



# CAPITAL DISTRICT ELITE YOUTH BASEBALL

2024 Rules, Regulations, and Policies

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**Our mission is to cultivate a passion for baseball** while fostering the personal and athletic development of young players in a positive environment. Committed to instilling the values of teamwork, sportsmanship, and fair play, we strive to create a vibrant community where every participant can grow both on and off the field.

Guided by the principles of Little League Baseball and Babe Ruth Inc., we aim to provide an enriching experience for youth through the joy of baseball. Our dedicated coaches and volunteers work tirelessly to create a supportive atmosphere that nurtures skill development, character building, and a lifelong love for the game.

Through teamwork, leadership, and a commitment to excellence, we aspire to be a beacon of inspiration for young ballplayers, families, and communities alike. Capital District Elite Youth Baseball is dedicated to creating lasting memories, fostering lifelong friendships, and shaping the future leaders of the game and society at large.

Capital District Elite Youth Baseball is poised to revolutionize youth baseball in New York by offering a comprehensive and exceptional league experience. With its expert management, simple rule set, integrated schedules, transparent league structure, and rated games, the league promises an extraordinary journey for all involved.



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# I

## CODES OF CONDUCT

These codes outline the principles, values, and expectations that we believe are essential for the development of not only skilled and competitive athletes but also responsible and respectful individuals. Our Codes of Conduct are designed to promote a sense of community, foster positive relationships among players, coaches, parents, and officials, and create an atmosphere where every participant can thrive. By adhering to these principles, we aim to ensure that everyone involved in our league experiences the joy of baseball while learning important life lessons that will serve them well in the future.



## *Parent and Spectator Code of Conduct*

UNDERSTANDING that my actions at the ballpark have the potential to influence all of the participants of the game I'm attending,

BEARING IN MIND that how I communicate to others in person and on social media can have a dramatic affect on a family's reputation and well-being,

RECALLING that families participate in youth sports programs for numerous reasons, and that the number one reason is to have fun,

ACKNOWLEDGING that I have read, understood, and will do my best to fulfill the promises made herein, and

AWARE that any violation of the these codes may jeopardize my privilege to attend future games, and my player's eligibility to participate,

I, AND MY GUESTS, PROMISE:

- 1.0 To be a positive role model for my child on and off the field, and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, umpires, and spectators at every game, practice or other sporting event.
- 2.0 To avoid any kind of unsportsmanlike conduct with any league official, umpire, coach, player, parent, or sponsor including, but not limited to:
  - a. Booing and Taunting
  - b. Using profane language or gestures
  - c. Threats, Harassment, or Intimidation
  - d. Using social media platforms away from the field as a mechanism to publicly facilitate any of the above
- 3.0 To uphold the authority of CD Elite league officers and game officials assigned to the games which I attend, and to always be respectful of all coaches, players, spectators, and sponsors.
- 4.0 To never tamper with or solicit participation from any player or coach on the opposing team. (a.k.a Poaching).
- 5.0 To discourage any behaviors or practices that would endanger the health and well-being of athletes.
- 6.0 To see to it that my child treats other players, coaches, officials and spectators with respect at all times regardless of race, creed, color, sex, or ability.
- 7.0 To refrain from ridicule or yell at my child or other participants for making a mistake.



## *Coach and Volunteer Code of Conduct*

UNDERSTANDING that my responsibilities as a coach or volunteer are of great importance and that my actions directly influence the participants of the game I'm involved in,

MINDFUL that children participate in youth sports programs for numerous reasons, and that the number one reason is to have fun,

RECOGNIZING that as a coach or volunteer I am obligated to honor the game's rules, opponents, umpires, and teammates, and to teach the players to do the same,

AWARE that any violation of these codes may jeopardize my privilege to be a coach or a volunteer,

ACKNOWLEDGING that I have read, understood, and will do my best to fulfill the promises made herein and are therefore eligible to lead or assist teams in CD Elite on the following terms:

### **1.0 I will create an environment for participants that:**

- 1.1. Focuses on safety, fun, skill development, and education.
- 1.2. Has a positive lasting impact on the baseball community in New York's Capital Region.
- 1.3. Promotes building character and learning life skills.
- 1.4. Is fair, consistent, and best meets the emotional and physical needs of all participants.

### **2.0 I will act responsibly and to do my best to ensure that:**

- 2.1. I educate players regarding the importance of teamwork, effort, having fun, and playing fair, while properly instructing age appropriate fundamentals and skills.
- 2.2. I cooperate with CD Elite in the enforcement of all rules, policies, codes of conduct, and regulations.
- 2.3. I avoid and report irregularities that violate sound competitive practices to appropriate CD Elite Executives.
- 2.4. I provide a healthy and safe environment for my players in accordance with the league's safety procedures.
- 2.5. I do not indulge in conduct that would incite players or spectators against the other team or the umpires.
- 2.6. I maintain my composure in both victory and defeat and do not publicly criticize the decisions of umpires and league officials.
- 2.7. I treat each league official, umpire, coach, player, parent, and sponsor with respect and dignity, and refrain from using profanity, intimidation tactics, and inappropriate language in-person and on social media platforms.



