

**Arlington Babe Ruth Baseball**  
**Majors 70' Rules**  
**(Ages 11-12)**

**Revised Date: March 25, 2019 – FINAL FOR 2019 SEASON**

**Majors 70'** is geared for second-year Majors players, and the more advanced 11 and 12 year olds. Majors 70' is played on a 50'/70' intermediate baseball diamond, with a 50' mound and 70' bases.

- 1. Ages:** 11-12 (cannot turn 13 before April 30).
- 2. Safety and Equipment:**
  - A. *Compliance Required.* All players, coaches and assistants must comply with all National and Local rules requiring the use of safety equipment.
  - B. *Ball.* A regulation hard ball is used at this level.
  - C. *Catchers.* Catchers must wear full catching gear and a protective cup at all times when playing the position.
  - D. *Warming Up Pitchers.* Everyone, including adults and players who are not catchers, must wear an approved mask when warming up pitchers at any location, including bullpens and on the field.
  - E. *Protective Cups.* All players must wear a protective cup during practices and games.
  - F. *Jewelry.* Players must remove any bracelets, jewelry, watches, etc. The rules do allow medical bands and religious items if worn properly. Pitchers are not allowed to wear arm bands, sweat bands, and sunglasses, including on the brim of their cap, unless for a medical reason clearly stated prior to the game.
- 3. Games:**
  - A. *Official Game.* Games are six innings long. A game is official after 2.5 innings, regardless of the reason why the game is stopped. If a full inning is not completed, the official score will revert to the last complete inning.
  - B. *Slaughter Rule (Regular and Post Season).* If a team is ahead by ten or more runs after four innings (3.5 if the home team is ahead), the game is over.
  - C. *Time Limit.* No new inning may begin more than 1:45 minutes after the scheduled start time, regardless whether the game began on time. All games are also subject to a “drop dead” time limit of 2:00 hours from the scheduled start time. If the drop dead time is reached during an at bat, the batter will be allowed to finish the at bat. If the result of that at bat concludes the game, the score will

be final. If that at bat does not conclude the game, the official score will revert back to the last completed inning.

- D. *Score and Standings.* Score is kept by both teams and will be reported to the League by the home team. Scorekeepers from both teams should communicate during the game to avoid discrepancies. Standings are kept.
- E. *Dugout.* The home team sits in the third base dugout. Coaches must remain within confines of the dugout during play, except when occupying a coach's box at first or third base.
- F. *Forfeits.* A team with less than seven players will forfeit the game even if the coaches decide to scrimmage or use borrowed players. A team may play an official game with seven players. Teams with seven players may "borrow" a fielder or two from the opposing team each inning. This player(s) will play the field for the short-handed team only, but will also play the field and bat for his/her own team. Borrowed players may not pitch.
- G. *Rainouts.* If the inclement weather line (703-228-4715) calls off practices or games due to rain or wet conditions, the game is cancelled. If it starts raining, coaches can agree to end the game or wait out a passing storm—use common sense. The umpire may end a game if field conditions become too wet for safe play. If lightning or thunder occurs, the umpire will suspend the game for 30 minutes. This 30-minute clock is reset each time the umpire sees lightening or hears thunder. Delays or suspensions of the game do not extend or otherwise change the drop dead time or the time that no new inning can begin. Umpires, coaches, and players must seek safe shelter during these delays. Dugouts do not qualify as safe shelter.
- H. *Makeup Games.* The League will attempt to makeup all postponed or cancelled games. Makeups will be scheduled through coordination between a League Commissioner and coaches. The coaches of teams in a cancelled game should try to arrange a makeup game during one of the teams' weekly practices and can email the League to obtain an umpire.
- I. *Umpires.* Games will be staffed by at least one umpire. If no umpire shows up, coaches should appoint a coach(es) or parent(s) to umpire; the game should go forward as scheduled and will count towards League standings. Coaches are prohibited from arguing calls with umpires.

**4. Maximize Play of All Players:** An objective of ABR house play is to maximize the playing time, touches, and at bats of all players, regardless of their playing ability. The below rules are intended to promote that objective.

- A. *Minimum Play Rule.* It is the intent of ABR to ensure that all players receive as much game time as possible. Coaches should plan for all players to play in the field for at least half the game. Defensively, no player may be on the bench for more than one consecutive inning at a time. That is, each player must play at least

every other inning in the field. Failure to abide by the minimum play rule may result in a forfeit.

