RJW BJS