- 2.8. I uphold the authority of league officials and umpires assigned to the contests in which I coach or volunteer and will assist them in every way to conduct fair and impartial contests
- 3.0 I will not at any time, whether from the bench, the coach's box, on the playing field, social media, or elsewhere:**
- 3.1. Incite, or try to incite, by word or sign a demonstration by spectator.
  - 3.2. Use language which will in any manner refer to or reflect upon opposing players, coaches, sponsors, an umpire, or any spectator.
  - 3.3. Commit any act while the ball is live or in-play for the obvious purpose of trying to distract or interrupt the players during the game to gain a competitive advantage.
  - 3.4. Make intentional contact with the umpire in any manner.
  - 3.5. Tamper with or solicit participation from any player or coach on an opposing team (a.k.a. Poaching)
- 4.0 I understand that any violation of the following codes in Section 4 will result in immediate termination of my privilege to be a coach or a volunteer.**
- 4.1. I will never coach under the influence of drugs or alcohol.
  - 4.2. I will never initiate or participate in any form of verbal or physical assault on any league official, umpire, coach, player, parent, sponsor, or any other spectator, or use social media platforms to facilitate any such attack.



## *Player Code of Conduct*

Capital District ELITE Youth Baseball has implemented the following Player Code of Conduct.

1. I will show respect to all coaches, umpires, parents, teammates, and opposing players at all times, and will never act in a manner that is disrespectful to them or my team.
2. I will demonstrate good sportsmanship regardless of the score or situation by acting in a positive manner towards coaches, umpires, and other players.
3. I will help clean the team bench after games and keep the field clean during practices.
4. I will shake hands with the other team and umpires after games.





## *Ejections and Suspension Policy*

CD Elite Executives have exclusive authority over the duration of all suspensions according to the severity of the infraction. CD Elite Executives reserve the right to review the eligibility standing for any player, coach or spectator previously suspended under any CD Elite conduct policy moving forward. Non-compliance with ejections or suspensions will result in a team suspension for the remainder of the season without refund.

### **1.0 Players**

- 1.1 If a player gets ejected from a game they must leave the playing field. They will not be permitted to attend the next game on the schedule, nor will they be allowed to attend games during the suspension. If a player is ejected from 2 games during a season, they will be suspended indefinitely and their eligibility will be reviewed by CD Elite Executives.

### **2.0 Parent and Spectator Code of Conduct**

- 2.1 If a spectator is ejected from a game by an umpire or league official, they must immediately leave the facility. They will not be permitted to attend the next game on the schedule, nor will they be allowed to attend games during the suspension. If a participant or spectator is ejected from 2 games during a season, they will be suspended indefinitely and their eligibility will be reviewed by CD Elite Executives.

### **3.0 Coaches and Volunteers**

- 3.1 In the event a coach or volunteer is ejected from any game, the individual –
  - 3.1.1 Must leave the field immediately and take no further part in that game.
  - 3.1.2 Must either leave the park or take a seat well removed from the vicinity of the playing field.
  - 3.1.3 Will not be allowed to coach in the following game, nor will they be allowed at the field during the suspension.
  - 3.1.4 Members of the team's coaching staff are required to inform CD Elite Executives of the coach's ejection prior to the teams next game. CD Elite Executives will review the matter and reserve the right to immediately terminate the individual's eligibility to be a coach for the remainder of the season.



# II

## LEAGUE RULES

These rules serve as the framework for creating an environment where players can learn, compete, and have fun in a supportive community. Whether you're a player, coach, parent, or fan, we invite you to familiarize yourself with these guidelines, as they play a crucial role in shaping the character and experience of our young athletes.



# Organizational Rules

## 1.0 Member League Eligibility

1.1 Eligibility for membership in the CD Elite shall be open to any 7U-12U baseball team in and around New York's Capital Region that complies with the following regulations.

1.1.1 Teams must belong to a sufficiently insured organization and/or chartered youth baseball league.

1.1.2 All Teams must have a home field.

1.2 Member Leagues must be approved by CD Elite Executives before the start of each league year.

1.3 CD Elite reserves the right to review the eligibility of member leagues on a yearly basis to ensure compliance with the League's rules and regulations.

