



USSSA BASEBALL

RULE BOOK

Revised 2016

Council Bluffs Parks, Recreation & Public Property
209 Pearl Street
Council Bluffs, IA 51503
(712) 328-4650
Fax: (712) 322-3021

Rainout Line (after 3:00 p.m.): (712) 328-4680

Email: info@cbparksandrec.org
www.cbparksandrec.org



*****RULES OF CONDUCT – For Players, Parents, Spectators, Coaches, and Umpires:**

All participants in Parks and Recreation programs, including players, parents, spectators, coaches, and umpires, will treat each other with courtesy and respect at all times.

Unsportsmanlike behavior, including (but not limited to) vulgar language, derogatory comments, threatening words or actions, or physical violence of any kind will not be tolerated.

Disciplinary action can and will be taken, if warranted.

Umpires have the right to eject players, parents, spectators or coaches from the game or game area. If more severe sanctions are recommended, the Parks and Recreation's policies will be followed (copies of this policy are available upon request).

I. Coach's Expectations

A. Each coach must sign and return the attached "Pledge of Ethics."

1. All coaches will be held to all Pledge standards for the duration of the season.

B. Each coach will agree to having a background check ran and their name run through the sex offender registry.

II. Coaches' Meeting

A. At least one representative from each team **MUST** attend the pre-season coaches' meeting.

III. Rosters, Waivers, Payment

A. Signed waivers for every child are due no later than the first game of play.

B. Full payment is due no later than the coaches' meeting.

IV. Eligibility

A. Age Limits

1. *10 and Under:* Any child who is currently 9 years old and who will not be 11 by Aug 1st of the current year

2. *12 and Under:* Any child who is currently 11 years old and who will not be 13 by Aug 1st of the current year

3. *14 and Under:* Any child who is currently 13 years old and who will not be 15 by Aug 1st of the current year

B. Birth Certificates and Contracts

1. Each player must provide a copy of his/her birth certificate and a signed Players' Contract to the Parks and Recreation Department prior to the start of the season. These copies will not be returned.

2. A new contract and birth certificate copy are required each year.

3. If a player is on a high school roster, proof is required.

- C. Maximum Players per Team
 - 1. A recommended maximum of fifteen (15) players per team is recommended to allow for ample playing time.
 - D. Roster and Payment
 - 1. A team's complete payment and roster with players' names, birth dates, addresses, ages, coaches names and phone numbers must be turned in WITH all signed contracts and birth certificate copies one week prior to the start of the season.
- V. Ineligibility and Forfeiture
- A. If a player is deemed ineligible, games in which they have participated will be forfeited. Circumstances include:
 - 1. Playing in the wrong age group
 - 2. Playing under an assumed name
 - 3. Playing without being on the official team roster
 - B. Failure to show up for a ball game will result in a forfeit.
- VI. Scoring and Make-ups
- A. *10 and Under*: There are no official scores kept for this league. Rainouts and cancellations will be made up if time permits.
 - B. *12 and Under, 14 and Under*:
 - 1. Official scores will be kept for this league. Rainouts will be rescheduled.
 - 2. Cancellations (made in agreement with the other team and prior to the day of the game) can be made up if both teams agree.
 - 3. If both teams cannot agree to a make-up time in advance, the team that cancels will receive the forfeit.
 - 4. If a game is cancelled on the day it is to be played, it is a forfeit.
- VII. Field Measurements and Equipment
- A. *10 and Under*: 65' bases, 46' pitching, USSSA regulation baseball.
 - B. *12 and Under*: 70' bases, 50' pitching, USSSA regulation baseball.
 - C. *14 and Under*: 80' bases, 54' pitching, USSSA regulation baseball.
 - D. Stationary bases will be provided at the Council Bluffs Recreation Complex and Bahnsen Park.
 - E. Teams are responsible for turning on, AND OFF, lights for late games. Coaches will get a key for the light boxes at the coaches meeting.
 - F. A coin toss will determine the home team, not what is listed on the schedule.
- VIII. Length of Games
- A. *10 and Under*
 - 1. Time limit, including ties: 1 hour, 30 minutes
 - 2. Games shall be measured by time limits, not innings.
 - 3. An inning started before the end of the time limit may be completed.
 - 4. Maximum runs scored per inning: 5
 - B. *12 and Under*
 - 1. Time limit, including ties: 1 hour, 50 minutes
 - 2. Innings needed for a complete game: 7
 - 3. Innings needed for a complete game in rainouts or with 10 run rule: 4
 - C. *14 and Under*

