



ATHLETICS DIVISION

2023 Baseball Key Dates & Deadlines

May 1, 2023	Birthday cutoff date
May 13, 2023	Season opening jamboree
May 15, 2023	Regular Season Begins
May 23, 2023	Last day for Roster Add-Ons
July 5-8, 2023	Championship Week

Revised March 2023

NORDC Baseball Rulebook

SECTION 8: PLAYING AREA

The following chart will be used for pitching and base distance for league play:

DIVISION	AGE	PITCHING DISTANCE	BASE DISTANCE
Novice	5-6	35"	55"
Freshman	7-8	40"	60"
Sophomore	9-10	46"	65"
Junior	11-12	50"	70"
Senior	13-15	60.6"	90"



GENERAL BASEBALL RULES

NORDC Modified Baseball Rules for all Divisions

1. The following curfews will be in effect for all games in the NORDC program.
 - No game may begin after 9:00 p.m.
2. In forfeited games, all players, from both teams that have come to play, must be listed on the score sheet that is submitted to the administrative office (Site Facilitator).

**Note: The purpose of this rule is for verification in fulfillment of individual requirements in league games played.

3. REASONABLE POINT OF CONCLUSION

Baseball	5 innings
Softball	5 innings 1 hour 15 minutes
Novice	45 minutes/ 4 innings
Freshman	55 minutes
Sophomore	1hr 20 minutes
Juniors	1hr 20 minutes

4. Players and coaches are expected to demonstrate good sportsmanship at all times. The COACH OR CAPTAIN AND ONLY THE COACH OR CAPTAIN may participate in any discussions regarding a decision of a play. The umpire will be the sole judge on the decision of a play. The umpire has the authority to eject any player or coach from the game when deemed necessary. This applies to all players- active or on the bench.
5. The number of active players in a game at one time shall be no more than 10 (limited to Novice and Freshman divisions only) There will be: five (5) infielders, four (4) outfielders, and one (1) pitcher. There must be a minimum of 8 players per team on the field or the game is a forfeit.
6. On offense, a first base and third base coach will be allowed on the field. On defense, coaches must remain in their dugout. One coach may stand directly in front of the dugout for the purpose of defensive/offensive instructions. Offense coaches must remain in coaching boxes. Coaches may assist runner's vocally only, no bodily contact. Runner will be called out if physically assisted by baseline coach. Defense Coach-two coaches allowed on field (behind 120' fence or marker) Novice only
7. Batting order must be presented to the opposing coaches and scorekeeper before the game. Line-up sheets must be turned in thirty (30) minutes before the start of the game. The lineup sheet must include the first and last name of the player and the player's jersey number.

8. All teams will bat round robin(Novice only). Exception: If one team has more players than the other, the team with the greater number of players only has to match the other team for players. (At the discretion of the Coach) If a batter becomes disabled during the game and cannot bat, the player's at bat will be considered an out. If a player is sick before the game, the player must be left off the line up and both opposing coaches and the press box must be informed. The player cannot enter the game.
9. Any of the 9 starting players may be removed from the game and re-entered once. Upon re-entry the player must be placed in the same batting position (Freshman-Seniors only)
10. Every player on the roster must enter the game in all age divisions.
11. A substitute player that enters the game as a batter, pinch hitter, fielder etc., cannot return once another player has replaced them.
12. A starting pitcher that is removed from the game while a batter or base runner may re-enter the game immediately at any position. A starting pitcher removed from the game because of a second trip to the mound in the same inning, may re-enter the game in any position except as a pitcher.
13. Courtesy runners are allowed for the catcher.
14. Games in which an ineligible pitcher has been used shall be declared forfeited by the offending team.



15. At the beginning of each half inning, or when a pitcher relieves another, the relief pitcher gets 5 warm-up pitches. Note: a pitcher returning to pitch in the same half inning will not receive warm-up pitches. A pitcher is deemed to have begun pitching once a warm-up pitch has been thrown.
16. In the event a player is injured after all the substitutes have been utilized, the opposing coach will choose the replacement player. If a player is ejected from the game after all substitutes have been utilized, the game is forfeited.
17. The use of cleats with steel spikes, screws made of hard rubber, plastic, nylon or metal is **only** allowed in the senior Division. All other divisions must use soft-soled shoes.
18. It is MANDATORY that batters and base runners wear protective helmets. Catchers must wear chest protector, shin guards, facemask, and protective cup. Failure to comply will result in forfeiture of game.
19. Warm-up will be the time available before the start of the scheduled game.
20. An inning officially starts when the last out is made on the previous half inning and not when a pitch is thrown.
21. Games called because of rain are considered complete after three innings of play. If the home team is leading after two and one half innings of play, and the game is called because of rain, it will be considered a complete game.
22. A game cannot end until the inning is complete.
23. Only rainouts that impact the district or city playoffs will be made up. Games that impact the district or city playoffs which are rained out before they can be declared official will be resumed from the point they were called. (Time remaining and inning) Revisit
24. In all divisions unless otherwise specified, the ten run rule will prevail after 3 innings.
25. In all divisions, there will be a 5 minute grace period.
26. Deliberate “bowling over” of a defensive player or sliding with raised feet by a base runner is strictly prohibited. Penalty for such action will be that the base runner is called out, regardless of whether the ball is held or not, and the base runner (player) will be ejected from the game.