- NOTE: Eligibility reviews may include an audit of player recruitment and other league activities to assess compliance with CD Elite rules and mission. Member leagues shall cooperate fully with any eligibility review process, providing all requested information and documentation to CD Elite Executives.

## 2.0 Player Eligibility

A **DIVISION ELIGIBILITY DATE** is defined as the date that players must be born on or after to be considered eligible for a division.

A **TEAM ELIGIBILITY DATE** is another way of saying the eligibility date of the division to which the team belongs.

An **AGE ELIGIBLE PLAYER** is defined as a player whose date of birth falls on or after the division's eligibility date for the team on which he is rostered.

A **PLUS PLAYER** is defined as a player whose date of birth falls up to one calendar year before the age eligibility date of the team on which he is rostered.

2.1 Factors determining player eligibility with the exception of age will be decided internally by Member League administration.

2.2 All players born on or after the division's eligibility date are able to be legally rostered. Each age division has an eligibility date on May 1 of their eligibility year. For instance, in 2025 the 10U division eligibility date is May 1, 2014.

2.2.1 Teams may ask for a waiver of Rule 2.2 for up to three plus players.

- NOTE: CD Elite Executives will review each waiver request on a case-by-case basis. Teams will have to make a compelling case which does not have a profound impact on the competition



level of the team to get a waiver request approved. Waivers must be submitted by a league administrator, not a coach. CD Elite Executives reserve the right to deny waiver requests if they deem it not to be in the best interest of the league, division, or team.

2.2.2 A plus player's eligibility date will be one calendar year before their team's eligibility date.

2.2.3 Plus players are ineligible to pitch in the division in which their team is rostered.

2.2.4 Plus players are ineligible to play the catcher position in the division in which their team is rostered.

- NOTE: Plus players are eligible to pitch and catch in games where their rostered team plays up against a team in an age division that they would otherwise be eligible for.

2.3 Players are eligible to appear on one roster per season and may not transfer to another team mid-season.

### **3.0 Player Recruitment**

3.1 Each member league shall be allowed to recruit players for their teams in good faith.

3.2 Poaching

3.2.1 Poaching is defined as the intentional and direct recruitment of players from another member league without proper consent and notification.

3.2.2 Member League officials, coaches, players, and their families may not tamper with or solicit participation from any player or coach in another member league during the season while at CD Elite games and events. (a.k.a. Poaching).

3.3 Transfer Limitation

3.3.1 Teams shall be allowed to roster no more than three (3) players from any one other member league within a single calendar year.

3.3.2 Players may ask for a release from their member league. Released players do not count against a member league's transfer limitation.

3.3.3 If a member league is dissolved, all players are considered released and may transfer without counting against a member league's transfer limitation.

3.4 Any violations of player recruitment rules or refusal to cooperate with eligibility review audits shall be subject to disciplinary actions, including revocation of the Member League's eligibility.



# *Rookies Division Rules for All Skill Classes*

The following rules apply to the Rookies Division of Capital District ELITE Youth Baseball (CD Elite) and apply to all class levels of play unless explicitly noted otherwise. Interpretation of these rules and any changes to these rules are subject to review by the CD Elite Executives and Advisory Board.

## **1.0 Game Preliminaries**

### **1.1 Field Preparation**

- 1.1.1 The pitcher's circle shall be defined as the dirt area of the pitcher's mound. If playing on an all dirt surface, a chalk circle 12-foot diameter.
- 1.1.2 A mark or chalk line must be present 40 feet from home plate to denote the pitching distance. If a chalk circle has been drawn, this is sufficient.
- 1.1.3 A mark or chalk line must be present halfway (30 feet) between first and second base, second and third base, and third base and home plate.

### **1.2 Pregame Warmup**

- 1.2.1 The home team gets the entire field for warm up 30 minutes prior to the start of the game for a total of 10 minutes. The visiting team must leave the playing field entirely and standby in their dugout.
- 1.2.2 The visiting team gets the field for practice 15 minutes prior to the start of the game for a total of 10 minutes. The home team must leave the playing field entirely and standby in their dugout.

### **1.3 Game Timing**

- 1.3.1 Game start times will be determined by the official schedule and will be 6-innings in length.
- 1.3.2 Time limit is 2 hours from the first pitch. No new inning can start after 2 hours have elapsed unless the game is tied.
  - NOTE: Home venue and/or Umpires may enforce a "hard-stop" at 2-hours. This must be clearly communicated before the game begins.
- 1.3.3 Games will be played until there is a winner, unless a hard-stop is enforced.
  - NOTE: No runners begin extra-innings on base.
- 1.3.4 5 runs max per inning until the 6th inning and beyond.
  - NOTE: If an over-the-fence homerun results in more than 5 runs in an inning, all runs will count.

