



A League Rules/Guidelines

Certain game conditions and situations may warrant changes as needed, and as a result, these guidelines are subject to change.

Parking

- Parents and coaches should park in the Lower Parking Lot off of Coliseum Avenue for all games and practices at Lincoln Park to offset lot crowding within the league.

Game Prep

- The team designated as the Home team on the League Schedule is responsible for field prep. This includes raking the field, removing dangerous objects, lining the field, and placing the bases. Coaches should recruit parents to help with these tasks.
- The team designated as the Home team on the League Schedule is responsible for staffing the concession stand.
- All players must vacate the field 10 minutes before game time to allow for field prep.
- Field setup includes lining both foul lines and batters boxes and setting up the pitching machine.

Safety

- All players are required to wear groin protectors to avoid injury. Players forgetting to do so may play but may not play the catcher's position.
- All players must bring (or purchase from the concession stand) a full water or drink bottle to practices and games to ensure proper hydration.
- Batters and base runners must wear protective helmets on the playing field, in foul territory, and on-deck. Helmets may not be removed until the player reaches the bench.
- Face guards must be properly installed on helmets. Players may not use their own helmets if a face guard is not installed.
- Players are not permitted to slide head first under any circumstances.
- Players not paying attention on the field (i.e. digging in the dirt and grass, etc.) must be removed from the playing field to avoid injury. They may reenter later at the coach's discretion.
- Only the current batter and the on-deck batter may swing a bat. No bats are to be handled by players in the bench area. All bats will remain on the inside of the fence and should only be accessible when the batter enters the on deck circle.
- Games may continue in light rain, however, at the first sign of lightning, even in the distance, the field must be cleared. All equipment should be dropped and left in place to be retrieved once lightning no longer poses a safety risk.

Games

- Games consist of 6 innings, 1 ¼ hours, or when darkness causes a safety issue, whichever comes first.



Spring 2010 Nashua Northwest A League

- Teams use a continuous batting order. Players sitting the bench for the inning will still bat in their spot in the order. Players arriving late will be placed at the bottom of the order.
- There is no minimum play rule. Players may be substituted freely and each player is to get equal infield and outfield playing time.
- No more than 10 players and no fewer than 8 players are allowed on the field at a time.
- Positions fielded shall include one (1) of each of the following: Pitcher (though a machine is used, the pitcher may be situated on either side of the machine), Catcher, 1st Base, 2nd Base, Shortstop, 3rd Base, Left Field, Left Center Field, Right Center Field, and Right Field.
- Before each pitched ball, players in the pitcher position must be standing behind the pitching rubber, infielders must be no closer than toes on the grass, and outfielders must be beyond the infield dirt. No exceptions.
- Teams exceeding 10 players on their roster must rotate players through the bench. No player may sit on the bench for more than one (1) full inning per game, unless removed for safety reasons. Players on the bench will still bat in their spot in the continuous batting order and may practice skills with a coach or parent during their bench time.
- A pitching machine will be used during the first half of the regulation season games and must be operated by an adult. Coaches will throw live pitches to players during the second half of the season.
- Coaches will act as umpires on the A level. A batter will get 5 strikes (hittable pitches) before being called out. Foul balls will count as strikes. If the 5th strike is fouled, the batter receives a 6th strike etc.
- Each half inning will consist of 3 outs, 5 runs scored or once through the batting order, whichever comes first.
- There is no base stealing or leading on the A level.
- There is no bunting allowed.
- **Hitters may take extra bases on a hit reaching the outfield only. When the outfielder has controlled possession of the ball (either in hand or glove), all runners will stop at the next open base provided that they were in the act of heading there. Umpires may send a player back to a base if they are in violation of this rule.**
- **One additional base is awarded for an overthrow that goes out of play.**
- Catchers are required to wear catching equipment and groin protection. Nashua Northwest will provide the catching equipment.
- All calls and rulings on the field are final. Arguing any calls during a game may result in player or coach ejection or suspension. This rule applies to parents as well.
- Taunting and laughing at teammates or opposing players is not tolerated in this league and may result in player ejection or suspension. The same goes for throwing or defacing equipment during a game or conduct detrimental to other players.

Practices

- Practices are not to exceed 1 ¼ hours in length.