Aluminum bats are legal. The length of a bat cannot exceed 32 inches and the barrel cannot exceed 2 5/8 inches. Illegal bat(s) will result in an automatic out and removal of illegal bat(s). Softball bats are illegal.



Teams wishing to protest the use of an illegal bat must notify the umpire before the next batter enters the batter's box. Once the first pitch to the next batter has been thrown, the protest will be considered invalid.

BAT GUIDELINES FOR NORDC

10U/11U/12U	<ul style="list-style-type: none">• No longer than 32 inches• No specific weight/length ratio limit• Wood, metal or composite is allowed• Non-wood and multi-piece wood bats must be USA Bat certified• Barrel diameter for any bat may be no larger than 2 5/8"
13U/14U	<ul style="list-style-type: none">• No longer than 34 inches• No specific weight/length ratio limit• Wood, metal or composite is allowed• Non-wood and multi-piece wood bats must be BBCOR or USA Bat certified• Barrel diameter for any bat may be no larger than 2 5/8"

27. In all divisions, all protests must be filed with umpire before the next pitch is thrown. Games must be completed or the team will forfeit despite filing a protest or its result. Protests must be submitted in writing after completion of a game.

RULES NOT COVERED HEREIN WILL FOLLOW National Federation High School BASEBALL RULES.



9.2 NORDC Playing Rules for Novice Division

1. The coach will be the official pitcher for his team. Each batter will receive five (5) pitches or three (3) strikes.
2. Each side of the diamond must be 60 feet long with a base at each corner. The pitcher's mound must be 40 feet from home plate. The batter's box must be 3' x 6'. Center field must be 120'.
3. During play, base runners can be thrown out when no time is called..
4. Coaches may only assist runners vocally. There cannot be any physical contact between coach and player. Runners will be called out if physically assisted by baseline coach. Offensive Coaches must remain inside the coaching boxes. The Novice Division allows two coaches on field (behind 120' fence or marker).
5. Stealing, bunting, and infield fly rule are not permitted. Sliding is O.K.
6. Blocking bases or baseline without possession of a ball or making a play is not permitted. Runners will be allowed to advance one base per umpire judgment.
7. The umpire is in full charge of all games and their decision will be the final in all matters of judgment. The umpire will be the official timekeeper.
8. A regulation game is four (4) innings or 45 minutes - whichever comes first. In case of a tie, if there is time remaining, the game will be played out. If at the end of time the game is still a tie, it will count as a tied game. If after three innings the game is called because of weather, it is a complete game (5 run rule per inning, except the 4th inning which is unlimited). Play-off and championship games must have a winner.
9. Players must remain on base until the bat makes contact with the ball. If the player leaves the base before the bat makes contact with the ball, the player must return to the base, no pitch. The first time a player leaves the base before the bat makes contact with the ball, the player will receive a warning for the team, the second time the player will be called out.



10. On any ball thrown out of the field of play on any individual play, the runner will be awarded next base, as per umpire judgment.
11. A batted ball that strikes the umpire will be considered a dead ball. The play will be dead and the player will advance one base.
12. Any infielder can call time-out on a throw from outfield. Outfielders **cannot** call time-out.
13. A fly ball that goes over the 120' fence or marker will be declared a home run by the umpire. If a ball rolls under the fence, barricade or pass the 120' fence, barricade or pass the 120' fence marker; the play will be considered a ground rule double.

On ground balls, a runner may advance to as many bases as they can until time is called. After time is called runners will be called out if they are not half way down the baseline and have not reached the next base.
14. Infielders may not come up on batters any more than 1/3 distance from their assigned base/position.
15. Except for the top of the first inning, players must play on the field before batting. A substitute player must bat before an original player goes to the lineup to bat again. 1 pinch runner per inning. .
16. There will only be one (1) 30 second time out per inning except when there is an injured player. Novice coaches can make multiple trips to correct batter if batter is too close to home plate or in danger of getting hit with the ball. The final decision will be based on the league coordinator's discretion.
17. When batted, the ball must reach the three (3) feet line in order to be considered a fair ball.
18. Courtesy runner is allowed for the catcher only if more than nine players.