### **1.4 Before the start of the game the umpire will –**

- 1.4.1 Confirm ground rules with the manager or coach from each team.



- 1.4.2 Confirm CD Elite house rules with the manager or coach from each team (see below).
- 1.4.3 Receive two new game balls from the Home team's manager.
  - NOTE: Additional game balls–furnished by the home team–should be available if they become necessary, but only two are required to start the game.
  - Legal baseballs: Any official tournament baseball

## 2.0 Game Rules

### 2.1 Managers & Coaches

- 2.1.1 A maximum of 4 adults are allowed in the dugout during the game.
  - NOTE: No coaches are allowed on the playing field in fair territory while your opponent is on offense.
- 2.1.2 At least one adult must be a base coach. Any base coach under the age of 18 must wear a helmet.
- 2.1.3 One coach from each team will be the pitcher on offense. The pitcher will pitch from or behind the pitching line at the distance of 40 feet. All pitching must be overhand.
- 2.1.4 The coach-pitcher should not coach the batters or runners. One team warning will be given.
  - NOTE: The second warning will result in that player being called out.
- 2.1.5 One coach from each team is responsible for keeping a scorebook to track the game score, outs per inning, and player pitch counts. Scorekeepers should confirm game score and pitch count between each half inning. In the event of a dispute the home team's scorebook will be official.
- 2.1.6 All coaches are responsible for cleaning out the dugouts after the game is over.

### 2.2 Player Equipment

- 2.2.1 All players should be legally and properly equipped.
- 2.2.2 Bats clearly marked with the USABat stamp and wooden bats are allowed. All other bats are prohibited.
- 2.2.3 All on-deck batters outside of the dugout must wear a helmet.
  - NOTE: Home venue may override allowing on-deck outside of the dugout.

### 2.3 Player Participation

- 2.3.1 All rostered players in attendance must appear in the batting line up (a.k.a. Continuous Lineup).
- 2.3.2 Games may begin with a minimum of 8 players.

### 2.4 Defense

- 2.4.1 A maximum of 10 players are allowed on the field with 4 outfielders positioned at least 6 feet behind the outfield grass cut.
  - NOTE: When 4 outfielders are present, at least 2 outfielders must start on either side of second base in left field and right field.



- 2.4.2 The fielder playing the pitcher's position must begin each at-bat inside of the pitching circle until the ball is hit.
- NOTE: If the fielder playing the pitcher's position begins the play outside of the circle, then this player may not participate in the defensive play. If the fielder playing the pitcher's position illegally makes a defensive play, the batter will be awarded first base and the play will be ruled dead.
- 2.4.3 Play stops when a fielder throws the ball to the fielder playing the pitcher's position who must have at least one foot inside of the pitching circle.
- 2.4.4 When play stops, if a base runner is past the halfway line (or more than halfway to the next base in the umpires judgment), the runner is awarded that base. If the base runner has not passed the line, the runner must return to the last base touched.
- NOTE: If the base is already occupied by another player, the runner must go back.
- 2.4.5 The pitcher-coach must immediately leave the pitching circle and move towards the baseline in the opposite direction to where the ball is hit. If the pitcher-coach intentionally interferes with a defensive player or his throw in the opinion of the umpire, then the batter is out, and all runners return to the base where they were before the ball was hit.

## 2.5 Offense

- 2.5.1 If a batted ball strikes the pitcher-coach, the ball is dead and ruled a dead ball and does not count towards the total pitch count of balls and strikes.
- 2.5.2 Each batter will get three (3) strikes or seven (7) pitches, whichever comes first. If a player fouls off the seventh pitch or any pitch thereafter, that batter will continue to bat until they put the ball in play or strikeout. If the batter reaches or exceeds the pitch limit without making contact, the batter is declared out.
- 2.5.3 There are no walks.
- 2.5.4 There is no bunting.
- NOTE: Bunt attempts will be immediately ruled dead, and count against the batter's seven pitch limit. If the seventh pitch is a bunt attempt, then the batter is declared out.
- 2.5.5 Baserunners may not leave the bag until the ball is put in play.
- NOTE: When a runner leaves early, the standard Cal Ripken Rule interpretations will apply.
- 2.5.6 There is no infield fly rule.
- 2.5.7 Runners may not advance on passed balls or wild pitches.

## 3.0 Game Results

- 3.1 The home team manager must submit the game score on the League website, and the visiting coach must confirm the score in order for the game to be official and final.

