

2019
Cadet Boys Baseball League Rules and Regulations

Special Scheduling Notes

1. The dates on the schedules are to be followed explicitly. Special school events such as picnics, outings, field trips, etc., should be scheduled away from game days, if at all possible.
2. Postponements caused by bad weather, of course, are allowed and unavoidable. Whenever a field is unplayable, the CYO Office must be notified. Unless a field is sloppy, and has no chance of drying by game time, we ask all coaches to avoid postponement of a game until later in the day.
3. In all cases, both coaches should take it upon themselves to be responsible for arrangements to make-up a postponed game. All postponed games must be played within 7 days of the originally scheduled game, weather permitting, of course. The CYO Office must be notified of all rescheduled games in order to secure an umpire.
4. Weekday games are scheduled at 5:30 PM. Be patient if a game cannot be started on time. The umpire and both teams should be present at least 15 minutes prior to the scheduled start of the game. If you have a time problem be sure to contact the team you are playing to arrange for a delayed start.
5. If an umpire does not appear by 10 minutes after the scheduled starting time, or by 10 minutes after the diamond is clear and both teams are ready, the teams should play the game with a volunteer umpire if at all possible. Each coach has the right to refuse in such an instance, but we recommend that the game be played. If you play the game, you may use either one volunteer for the entire game, providing both coaches agree, or have each team provide an umpire, with the two men alternating innings calling balls and strikes and working the bases. The regular umpire must work behind the plate.

Rule Reminders

1. A coin-flip will determine which team will take the field first, or bat first, unless prior arrangements are made. The team traveling the farthest calls the flip.
2. Every batter must wear a protective helmet while at the plate, in the on deck circle, or on the bases. A headgear which protects the ears and temples is mandatory.
3. Players may wear steel spikes, rubber molded cleats or sneakers for all CYO baseball games.
4. Scores are to be reported to the CYO website www.cyoarchindy.org by the coaches immediately following each game. We urge you to report all scores so we can keep our standings up-to-date on a daily basis. By way of assuring that we get the scores, both coaches should report game results to the CYO website.
5. **If there is a tie for the division championship, head to head competition during the regular season is the first tie-breaker for determining a division champion.**
6. CYO shoulder patches are required on all uniforms. They are to be sewn on the left shoulder of the uniform shirt, two inches below the shoulder seam on the outside of the arm. If you do not wear uniforms shirts, the patches are not required.
7. Although there is not an official ball for CYO baseball, each team should have several good balls, new or fairly new, ready for use in every game.
8. In the event of bad weather, after both teams have arrived at the game site, the coaches, in consultation with the game umpire, shall decide whether the grounds and other conditions are suitable for starting a game.
9. **7 Run Limit Per Time At Bat**

In an effort to shorten the length of innings, lessen the strain on team pitching and reduce the number of games where the winning team's margin of victory is 10 or more runs, the team at bat can only score a maximum of 7

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runs per inning at bat. Once the team reaches this limit, the side is retired. **However, in the 7th inning, there will be no cap on the number of runs that may be scored by either team. That way, a team that may be behind by more than 7 runs will have the opportunity to tie or take the lead in its final at bat.**

10. A regulation game consists of seven innings unless extra innings are necessary because of a tie score, or unless shortened because the home team needs none of its half of the seventh or only a fraction of it; or because of weather, darkness or the 10 run rule. Each team must have at least 8 players in its lineup to start a game and may not complete a game with fewer than eight players in its line-up. When playing with eight players, an out will be called each time the missing player's spot in the batting order comes to bat. A forfeit will be declared if a team is unable to field at least eight players in its line-up. Such a game is regulation, regardless of innings played.
11. After five innings or after 4 1/2 innings when a team is 10 or more runs behind and has completed its term at bat, the game is to be called. This rule is in effect for all regular season and postseason games.
12. If weather or darkness interferes with play so that the game is called by the umpire, it is a regulation game: (a) if five full innings have been played, or if the home team has scored an equal or greater number of runs in four or four and a fraction terms at bat than the visiting team has scored in five terms at bat; or (b) if play has gone beyond five full innings. In (b), if the game is called when the teams have not had an equal number of completed terms at bat, the score shall be the same as it was at the end of the last completed inning, except that if the home team in its half of the incomplete inning, scores a run (or runs) which equals or exceeds the opponents' score, the final score shall be recorded when the game is called. This rule is in effect for all regular season and postseason games.
13. If a game is called before completion of the number of innings and conditions as specified in rule 10 of the CYO Cadet Baseball Rule Reminders, the umpire shall declare the contest "a suspended game".
14. A game called for any reason, where a winner cannot be determined will be treated as a suspended game. It will be continued from the point of suspension, with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension.
15. **CYO Pitching Rules:**

