



Baseball Basic Rules

1. Pitchers may pitch nine (9) innings per week. One pitch shall constitute an inning pitched for that week.
2. No Metal Spikes
3. Catchers shall wear approved skull cap, mask & throat protector, chest protector, shin guards, and protective cup. Wearing of protective cup for other players will go by each individual school ruling, unless AIA rules change.
4. The distance from the pitcher mount to home plate is sixty feet six inches (60'6")
5. The distance between the bases shall be ninety feet (90')
6. A free substitute runner can be used for the pitcher and catcher and not count as a substitution. This is done to speed up the game.
7. **7 Runs per inning (Continuous), with a 1 hour & 45-minute time limit during the regular season. 10 run rule after 3 ½ innings in all conference playoff games (Play-ins, Semi-finals and Finals).**
8. Adult coaches can coach both coaching boxes
9. All batters base runners and student coaches will wear approved batting helmet.
10. Aluminum bats are legal. Max ratio will be up to -8.5 for Junior Varsity (6th/7th grade) and up to -7.5 for Varsity (8th grade), if athletes bring their own bats ratio must be legible.
11. A team may use a designated hitter.
12. **The game length is six innings, with 3 1/2 innings constituting a complete game due to weather, darkness or other unsafe playing conditions. Only the umpire may call the game before the six innings are complete.**
13. The coaches will make two lineup cards, one for the umpire and one for the opposing team.
14. Jewelry shall not be worn. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
15. Each home team will provide two game balls.
16. **Athletic Directors may have unique circumstances due to field rental, field conditions, etc. that may require altering some of the basic rules. These changes need to be discussed and both coaches and umpires need to be notified before the first pitch.** I.e. ground rule double if ball rolls on basketball court, last inning at 6:15 due to field rental agreement at park or high school.
17. Extra Hitters/Flex Players are Not allowed in baseball games. Only 9 batters throughout the game are permissible.

Bylaws of Valley Junior High Athletic Conference:

- Schools will follow the Valley Junior High Athletic Conference and the National Federation of State High School Association. Our conference does make some modifications to some of the rules.

• You may go to www.nfhs.org too find official hand signals, court diagrams and rules interpretations.