- 3.2 For tournament games, both the home and the visiting team managers must submit their pitching logs on the League's website prior to the team's next game.
- 3.2.1 If a manager fails to record their team's pitch counts, it will be assumed that all pitchers used in the game reached their daily maximum.
- 3.3 Disputes and Protests
- 3.3.1 All disputes, complaints, or protests shall be discussed immediately with a CD Elite Executive.
- 3.3.2 If unable to be immediately resolved, all disputes, complaints, and protests shall be heard, considered, and ruled upon by the Rules Committee as quickly as possible.
- 3.3.3 Disputes and protests must be made immediately following the end of the game. If the protest concerns a rules interpretation, the protest must be made known to both dugouts, the umpire, and at least one CD Elite Executive before the ball is put in play and the game continues.
- NOTE: The precise time that a protest is made must be clearly marked in your scorebook to record the game state at the time of the protest.

## 4.0 Sportsmanship

- 4.1 By participating in a CD Elite game, all participants and spectators acknowledge having read and understood the relevant Code of Conduct Policy.
- 4.2 No player, coach, parent, or guardian may tamper with or solicit participation from any player or coach on the opposing team. (a.k.a Poaching).
- 4.3 In the event poor sportsmanship rises to a level beyond the scope of the coaching staff, a CD Elite Executive should be notified and will administer appropriate sanctions.

## 5.0 Scheduling & Weather

- 5.1 Game and tournament schedules are determined by the official scheduler. All games must be played according to the schedule.
- 5.2 In the event of inclement weather or unplayable field conditions prior to the start of the game, the home team will notify participants and umpires of a postponement.
- 5.3 In the event of inclement weather after the games have begun, it will be at the discretion of the Patch Umpire on the field or a presiding CD Elite Executive (in the absence of a Patch Umpire) whether or not to continue playing.
- 5.4 The official scheduler will make a determination on whether the game will be canceled or rescheduled.
- 5.4.1 NOTE: Coaches are forbidden to cancel or change the official schedule. If a change is absolutely necessary, a request must be made in writing to the Official Scheduler with at least 2-days notice.





## House Rules Rundown

As noted in rule 1.3.1, the team managers must confirm house rules with the Umpire. Use this list as a starting point for that conversation.

- Runners can advance when the ball is put in play
- No Infield Fly
- No advance on passed ball
- No must-slide. Head first slide on return only.
- 15-run mercy after 3, 10-run mercy after 4
- 5-run max per inning
- 2-hour Time Limit
- Runner starts on second base in extra innings (last completed plate appearance).



## *8U-10U Division Rules for All Skill Classes*

Except where explicitly noted as an override in these rules, all Capital District ELITE Youth Baseball (CD Elite) games will be played under the Babe Ruth League Inc. Baseball Rules & Regulations & Official Playing Rules. All managers and coaches are responsible to be familiar with these rules and regulations. Under no circumstances will managers agree to change the rules to play a game.

The following rules apply to the 8U, 9U, and 10U Division of CD Elite and apply to all class levels of play unless explicitly noted otherwise. Interpretation of these rules and any changes to these rules are subject to review by the CD Elite Executives and Advisory Board.

### 1.0 Game Preliminaries

#### 1.1 Pregame Warmup

- 1.1.1 The home team gets the entire field for warm up 30 minutes prior to the start of the game for a total of 10 minutes. The visiting team must leave the playing field entirely and standby in their dugout.
- 1.1.2 The visiting team gets the field for practice 15 minutes prior to the start of the game for a total of 10 minutes. The home team must leave the playing field entirely and standby in their dugout.

#### 1.2 Game Timing

- 1.2.1 Game start times will be determined by the official schedule.
- 1.2.2 Time limit is 2 hours from the first pitch. No new inning can start after 2 hours have elapsed unless the game is tied.
  - NOTE: Home venue and/or Umpires may enforce a “hard-stop” at 2-hours. This must be clearly communicated before the game begins.
- 1.2.3 Games will be played until there is a winner, unless a hard-stop is enforced.
- 1.2.4 If extra innings are needed, the batting team will start with a runner on second base. The runner will be the last completed plate appearance from the previous offensive inning. A legal substitution can be made if a substitute is available.
  - NOTE: This rule overrides the extra inning rules described in the Babe Ruth Official Playing Rules
- 1.2.5 The game will immediately end if a team is ahead by 12 runs in the bottom of the 4th inning, or ahead by 10 runs in the bottom of the 5th inning.
  - NOTE: This rule overrides the mercy rules rules described in the Babe Ruth Official Playing Rules
- 1.2.6 [8U ONLY]: 5 runs max per inning until the 6th inning and beyond.



- NOTE: If an over-the-fence homerun results in more than 5 runs in an inning, all runs will count.
- 1.3 Before the start of the game the umpire will –
    - 1.3.1 Confirm ground rules with the manager or coach from each team.
    - 1.3.2 Confirm CD Elite house rules with the manager or coach from each team (see below).
    - 1.3.3 Receive two new game balls (any official league or tournament baseball) from the Home team’s manager.
      - NOTE: Additional game balls–furnished by the home team–should be available if they become necessary, but only two are required to start the game.