The following pitching rules have been adopted by the CYO based on national standards and in consultation with the staff of St. Vincent Sports Performance to better prevent arm injuries to pitchers pitching in the CYO baseball program. Pitchers in the CYO baseball program will have specific pitching limits for each game. The number of pitches delivered in each game will also determine the amount of rest the player must have before pitching again.

The following pitching rules will be in effect for all CYO regular season and playoff games.

A. Any player on each team may pitch. There is no limit to the number of pitchers a team may use in a game.

B. Pitch Count Regulation:

The maximum number of pitches a pitcher may throw in a CYO baseball game is 95. Exception: If a pitcher reaches the 95 pitch limit while facing a batter, the pitcher may continue to pitch until 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. Team coaches must remove the pitcher once he has reached the 95 pitch limit as detailed above.

C. A starting pitcher who has been removed from the pitching position may return the game as a pitcher one time only as long as that player remains in the game to play another position and he has not reached the maximum pitch count of 95 pitches.

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D. Rest Requirements For CYO Pitchers:

CYO pitchers must adhere to the following rest requirements:

1. If a player pitches 61 pitches or more in a game, three (3) calendar days of rest must be observed.
2. If a player pitches 41-60 pitches in a game, two (2) calendar days of rest must be observed.
3. If a player pitches 21-40 pitches in a game, one (1) calendar day of rest is observed.
4. If a player pitches 1-20 pitches in a game, no (0) calendar day of rest is required.

Example of Calendar days rest: If a player pitches 61 or more pitches he must rest three (3) calendar days. If he pitches this pitch count on a Monday, he could not pitch again until Friday after resting Tuesday, Wednesday, and Thursday.

- E. Each team will be given a pitch log form to record the pitch count for each pitcher for each game. Each team must designate the scorekeeper or another responsible team representative, other than a player or another youth, as the official pitch count recorder for the team. The official pitch counters will keep the pitch count for the pitchers from both teams on the same pitch log form so as to keep discrepancies to a minimum.
- F. The pitch count recorders for each team must confer with each other after each inning to be sure the pitch count for each pitcher is accurate.
- G. The count recorders must provide the current pitch count for any pitcher when requested by team coaches or any umpire.
- H. The official pitch count recorder must inform the team coaches and the umpire when a pitcher has delivered his maximum limit of 95 pitches (See exception in Letter B). The player must be removed from the game as pitcher and may stay in the game at another position. Coaches should always know the current pitch count for each pitcher so they are not surprised when a pitcher reaches the 95 pitch maximum.
- I. If a game is suspended due to weather or darkness and is resumed on another day, the pitchers of record at the time the game was suspended may continue to pitch to the extent of their eligibility for that game day, provided the pitcher has observed the required days of rest detailed in letter D above. Example: If a suspended game is resumed four (4) days later, and no other game was played in between where the pitcher of record pitched additional pitches, the pitcher of record could pitch the maximum of 95 pitches in the resumed game. Rest requirements must always be followed.

16. Substitution and Minimum Playing Time Rule:

- A. All players present for a game shall be in the batting order and must bat.
- B. Defensive substitutions shall be unlimited, with the exception of the pitching position. A starting pitcher who has been removed as the starting pitcher may return to the game as the pitcher one time only as long as that player remains in the game to play another position. Remember, this situation involves only the starting pitcher and can be done one time only.
- C. Players not on the field or in the dugout at the official start of the game will not be in the batting order. If a player arrives after the official start of the game, the player will be permitted to bat as long as the player arrives before the end of the 4th inning. The player must be placed last in the batting order. Any player arriving after the end of the 4th inning will not be permitted to enter the game