RULES NOT COVERED HEREIN WILL FOLLOW National Federation High School BASEBALL RULES.



9.3 NORDC Playing Rules for Freshman Division

1. The coach is the official game pitcher.
2. The pitcher's position (the player) is to play defense inside of the circle. The player can be no more than 3ft. away from coach pitcher and not in front of the coach pitcher before the ball is thrown. If the pitcher (the player) is outside of the circle, the Umpire may call a no pitch. If the ball is hit, when the pitcher is outside of the circle, the offensive team can get either the play or replay the pitch.
3. Each batter will receive six (6) pitches or three (3) strikes. The batter must swing on the 6th pitch. The batter will continue to bat as long as contact is made with the ball.
4. A regulation game will be 5 innings or 1 hour , whichever comes first. In case of a tie, if there is time remaining, the game will be played out. If at the end of time the game is still a tie, it will count as a tie. If after three innings the game is called because of weather it is a complete game (5 run rule per inning, except for the last inning, which is unlimited.) Playoff and championship games must have a winner.
5. Each side of the diamond must be 60 feet long with a base at each corner. The pitcher's mound must be 40 feet from home plate. The batter's box must be 3' x 6'. Centerfield must be 120 feet.
6. Players cannot steal bases. A stolen base will be considered an out.
7. A batter that slings the bat will be given a team warning. After one warning, any player on the warned team that slings the bat will be called out immediately and no runner can advance. The umpire will be the sole judge of whether the bat was slung or dropped. This is not a play that can be appealed.
8. All overthrown balls are live unless the ball leaves the field of play, in which case a one (1) base limit will be given to the runners. Any (fair) batted ball that bounces over, rolls through or under a fence, will be a ground rule double.
9. Infielder must have possession of the ball in order to call timeout and be ahead of the runner. The pitcher is always considered ahead of the runner. Outfielders cannot call timeout.
10. Bunting is not allowed. Infield fly rule will not be in effect.

RULES NOT COVERED HEREIN WILL FOLLOW National Federation High School BASEBALL RULES.



11. The umpire will: call strikes, no pitch, call play on bases, call fair or foul balls, and stop play by calling time out.
12. On offense, a first base and third base coach will be allowed on the field. On defense, coaches must remain in their dugout. One coach may stand directly in front of the dugout for the purpose of defensive instruction. A third coach will be allowed on field to warm-up next batter.

9.4 NORDC Playing Rules for Sophomore Division (9-10)

1. There will be a maximum of 75 pitches per game. If pitch count is exceeded, the game will be declared a forfeit.
2. A player pitching 66 – 75 pitches in a game cannot pitch for the next four (4) calendar days.
3. A player pitching 51-65 o pitches in a game cannot pitch for the next three (3) calendar days.
4. A player pitching 36-50 pitches in a game cannot pitch for the next two (2) calendar days.
5. A player pitching 21-35 pitches in a game cannot pitch for the next calendar day.
6. A player cannot pitch in consecutive days unless no more than 20 pitches were thrown in the previous game/day.
7. The pitch count will be kept by both teams and the official scorer, if applicable. In the case of no official scorer, the home team book will be the official count.
8. A batter is automatically out after three (3) strikes in the rec league only. Select League players may run on dropped 3rd strikes.
9. The infield fly rule will be enforced.
10. Fake bunts or swings will **not** be allowed. The batter will be called out.

RULES NOT COVERED HEREIN WILL FOLLOW NFHS BASEBALL RULES.



NORDC Playing Rules for Junior Division (11-12)

1. There will be a maximum of 85 pitches per game for Juniors. If pitch count is exceeded, the game will be declared a forfeit.
2. A player pitching 66 – 85 pitches in a game cannot pitch for the next four (4) calendar days
A player pitching 51-65 pitches in a game cannot pitch for the next three (3) calendar days.
3. A player pitching 36-50 pitches in a game cannot pitch for the next two (2) calendar days.
4. A player pitches 21-35 pitches in a game cannot pitch for the next calendar day.
5. Players cannot pitch in consecutive days unless no more than 20 pitches were thrown in the previous game/ day.
6. The pitch count will be kept by both teams and official scorer (if applicable). If a scorer is not available, the home team book is the official count.
7. A batter is automatically out after three (3) strikes in the rec league only. Select League players may run on dropped 3rd strikes.
8. The infield fly rule will be enforced.
9. Fake bunts or swings will **not** be allowed. The batter will be called out.