## 2.0 Game Rules

### 2.1 Managers & Coaches

- 2.1.1 A maximum of 4 adults are allowed in the dugout during the game.
- 2.1.2 At least one adult must be a base coach. Any base coach under the age of 18 must wear a helmet.
- 2.1.3 One coach from each team is responsible for keeping a scorebook to track the game score, outs per inning, and player pitch counts. Scorekeepers should confirm game score and pitch count between each half inning. In the event of a dispute the home team’s scorebook will be official.
- 2.1.4 All coaches are responsible for cleaning out the dugouts after the game is over.

### 2.2 Player Equipment

- 2.2.1 All players should be legally and properly equipped.
- 2.2.2 Bats clearly marked with the USABat stamp and wooden bats are allowed. All other bats are prohibited.
- 2.2.3 All on-deck batters outside of the dugout must wear a helmet.
  - NOTE: Home venue may override allowing on-deck outside of the dugout.

### 2.3 Player Participation

- 2.3.1 [9U & 10U ONLY]: Before the start of the game, both managers will declare if they are using a continuous lineup, or an All-Star lineup with legal substitutions.
- 2.3.2 [8U ONLY]: All rostered players in attendance must appear in the batting line up (a.k.a. Continuous Lineup).

### 2.4 Defense

- 2.4.1 Pitchers may not exceed a daily limit of 75 pitches.
  - [8U ONLY]: Pitchers may not exceed a daily limit of 50 pitches.
- 2.4.2 Once a pitcher has been removed from the mound, that pitcher can return as a pitcher but cannot exceed pitch count limit.
- 2.4.3 A player can only be re-inserted as a pitcher one time during a game.
- 2.4.4 [8U ONLY]: 10 defensive players; 4 outfielders.



## 2.5 Offense

- 2.5.1 Delayed stealing is not allowed. (See: Cal Ripken 60 ft. Baseball Special Base Running Rule)
- 2.5.2 A courtesy runner is allowed for the catcher when there are 2 outs in the inning.
  - NOTE: Courtesy runner must be the last batted out.

## 3.0 Game Results

- 3.1 The home team manager must submit the game score on the League website, and the visiting coach must confirm the score in order for the game to be official and final.
- 3.2 For tournament games, both the home and the visiting team managers must submit their pitching logs on the League's website prior to the team's next game.
  - 3.2.1 If a manager fails to record their team's pitch counts, it will be assumed that all pitchers used in the game reached their daily maximum.
- 3.3 Disputes and Protests
  - 3.3.1 All disputes, complaints, or protests shall be discussed immediately with a CD Elite Executive.
  - 3.3.2 If unable to be immediately resolved, all disputes, complaints, and protests shall be heard, considered, and ruled upon by the Rules Committee as quickly as possible.
  - 3.3.3 Disputes and protests must be made immediately following the end of the game. If the protest concerns a rules interpretation, the protest must be made known to both dugouts, the umpire, and at least one CD Elite Executive before the ball is put in play and the game continues.
    - NOTE: The precise time that a protest is made must be clearly marked in your scorebook to record the game state at the time of the protest.

## 4.0 Sportsmanship

- 4.1 By participating in a CD Elite game, all participants and spectators acknowledge having read and understood the relevant Code of Conduct Policy.
- 4.2 No player, coach, parent, or guardian may tamper with or solicit participation from any player or coach on the opposing team. (a.k.a Poaching).
- 4.3 In the event poor sportsmanship rises to a level beyond the scope of the coaching staff, a CD Elite Executive should be notified and will administer appropriate sanctions.

## 5.0 Scheduling & Weather

- 5.1 Game and tournament schedules are determined by the official scheduler. All games must be played according to the schedule.
- 5.2 In the event of inclement weather or unplayable field conditions prior to the start of the game, the home team will notify participants and umpires of a postponement.



- 5.3 In the event of inclement weather after the game has begun, it will be at the discretion of the Patch Umpire on the field or a presiding CD Elite Executive (in the absence of a Patch Umpire) whether or not to continue playing.
- 5.4 The official scheduler will make a determination on whether the game will be canceled or rescheduled.
- 5.4.1 NOTE: Coaches are forbidden to cancel or change the official schedule. If a change is absolutely necessary, a request must be made in writing to the Official Scheduler with at least 2-days notice.



## House Rules Rundown

As noted in rule 1.3.2, the team managers must confirm house rules with the Umpire. Use this list as a starting point for that conversation.