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- D. All players present at the official start of the game will play at least 2 innings in a defensive position by the end of the fifth inning. Players not on the field or in the dugout at the official start time of the game are not guaranteed defensive position playing time.
 - E. Any player removed from the game for any reason, will not have his place in the batting order result in an automatic out. Each batter following him in the batting order will move up in the batting order.
 - F. Courtesy runners are prohibited unless there are 2 outs in the inning and the catcher is on base. The courtesy runner shall be the player that made the last out in the inning.
 - G. Pinch runners are only allowed when replacing a player who has left the field due to injury or illness. A player removed from the game due to injury may re-enter the game. A player removed from the game due to illness may re-enter the game based on the discretion of both managers.
 - H. Teams will be permitted to start a game with eight players. If a team plays with eight players, the ninth spot in the batting order will result in an automatic out each time the ninth spot in the batting order is up to bat.
 - I. If no umpire is present by 10 minutes past the start time of the game, it is the responsibility of each team to provide an umpire.
17. In addition to the general eligibility standards for participation in CYO sports and the specific eligibility rules for each sport, all student athletes are subject to the academic policies of the sponsoring parish. Scholastic eligibility is always the prerogative of the Catholic school administrator. (See Catholic schools policy manual 502.2.)
18. Eligibility - The General Cadet Age Group Eligibility Rules are as follows:
- A. **Age and Group** - 4th, 5th, 6th, 7th and 8th grade male students who have not reached the age of 16 before the completion of the athletic season in which they are competing.
 - 1. If a student has completed the 8th grade and graduated with his class from his grade school the previous school year, that student is no longer eligible to participate in the CYO athletic program.
 - B. **Parish and School Affiliation** – In order to participate in CYO grade school sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participate in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish.
19. There may be individual cases involving youth affiliated with another parish or school who want to participate because their own parish or school does not sponsor that particular activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.
20. Exceptions to any eligibility rule may be requested through the CYO Athletics Policy Committee, in writing, to the CYO Office.

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21. CYO participants and coaches are required to register for CYO athletic programs through the CYO website, www.cyoarchindy.org, once each school year to be eligible for participation. After logging on to the website parents click on the Register Child link and coaches click on the Coach Registration link to register. If coaches and participants do not register through the website they cannot be added to a team as a coach or to a roster as a participant.

After a parent has registered the child through the website they must download and print a physician's examination form from the site. These mandatory physical forms, once completed by the physician, will then be turned into the parish athletic director and are to be kept on file at the parish or school and are valid for the entire school year.

22. No protest, other than those concerning player eligibility violations, will be accepted by the CYO Athletics Policy Committee. Protests must be filed with the CYO Office, in writing, not more than 48 hours after the player eligibility violation was discovered.
23. All league games will operate according to the rules of the National Federation of State High School Associations (IHSAA rules). Any exceptions to these rules are listed throughout the ***CYO Rules and Regulations***. In cases where a rule listed here conflicts with the rules of federation baseball, the CYO rule takes precedence.

24. CYO Baseball Speed Up Rules:

- A. Once the pitcher takes the mound for the beginning of any half-inning, he is restricted to five warm-up pitches, not to consume more than one minute, after which the umpire is to resume the game. There must be a catcher behind the plate when the pitcher takes the mound, either the regular catcher or a substitute while the regular catcher is putting on his equipment. A new pitcher in the game is allowed 8 warm-up pitches.
- B. The rest of the team is allowed to throw the ball around the infield or outfield prior to the start of a half-inning only as long as the warm-up period lasts. If this means that there isn't time for any infield drill, then it is to be eliminated altogether for that half-inning.
- C. When issuing an intentional walk, it is no longer necessary to make four pitches. Instead, the coach or catcher of the defensive team can inform the umpire that an intentional walk is being given that batter, and the umpire will wave the batter to first base. This rule will apply at any stage of the count to a particular batter. In other words, the coach or catcher may state that an intentional walk is being given, when the count is two balls- two strikes, one ball- no strikes, etc.
- D. Each team, when on offense, may be granted not more than one charged conference per inning to permit the coach or any of that team's personnel to confer with the base runners and/or the batter. No further conferences are to be permitted by the umpire to the offensive team in that inning. The coach, his representative, or a player may make the request.
- E. Each team when on defense may be granted not more than three charged conferences during a game, without penalty, to permit a coach, his representative or a player to confer with his player or players. The request for this charged conference may be made by a coach, his representative or a player. The penalty for any charged conference in excess of three, the pitcher must be removed as pitcher for the duration of the game, although he may remain in the game at another position. Each team is allowed one charged conference in each extra inning. They are not accumulative.