- B. *Free Substitution (Except for Pitchers).* Free substitution is allowed in the field after any inning. The only exception to this rule is for pitchers, who may not return to that position if they are removed, even if they have not reached their pitch-count limit.
  - C. *Continuous Batting Order.* Teams must use a continuous batting order in which all players bat. Players arriving late are added to the bottom of the batting order. If a player is injured or needs to leave early during the game and cannot continue, his/her spot in the batting order will be removed and no “out” penalty will be assessed when that spot comes back around in the batting order. A team’s scorekeeper should communicate all changes to other team.
  - D. *Defensive Positions.* Standard nine positions on the field.
  - E. *Player Discipline.* This rule shall not interfere with a coach’s ability to restrict eligibility and playing time for disciplinary reasons. Coaches should inform opposing coaches of any players being benched for disciplinary reasons before or during a game.
  - F. *Injuries.* If a player is injured or becomes ill during a game, the decision of, first, a parent, and then, a doctor, will be final as to whether a player is eligible to continue in the game. Coaches are permitted to sit down a player in abundance of caution, even if that has the effect of violating the minimum play rule.
5. **Pace of Play and Hustle Requirement:** Players are required to hustle on and off the field between innings in order to keep the game moving. Due to time limitations, and due to the importance of maximizing players’ in-game touches, coaches are required to help keep the game moving by encouraging their players to hustle on and off the field. The below-listed requirements are aimed at keeping the game moving.
- A. *Time Between Innings.* The first pitch must be thrown no more than one minute after the previous inning has ended.
  - B. *Infield and Outfield Warmups.* Infielders and outfielders may not play catch or throw infield ground balls between innings. Players must run to the field without baseballs and be in position within the one-minute requirement.
  - C. *Warm-up Pitches.* Between innings, a pitcher may take a maximum of five warm-up pitches if he/she does so within the one-minute time limit. A pitcher who enters the game during an inning shall be allowed five warm-up pitches. An umpire may allow additional warm-up pitches for relief pitchers for safety related reasons, such as cold weather.

- D. *Time Between Pitches.* Pitchers must not slow the pace of the game by unreasonably delaying the time between pitches. Pitchers should not walk off the mound to receive the baseball from the catcher during play.
- E. *Penalty.* Teams not in compliance with any of the above rules shall be warned by the umpire. After a warning, an umpire may penalize an offending team by adding a called ball or strike to a count, or taking other necessary steps to advance the pace of play.

**6. Base Running:**

- A. *Stealing and Leads.* Stealing is permitted for all bases. Leads are permitted.
- B. *Head First Slides.* Head first slides are prohibited. A base runner who slides head first will be called out. However, head first “dive backs” are permitted, as explained in Rule 6(C).
- C. *“Dive Backs.”* A base runner may dive back to a base head first. If in the judgment of the umpire, a base runner, having taken a lead or having moved off the base, is simply retreating back to a base, the runner may dive back without penalty. If, in the judgment of the umpire, the runner attempts to advance to the next base and then decides to retreat to his/her original base, the runner may not slide head first, as set forth in Rule 6(B).
- D. *Plays at Home Plate.* At home plate, all players are required to slide (feet first) when, in the judgment of the umpire, there is a play or a potentially imminent play at home plate. Players who fail to slide will be called out.
- E. *Plays at Second and Third Bases.* Base runners are not required to slide into second base or third base. However, base runners may not interfere with a fielder by electing not to slide. Thus, any base runner who in the judgment of the umpire runs into or interferes with a fielder instead of sliding, will be called out for interference consistent with the Official Playing Rules of Babe Ruth Baseball.
- F. *Courtesy Runners.* To keep the game moving, a courtesy runner may be used for a catcher after two outs or for an incoming pitcher after two outs. The courtesy runner must be the last batted out (unless the last batted out is a catcher or incoming pitcher).

**7. Other Official Baseball Rules:**

- A. *Infield Fly.* Consistent with official baseball rules, the “infield fly rule” is in effect.
- B. *Dropped Third Strike.* Consistent with official baseball rules, the “dropped third strike rule” is in effect.

- C. *Balks.* Consistent with official baseball rules, the “balk rule” is in effect. Balks are addressed more in Rule 8(B).
- D. *Bunting.* Bunting is allowed. However, batters may not fake a bunt and then swing away. Any batter who shows bunt and then swings away will be called out and runners will return to their bases. The head coach will be ejected from the game and is subject to suspension. (The reason for this rule and the associated penalties is to protect player safety.)