- Runners can advance when the ball crosses the plate
- Infield Fly is enforced at 9 & 10
- No dropped third strike advance
- No delayed steal
- No must-slide.
- 12-run mercy after 4, 10-run mercy after 5
- 2-hour Time Limit
- Runner starts on second base in extra innings (last completed plate appearance).

## USA Baseball PitchSmart Guidance

Ultimately, it is the responsibility of the parent and the athlete to ensure that each player follows rest period guidelines over the course of a year. Given that athletes will oftentimes play in multiple rec, travel, and showcase leagues with different affiliations covering different times of the year, CD Elite cannot properly enforce rest periods based on pitches thrown in this or any other league game or practice. With this in mind, CD Elite offers the following guidance based on USA Baseball's PitchSmart and we encourage all coaches to follow the recommended rest periods in the interest of player health.

Age	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest
8	1-20	21-35	36-50	N/A	N/A
9-10	1-20	21-35	36-50	51-65	66+
11-12	1-20	21-35	36-50	51-65	66+



## *11U-12U Division Rules for All Skill Classes*

Except where explicitly noted as an override in these rules, all Capital District ELITE Youth Baseball (CD Elite) games will be played under the Babe Ruth League Inc. Baseball Rules & Regulations & Official Playing Rules. All managers and coaches are responsible to be familiar with these rules and regulations. Under no circumstances will managers agree to change the rules to play a game.

The following rules apply to the 11U and 12U Division of CD Elite and apply to all class levels of play unless explicitly noted otherwise. Interpretation of these rules and any changes to these rules are subject to review by the CD Elite Executives and Advisory Board.

### 1.0 Game Preliminaries

#### 1.1 Pregame Warmup

- 1.1.1 The home team gets the field for practice 30 minutes prior to the start of the game for a total of 10 minutes. The visiting team must leave the playing field entirely and standby in their dugout
- 1.1.2 The visiting team gets the field for practice 15 minutes prior to the start of the game for a total of 10 minutes. The home team must leave the playing field entirely and standby in their dugout

#### 1.2 Game Timing

- 1.2.1 Game start times will be determined by the official scheduler.
- 1.2.2 Time limit is 2 hours from the first pitch. No new inning can start after 2 hours have elapsed unless the game is tied.
  - NOTE: Home venue and/or Umpires may enforce a “hard-stop” at 2-hours. This must be clearly communicated before the game begins.
- 1.2.3 Games will be played until there is a winner.
- 1.2.4 If extra innings are needed, the batting team will start with a runner on second base. The runner will be the last completed plate appearance from the previous offensive inning. A legal substitution can be made if a substitute is available.
  - NOTE: This rule overrides the extra inning rules described in the Babe Ruth Official Playing Rules
- 1.2.5 The game will immediately end if a team is ahead by 12 runs in the bottom of the 4th inning, or ahead by 10 runs in the bottom of the 5th inning.
  - NOTE: This rule overrides the mercy rules rules described in the Babe Ruth Official Playing Rules



- 1.3 Before the start of the game the umpire will –
  - 1.3.1 Confirm ground rules with the manager or coach from each team.
  - 1.3.2 Confirm CD Elite house rules with the manager or coach from each team (see below).
  - 1.3.3 Receive two new game balls (any official league or tournament baseball) from the Home team's manager.
    - NOTE: Additional game balls–furnished by the home team–should be available if they become necessary, but only two are required to start the game.

## 2.0 Game Rules

### 2.1 Managers & Coaches

- 2.1.1 A maximum of 4 adults are allowed in the dugout during the game.
- 2.1.2 At least one adult must be a base coach. Any base coach under the age of 18 must wear a helmet.
- 2.1.3 One coach from each team is responsible for keeping a scorebook to track the game score, outs per inning, and player pitch counts. Scorekeepers should confirm game score and pitch count between each half inning. In the event of a dispute the home team's scorebook will be official.
- 2.1.4 All coaches are responsible for cleaning out the dugouts after the game is over.

### 2.2 Player Equipment

- 2.2.1 All players should be legally and properly equipped.
- 2.2.2 Bats clearly marked with the USABat stamp and wooden bats are allowed. All other bats are prohibited.
- 2.2.3 All on-deck batters outside of the dugout must wear a helmet.
  - NOTE: Home venue may override allowing on-deck outside of the dugout.

### 2.3 Player Participation

- 2.3.1 Before the start of the game, both managers will declare if they are using a continuous lineup, or an All-Star lineup with legal substitutions.

### 2.4 Defense

- 2.4.1 Pitchers may not exceed a daily limit of 85 pitches.
- 2.4.2 Once a pitcher has been removed from the mound, that pitcher can return as a pitcher but cannot exceed pitch count limit.
- 2.4.3 A player can only be re-inserted as a pitcher one time during a game.
- 2.4.4 [11U ONLY]: On a balk, one warning will be given per player, per game.

