Capitol Hill Little League

Juniors and Seniors Baseball Division Rules

These division rules include a mixture of CHLL-specific House rules and Little League rules that have been selectively highlighted for the convenience of managers and coaches. Managers and coaches should be familiar with the rules included in this document as well as all relevant Little League rules for their division. These rules ONLY highlight instances in which local options have been selected in compliance with Little League rules and sportsmanship and safety rules.

Game Rules Affected by Local League Options

- Games are 7 innings long, with a time limit of 1 hours and 45 minutes.
    - An inning in progress at the 1 hour and 45 minutes mark may be completed, but no new full inning can begin after reaching the 1 hour and 45 minutes mark. The exception to this rule is if there is no “next game” on the field and the field permit allows for adequate time for the game to be extended to a maximum of 2 hour and 30 minutes. Under this scenario, no new inning may begin after the 2 hour and 15 minute mark.
    - In accordance with Little League Rule 4.10(c)(2), a game that reaches the 1 hour 45 minutes mark is considered a complete game, regardless of the number of innings played.
- Any manager who knows s/he will not have at least 9 players for an entire game should refer to the CHLL Player Pool Policy to request one or more players.
- In accordance with Little League Rule 4.16, each team must have at least 8 players and 1 coach for the entire game.
    - A team has a 10-minute grace period from the scheduled start time of the game to meet the minimum roster number.
    - If a team does not have at least 8 players, teams can choose to scrimmage. There is no penalty if one or both teams choose not to scrimmage. *If a scrimmage is played, pitch counts rules must be followed and recorded.*
- Teams will use a continuous batting order that contains the entire roster of players.
    - If a player arrives after the start of the game, the player should be added to the bottom on the batting order, regardless of where the team is in the batting order (e.g., if there are 11 batters in the batting order, the late player should be added as the twelfth batter).
    - In accordance with Little League Rule 4.04 (Note 3), if a team is playing with only 8 players, each time the batting rotation reaches the ninth batter’s spot, the ninth batter will be skipped without penalty.
- In accordance with Little League Rule 6.02(c), after entering the batter’s box, the batter must remain in the box with at least one foot throughout the at bat. There are eight exceptions to this rule. (Please see Little League Rule 6.02(c) for exceptions.) If the batter leaves the batter’s box or delays play and none of the exceptions apply, the umpire shall warn the batter. After one

warning on a batter, the umpire shall call a strike. Any number of strikes can be called on each batter. No pitch has to be thrown and the ball is live.

- A player may not sit out from the field for more than one inning in a row. In addition, no player may sit out a second inning until all players who were present at the start of the game have sat out at least one inning.
    - If a player arrives after the start of the game, the player must be inserted into the defensive lineup by the next full inning following his/her arrival and completion of warm-ups.
    - A starting pitcher who has not exceeded his/her age-appropriate pitch limit may remain in the game until reaching such limit, even if that means one or more defensive players must then sit out from the field for a second time prior to the starting pitcher sitting out for an inning. In such a situation, once the starting pitcher is relieved, s/he must immediately sit out for the next three consecutive outs.

Sportsmanship Rules

All players, coaches, and parents will learn and follow principles of good sportsmanship, which include respecting umpires, teammates, coaches, the fields, and especially players and coaches on the opposing team.