1. Time limit, including ties: 1 hour, 50 minutes
 2. Innings needed for a complete game: 7
 3. Innings needed for a complete game in rainouts or with 10 run rule: 4
- D. *Time Limits for Tied Games (12 and Under, 14 and Under)*
1. No new inning after time limit in league play.
 2. The final inning may be completed if it began before time limit.
 3. Games can end in a tie.
- E. *Other Rules (10 and Under)*
1. Players are not allowed to steal home or run on a dropped third strike
- F. *Other Rules (12 and Under, 14 and Under)*
1. If a game is stopped due to inclement weather, it will begin at the same point it was suspended when it is made up.
 2. There is a ten-minute forfeiture for the first game only.

IX. Player Participation

A. *10 and Under*

1. Each player must play AT LEAST two innings (twelve consecutive outs).
2. A maximum of ten players can bat in one half of the inning. The coach must notify the other that the tenth is their last batter. (This rule is not in effect for tournaments).
3. All players batting order is allowed.
4. Pinch running does not qualify under the participation rule.
5. Runners can lead off bases. A mark is placed on the third base foul line within five feet of the base.

B. *12 and Under and 14 and Under*

1. All participants must play AT LEAST six consecutive outs.
2. All players batting order is allowed.
3. Pinch running does not qualify under the participation rule.

X. Pitching

A. *All Leagues*

1. Coaches must keep a log for each pitcher, including number of outs and innings per day.
2. The log must be presented to the opposing coach and umpire at the home plate meeting, five minutes before game time.
3. Pitching rules must be strictly adhered to, for the safety of the pitchers.

B. *10 and Under*

1. If a player pitches in FOUR or more innings, he/she must have THREE calendar days of rest.
2. Each pitcher may only pitch a MAXIMUM of six innings per calendar week.

Examples:

Pitch four innings on:

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Can pitch again on:

Thursday
Friday
Saturday
Sunday
Monday
Tuesday
Wednesday

C. *12 and Under*

1. If a player pitches in FOUR or more innings, he/she must have TWO calendar days of rest.
2. Each pitcher may only pitch a MAXIMUM of seven innings per calendar week. Examples:

Pitch four innings on:

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Can pitch again on:

Wednesday
Thursday
Friday
Saturday
Sunday
Monday
Tuesday

D. *14 and Under*

1. If a player pitches in FOUR or more innings, he/she must have ONE calendar day of rest.
2. Each pitcher may only pitch a MAXIMUM of eight innings per calendar week. Examples:

Pitch four innings on:

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Can pitch again on:

Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
Monday

XI. Uniforms and Sponsorship

1. It is recommended that all players have matching shirts with numbers.
2. No metal spikes allowed, except in the U14 division (pitchers in the U14 division cannot wear metal cleats while pitching). Tennis and soccer shoes are allowed.
3. Full uniforms must be provided by the team, including all equipment (catcher's gear, batting and base runner helmets, etc.).
4. Sponsorships are allowed BUT no "adult business" sponsorships (i.e. bars).

XII. Awards

A. *All Divisions*

1. All participants will receive a participation award from the Parks and Recreation Department at the end of the season.
2. Awards will be available before the final game.

***Parks and Recreation Youth Sports
Roster***

League: _____ Team Name: _____

Coach: _____ Asst. Coach: _____

Address: _____ Addresses: _____

Home Phone: _____ Wk Ph: _____ Home Phone: _____ Wk. Ph: _____

Email: _____ Email: _____

Signature: _____ Signature: _____

Player's Name Address Phone Birth Date Age Birth Cert. (√)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

Council Bluffs Youth Sports

COACH'S PLEDGE

1. I will, at all times, make the physical, mental and emotional health of my players my top priority.
2. I will emphasize helping my players grow and develop as people more than winning.
3. I will recognize the individual needs and talents of each of my players.
4. I will be respectful at all times in my dealings with players, parents, spectators, and officials.
5. I will strive to make fun and learning the primary goals for my team.
6. I will abide by all safety considerations, including equipment, facilities, and weather conditions.
7. I will abstain from using profane language in front of my players.
8. I will abstain from using alcohol, tobacco products, or any kind of controlled substances around my players.
9. I will communicate all information about the team to my parents in a timely fashion, including my coaching philosophy, practice times and locations, game times and locations, rainout information, and any other relevant details.
10. I will be a positive role model for all aspects of the game.
11. I will follow all local, state, and association rules for my sport.

Team Name: _____

League: _____

SIGNATURE

DATE