**8. Pitching:**

- A. *Distance.* Players pitch from 50 feet and from a mound.
- B. *Coach Pitch.* There is no coach pitch at any time.
- C. *Balks—Dead Ball and Warnings.* As noted in Rule 7(C), the “balk rule” is in effect. The rule will be implemented as follows. When a balk is called the ball is dead, regardless whether the pitcher delivers a pitch to home plate. During regular season games, pitchers who balk will be issued a warning to explain what he/she did wrong. The umpire may use his/her discretion about whether to issue additional warnings and when to award a baserunner an extra base. Umpires should use their discretion to enforce the balk rule more stringently as the season progresses.
- D. *Intentional Walks.* Intentional walks are prohibited.
- D. *Removing the Pitcher.* A pitcher removed from the mound during an inning may not return to pitch in the same game.
- E. *Warmup Pitches.* See Rule 5(C).

**9. Pitch Limits:**

- A. *Total Pitches per Game.* 75 is the maximum number of pitches any pitcher may throw in a game.
- B. *Total Innings per Game.* There is no limit on the total number of innings a pitcher may throw in a game, subject to Rule 8(D).
- C. *Games per Day.* A pitcher can only pitch in one game on the same day.
- D. *Complete At Bat.* A pitcher can complete an at bat if he/she reaches the 75-pitch count during an at bat; the pitcher must be removed immediately after that at bat. A pitcher who reaches a pitching threshold during an at bat must count any pitches to complete that at bat towards the pitcher’s total for purposes of the rest requirement. For example, if a pitcher reaches 35 pitches during an at bat and the pitcher chooses to complete the at bat, any further pitches will be counted towards

the pitcher's total and he would be subject to the two-day rest requirement, as explained below.

E. *Pitch Definition.* A pitch includes any pitch (ball or strike) as well as any foul balls, foul tips, balls put in play, or dropped third strikes.

F. *Rest Requirements.* All pitchers must rest as set forth herein:

0 to 20 pitches = 0 days rest  
21 to 35 pitches = 1 day rest  
36 to 50 pitches = 2 days rest  
51 to 65 pitches = 3 days rest  
66 to 75 pitches = 4 days rest

A day of rest is defined as a full calendar day separate and apart from the date of the pitcher's appearance. Thus, regardless of what time of day a pitcher competes, the required day(s) of rest start the next calendar day. For example, a pitcher who pitches 25 pitches on Saturday at 9:00 a.m. and a different pitcher who pitches 25 pitches on the same Saturday at 7:30 p.m., are not eligible to pitch until 8:00 a.m. the following Monday, because they are both required to rest for one separate calendar day before they are eligible to pitch again.

G. *Suspended Games.* In a game suspended by darkness, weather, or other, the pitcher at the time the game was halted is subject to the rest requirements, even if the game is resumed the next day.

**10. Postseason Tournament:** There will be a postseason tournament at the end of the season. Except as set forth below, the above stated rules remain in effect.

A. *Time Limit—All Playoff Games except Championship Game.* No inning may begin more than 1:45 minutes after the first pitch. The Umpire shall declare the 1:45 minute time period immediately after the first pitch. Any delays for inclement weather shall be excluded from the 1:45 minute window. The Umpire may use his/her discretion to exclude other uncontrollable delays from the 1:45 minute window. The teams will complete the inning they are in once the 1:45 minute period expires, at which time the game will become official, subject to Rule 10(C).

B. *Time Limit—Championship Game.* There is no time limit in the championship game.

C. *No Ties.* There are no ties in the postseason tournament. Extra innings will be played as necessary.

D. *Tracking Pitch Count/Inning Maximums.* At the conclusion of each playoff game, coaches are required to jointly complete and sign off on pitch counts using the attached form. The winning coach will report the information to the League. The League will communicate the information for the next set of games and so on.

Coaches should communicate about pitch counts as the game progresses to avoid disputes at the completion of games. There is no exception to the pitching limitations and rest requirements set forth in Rule 9 during the postseason.

- E. *No Warnings for Balks.* The “balk rule” will be administered as set forth in Rule 9(b), except that there will be no warnings issued to any pitchers.
- F. *Forfeits and Borrowed Players.* A team with less than seven players at any point in a game must forfeit. Teams may not borrow players during the playoffs.

**11. Rule Modifications:** These rules can be modified or suspended at any time before, during, or after the season by the ABR Board.

If you have any questions about rules, please contact the League Commissioner or send an email to [arlbaberuth@yahoo.com](mailto:arlbaberuth@yahoo.com).

**Pitching Chart for Playoffs**

Game Date: \_\_\_\_\_

Home: \_\_\_\_\_

Visitor: \_\_\_\_\_

Pitch Count By Inning

<b>Home</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>*7</b>	<b>Total</b>
Pitcher:								
Pitcher:								
Pitcher:								
Pitcher:								

**Visitor**

Pitcher:								
Pitcher:								
Pitcher:								
Pitcher:								

Name/Signature of Home Manager: \_\_\_\_\_

Name/Signature of Visitor Manager: \_\_\_\_\_