Note: Changing players through the umpire is not a charged conference. Also, time-out for any injury is not a charged conference. The ruling of the umpire will determine whether or not time has been called in any other case.

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- F. If the teams have not had an opportunity to take infield and/or outfield practice at the particular diamond by the scheduled time for the game, this practice is to be eliminated, and the umpire is to start the game as soon as the pre-game conference has been held and line-ups exchanged. Starting pitchers are to warm-up away from the playing area while the teams are waiting for the diamond to be cleared.
- G. In all such cases, the umpire is to be responsible for moving the game along and he is to remind the team when necessary, so that his speeding up can be accomplished.
25. The catcher must wear a helmet which covers the ears while catching, a mask with a throat protector and a protective cup as a safety measure. These can be obtained at sporting goods stores. Any player warming up a pitcher at home plate must wear a mask with a throat protector.
26. A 2 1/2 hour time limit will be placed on games when there is a game scheduled on the same diamond immediately following. This should only occur on weekends when double or triple headers are scheduled on the same diamond.
27. If your team's catcher is on base with two outs, a pinch runner may be put in to run for him so that he can put on his catching equipment and be ready when the inning is over. This is intended to help speed up the game when possible.
28. The usual rules of sportsmanship for CYO athletics apply for the league. Coaches are to refrain from outbursts against umpires, opposing coaches, and players and the same restrictions apply to players and fans.
29. **Bat Weight**: For CYO baseball, a bat shall not weigh, numerically, more than 10 ounces less than the length of the bat. Example: a 32 inch-long bat cannot weigh less than 22 ounces.
30. Should there be a tie for a division championship at the conclusion of the regular season, head to competition during the regular season is the first tie breaker.
31. **Roster Freeze Date**
All team rosters are frozen as of April 30th of each baseball season. After this deadline, no switching of players between the parish teams is allowed and no new players may be added to a roster unless a new participant has recently moved into the parish.
32. **No Jewelry Allowed**
Federation rules prohibit the wearing of jewelry of any kind while playing in a baseball game. This includes but is not limited to items such as hair or head accessories, earrings or jewelry of any kind. Also, under no circumstances shall a player be allowed to place tape or a covering of any type over a piercing.

CYO Concussion Initiative and Policy

There has been no issue more important in athletics in recent years than concussions and head injuries. The CYO has adopted a concussion policy that will be in effect for all CYO sports. This policy was formulated in conjunction with the physicians, athletic trainers and administrators of St. Vincent Sports Performance and the Athlete's Concussion Alliance. The CYO wishes to thank everyone at St. Vincent Sports Performance who helped to develop this important concussion policy.

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Concussions or mild traumatic head injuries are common injuries in sports resulting from a blow or bump to the head. Early recognition and appropriate treatment of concussions are vital for recovery, prevention of future concussions and the safe return to playing athletics.

With this in mind, the following policy pertaining to concussions will be followed in all CYO sports:

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game, match or team practice until the player has passed a sideline concussion evaluation and test. Some of the warning signs of a concussion are loss of consciousness, headache, dizziness, confusion or balance problems.

Each team will be given a sideline concussion evaluation and test that has been prepared by St. Vincent Sports Performance so that all coaches will be able to recognize a possible player concussion. This sideline concussion form will list the many symptoms of a concussion and will include several tests to administer to the player with a possible concussion. These include a memory function test, a concentration test and a balance test all designed to help coaches recognize the signs of a concussion.

If the athlete answers incorrectly to any of the questions, exhibits any single symptom of a concussion or cannot perform the balance test, he may not under any circumstances, return to play for that day. If a player fails the concussion test, the player may not return to play or practice until the athlete has been cleared by a licensed health care provider. Written approval must be received before the young athlete may participate again.

After the sideline concussion evaluation and tests have been completed, the person conducting the evaluation and tests, the head coach and the player's parents or legal guardians must sign the evaluation and test form attesting to the fact the concussion evaluation has been completed and whether the player has passed or failed the evaluation. A copy of the signed form must be mailed, faxed or emailed to the CYO Office with an additional copy given to the parish athletic director.

All pertinent information can be found on the CYO Website www.cyoarchindy.org under the Athletics Link.