### 2.5 Offense

- 2.5.1 A courtesy runner is allowed for the catcher when there are 2 outs in the inning.





### 3.0 Game Results

- 3.1 The home team manager must submit the game score on the League website, and the visiting coach must confirm the score in order for the game to be official and final.
- 3.2 For tournament games, both the home and the visiting team managers must submit their pitching logs on the League's website prior to the team's next game.
  - 3.2.1 If a manager fails to record their team's pitch counts, it will be assumed that all pitchers used in the game reached their daily maximum.
- 3.3 Disputes and Protests
  - 3.3.1 All disputes, complaints, or protests shall be discussed immediately with a CD Elite Executive.
  - 3.3.2 If unable to be immediately resolved, all disputes, complaints, and protests shall be heard, considered, and ruled upon by the Rules Committee as quickly as possible.
  - 3.3.3 Disputes and protests must be made immediately following the end of the game. If the protest concerns a rules interpretation, the protest must be made known to both dugouts, the umpire, and at least one CD Elite Executive before the ball is put in play and the game continues.
    - NOTE: The precise time that a protest is made must be clearly marked in your scorebook to record the game state at the time of the protest.

### 4.0 Sportsmanship

- 4.1 By participating in a CD Elite game, all participants acknowledge having read and understood the relevant Code of Conduct Policy.
- 4.2 No player, coach, parent, or guardian may tamper with or solicit participation from any player or coach on the opposing team. (a.k.a Poaching).
- 4.3 In the event poor sportsmanship rises to a level beyond the scope of the coaching staff, a CD Elite Executive should be notified and will administer appropriate sanctions.

### 5.0 Scheduling & Weather

- 5.1 Game and tournament schedules are determined by the official scheduler. All games must be played according to the schedule.
- 5.2 In the event of inclement weather or unplayable field conditions prior to the start of the game, the home team will notify participants and umpires of a postponement.
- 5.3 In the event of inclement weather after the games have begun, it will be at the discretion of the Patch Umpire on the field or a presiding CD Elite Executive (in the absence of a Patch Umpire) whether or not to continue playing.
- 5.4 The official scheduler will make a determination on whether the game will be canceled or rescheduled..



5.4.1 NOTE: Coaches are forbidden to cancel or change the official schedule. If a change is absolutely necessary, a request must be made in writing to the Official Scheduler with at least 2-days notice.



## House Rules Rundown

As noted in rule 1.3.2, the team managers must confirm house rules with the Umpire. Use this list as a starting point for that conversation.

- MLB Rules
- Infield Fly enforced
- Dropped third strike advance allowed
- 12-run mercy after 4, 10-run mercy after 5
- 2-Hour Time Limit
- Runner starts on second base in extra innings (last completed plate appearance).

## USA Baseball PitchSmart Guidance

Ultimately, it is the responsibility of the parent and the athlete to ensure that each player follows rest period guidelines over the course of a year. Given that athletes will oftentimes play in multiple rec, travel, and showcase leagues with different affiliations covering different times of the year, CD Elite cannot properly enforce rest periods based on pitches thrown in this or any other league game or practice. With this in mind, CD Elite offers the following guidance based on USA Baseball's PitchSmart and we encourage all coaches to follow the recommended rest periods in the interest of player health.

Age	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest
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11-12	1-20	21-35	36-50	51-65	66+



# III

## ADDITIONAL RESOURCES

These resources are intended to provide guidance and context for the rules and policies laid out above.



## *Plus Player Participation*

A **DIVISION ELIGIBILITY DATE** is defined as the date that players must be born on or after to be considered eligible for a division.

A **TEAM ELIGIBILITY DATE** is another way of saying the eligibility date of the division to which the team belongs.

An **AGE ELIGIBLE PLAYER** is defined as a player whose date of birth falls on or after the division's eligibility date for the team on which he is rostered.

A **PLUS PLAYER** is defined as a player whose date of birth falls up to one calendar year before the age eligibility date of the team on which he is rostered.

For instance, in 2025 the age eligibility date for the 10U age division will be May 1, 2014. All players born on or after May 1, 2014 are eligible for the 10U division in 2025. Players born between May 1, 2013 and April 30, 2014 will be considered plus players.

## **Waiver Acceptance Guidance**

The purpose of plus player participation is to give teams and players who would ordinarily be unable to participate an opportunity to play baseball. CD Elite is not trying to disrupt divisional competition nor fracture organizational structure by allowing skilled players who otherwise have options within an organization to play on teams below their eligibility year. Mindful that each situation is unique, CD Elite will review all requests on a case-by-case basis and make a determination if granting the waiver would be in the best interest of the team, its division, the parent organization, and CD Elite.