

ARTICLE SEVEN

BASEBALL

7.0 PITCHING LIMITATION RULE – 30 OUTS: Teams shall adopt the following baseball pitching limitation rule: 30 outs and/or three (3) appearances in a calendar week through the season.

- A. The calendar week begins on Monday.
- B. Innings pitched in a no game (i.e., rainout, power failure, etc.) shall count toward the total.
- C. If the 30th out involves a double or triple play, the team will not be penalized.
- D. An appearance is defined as a pitcher pitching at least one (1) pitch. If a pitcher is removed from the mound to another position or to the dugout and later returns to pitch in the same game, the pitcher will be charged with a second appearance.
- E. Any violation constitutes a forfeit of the contest.

7.1 PITCHING LIMITATION RULE – PITCH COUNT In addition to 7.0 Teams shall adopt the following baseball pitching limitation rule with respect to pitch count and required days of rest:

LEVEL	Maximum Contest Pitch Limit	0 Days Rest Required	1 Day Rest Required	2 Day Rest Required	3 Day Rest Required
Varsity	110 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches
Freshman, F/S JV	90 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches

- A. A pitcher may finish the current batter if the Maximum Contest Pitch Limit is reached during that at-bat.
- B. Pitches thrown and appearances made in a no game (i.e., rainout, power failure, etc.) shall count toward the totals.
- C. At the end of each half inning, the head coaches should confirm and both team score books will record the pitch count for all pitchers who threw a pitch in that half inning. In the case of a discrepancy, the home score book is considered the official score book.
- D. Each team must keep a record of all pitches thrown by each of their players in each game and make this available to their respective Section Office upon request.

E. Any violation constitutes a forfeit of the contest.

7.2 OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK: Only balls with the National Federation authentication mark shall be used in the sports of baseball.

7.3 The league schedule will be a 15-game schedule in which a school will play the other schools in their division three times. Games to be played on Wednesday and Friday and alternating on a bi-yearly basis to Tuesday and Thursday with Softball.

7.4 The championship will be decided by all games played.

7.5 The number of contests (28 Maximum) will follow Sac-Joaquin Section guidelines.

7.6 Games will be limited to seven (7) innings except for ties, which will be played off.

7.7 Games which have been rained out or suspended shall be resumed as stated in the rule book. Replay of suspended games is mandatory. The format for rescheduling games is as follows:

7.7-1 At the first available date agreed to by both coaches.

7.7-2 The league will follow National Federation Rules on suspended play.

7.8 Starting dates for practice is February 10th.

7.9 GAME ADMINISTRATION

7.9-1 All league games played on school days shall start at 3:30. After daylight savings games will start at 4:00. These times may be changed by mutual agreement.

7.10 Batting practice: At home site playoff games may be allowed if equal access for visiting and home teams is provided. The home team must provide

the visiting team with a schedule for time in cages/tunnels and infield/outfield (fielding) practice at least 24 hours prior to the game. No batting practice is allowed on the field of play. No batting practice shall be held at the site of a neutral site playoff game during the scheduled date of the playoff game. Whiffle ball batting practice is acceptable

7.10-1 The home team shall relinquish the field to the visiting team for warmup at least fifteen minutes prior to the starting time of any league contest.

7.11 OFFICIALS:

7.11-1 There will be at least two officials assigned to all varsity games. In Fr/Soph games it is the decision of the individual schools as to the number of officials.

7.11-2 If one official is used in a Fr/Soph game he must remain behind the plate even with a runner on base.

7.12 The playing field shall be in accordance with the National Federation Rule Book.

7.12 FROSH/SOPH TEAMS:

7.12-1 Only freshman and sophomores may participate on Fr/Soph teams.

7.12-2 No player who participates in a league varsity contest may be moved to a Fr/Soph team.

7.13 EQUIPMENT:

7.13-1 All league games must be played using one of the following baseballs: Wilson A1010 or Diamond D-I, or the equivalent.

7.13-2 Coaches may wear a uniform if they so desire.

7.13-3 Two coaches may coach the bases if they are in uniform.

7.14 ALL-LEAGUE TEAM:

7.14-1 The All-league team will consist of 14 players.

1. A most valuable player
2. _____infielders
3. _____outfielders
4. _____catchers
5. _____pitchers
6. _____utility player, who could include a designated hitter or a position player including pitcher.
7. The above numbers may be altered by agreement of the coaches.
8. No Coach of the Year is to be selected.

7.14-2 Voting for all-league players will be by written ballot. Ballots will be collected simultaneously. They will be recorded by calling a school's vote.

7.15 TIE-BREAKER: The tiebreaker for Playoff seeding purposes will be as described in General Rule 1.24

- Head-to-head competition
- Descending head-to-head competition within the tie
- Coin toss

7.16 Each head coach has the final authorization of filming on top or within 30 feet of his dugout during a game.