- Each team is responsible for cleaning up their bench areas after the game. The home team is responsible for field preparation prior to games and providing game balls for the game. The visiting team is responsible for field clean up, including raking the field and returning equipment to the shed and locking up. For interleague games hosted at CHLL “home” fields, the CHLL team playing in the game is responsible for field preparation, game balls, and field clean up.
- Players and coaches will encourage teammates.
- Players, coaches, and parents will recognize good play by the opposing team and, in all instances, refrain from shouting at, taunting, attempting to distract (e.g., the catcher may not distract an opposing batter), or making disparaging comments (such as “no batter”) directed at players on the opposing team.
- If spectators are sitting in bleachers positioned behind the backstop, they should take care not to distract the pitcher or other players. If there is no permanent seating provided behind the backstop, spectators are not to sit behind the backstop because doing so distracts the players, especially the pitcher.
- At no time will any player, coach, or parent curse or use abusive language.
- Little League Regulation XIV(a) notes that the actions, on or off the field, of players, managers, coaches, umpires, and league officials must be above reproach. Any player, manager, coach, umpire, or league representative who is involved in a verbal or physical altercation, or an incident of unsportsmanlike conduct, at the game site or any other Little League activity including through online or social media, is subject to disciplinary action by the local league Board of Directors
- Penalties are enforced solely by the umpires.
- Players, coaches (except as noted below), and parents are not to question the umpire’s call of balls and strikes, fair and foul, or safe and out. Coaches may ask umpires before the start of a game to describe the strike zone that will be used during the game and communicate that information to the players.
- Players will not argue with an umpire. A coach who has a question about an umpire’s call may ask for time and in a calm and respectful tone ask the umpire to explain the call. At no time is a

coach to raise his or her voice and argue. If a coach believes that an umpire has improperly interpreted the rules, the coach has the right to continue to play a game under protest and/or report the matter to the Division Commissioner.

- According to Little League Rule 4.07, if a manager, coach, or player is ejected from a game, they shall leave the field immediately and take no further part in that game. They may not sit in the stands and may not be recalled. A manager or coach ejected from a game must not be present at the game site for the remainder of that game. Any manager, coach, or player ejected from a game is suspended for his or her team's next physically played game and may not be in attendance at the game site. This includes pregame and postgame activities. CHLL rules further note that, if an ejected player's parents or guardians are not present at the time the player is ejected, the player must remain supervised in the dugout until being released to his/her parent or guardian (or other responsible adult).
- In accordance with Little League Regulation XIV(e), the possession and/or use of firearms, tobacco products, cigarettes (including e-cigarettes and vapors), controlled substances, and alcoholic beverages in any form is prohibited on the playing field, benches, dugouts, or bleachers. Alcohol is prohibited at the game site. CHLL house rules extend this ban to all CHLL games, scrimmages, practices, and clinics.

General Safety Rules

- The home team is responsible for having the first aid kit in their dugout during the game.
- All injuries where a player is unable to return to a game or practice or must seek outside medical assistance must be reported by the team manager/coach to the Safety Officer, Division Commissioner, and the CHLL President within 48 hours of the incident. An incident form must also be completed and submitted to the Safety Officer.
- Little League Rule 3.17 notes that players and substitutes shall sit on their team's bench or in the dugout unless participating in the game or preparing to enter the game. No one except eligible players in uniform, a manager, and not more than two coaches shall occupy the bench or dugout.
- Little League Rule 1.16 requires the use of a helmet by the batter, all base runners, and any players serving as base coaches. Use of a helmet by an adult base coach or any defensive player is optional. If a player, during play, removes his/her helmet or causes his/her helmet to come off, he/she shall be warned not to intentionally remove his/her helmet and, if it continues, the player may be removed from the game for unsportsmanlike conduct, as this can cause an unsafe condition.
- In accordance with Little League Rule 1.17, all male catchers must wear a protective cup. Per CHLL rules, at the Juniors division level and higher, all male players must wear a protective cup.
- Little League Rule 1.11(j) prohibits players from wearing jewelry such as, but not limited to, rings, watches, earrings, bracelets, necklaces, or any hard cosmetic/decorative items. This rule applies regardless of the composition of such jewelry, hard cosmetic item, or hard decorative item. Hard items to control the hair, such as beads, are permitted. In addition, jewelry that alerts medical personnel to a specific medical condition is permitted.
- In accordance with Little League Rule 1.11(k), casts may not be worn during the game by anyone on the field. Persons wearing casts, including managers and coaches, must remain in the dugout during the game.

- Batters shall not throw their bats. The first time a player throws a bat, the batter should be given a warning by the umpire. If the batter throws a bat after a warning, the umpire shall bench the player for the remainder of the game.