



## **Baseball Rules 2019 Season**

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## **Registration**

All participants must be registered with the City of Sunrise Department of Leisure Services before participating in the sport. Late registrations will be assigned to a waiting list and placed on a team, if possible, by the Department of Leisure Services

Participants wanting to play in a higher division must submit a letter requesting to be moved up. If a request is not submitted prior to ratings the participant will be drafted into the appropriate age division. Participants will not be allowed to play in a lower division.

There will be the following leagues (Age as of 4/30/2019)

Instructional Tee Ball	4, 5
Tee Ball	6
Coach Pitch	7, 8
Minor League	9, 10
Major League	11, 12
Junior League	13, 14, 15

## **Teams**

Each recreation team shall consist of a maximum of 14 players whose names shall be registered with the Department of Leisure Services.

A Leisure Services staff member will complete random roster checks. Roster checks will be completed prior to, during, or after a game.

## **Replacement of Players**

If a team loses a player during the first half of the season through illness, injury, change of address or other justifiable reason, the coach may request another player through Leisure Services to replace the one lost. A refund request must be submitted by the guardian within 4 weeks of the beginning of the program in order for the player to be replaced. The playing ability of the player shall not be considered a justifiable reason for request of replacement. Coaches should inform Leisure Services if they need a player.

When replacement is requested, the head coach must present the reason for the replacement in writing to the Leisure Services Department.

The replacement player will come from the waiting list and shall be assigned by the Athletic Supervisor.

No team may obtain a replacement player after half of the regular season games have been played unless their roster falls below the minimum number of players required to start a game under these rules.

Once assigned the player is eligible to play in all subsequent games.

## **Coaches Duties**

Will be responsible for turning in a line-up card to the plate umpire and opposing team prior to the start of the game.

Responsible to keep himself/herself, his/her coaches and team in the dugouts or appropriate areas throughout the game.

The coach of the home team shall be responsible for preparing the game sheet and designating an official scorekeeper. Under these circumstances the home team manager shall comply with all requirements of the official scorekeeper. The original completed game sheet shall be the property of the Department of Leisure Services, and shall constitute the official game record for all information contained therein.

*Note: The home team scorebook is the official score book and must be made available for review by the visiting team.*

Responsible to insure that all equipment is in good working order and complies with the requirements of NFHS and/or City baseball rules before and during all games and practices.

Responsible for properly filling out pitching affidavits at the conclusion of each game and the home plate umpire has signed the pitching affidavit. This responsibility is for each manager of the game.

## **All Divisions**

All teams must have 8 players present to begin the game. A team may finish a game with 7 players due to injury or ejection. If a team falls below 7 players, the game will end in a forfeit. When substitutions are made, it is the coach's responsibility to notify the umpire, scorekeeper, and opposing coach. Player ejected from the game is not eligible for reentry.

## **Field Conditions**

Absolutely NO hitting balls against the fence at practice. Please use hitting sock at the field, or reserve the batting cage.

## **Grace Period**

There is a 10 minute grace period for ONLY 6pm games. 6:30pm, 7:15pm, & 7:30pm games do not have a grace period. All weekend games do not have a grace period. "Game Time is Forfeit Time".

## **Sliding**

Sliding is mandatory when there is a play at the plate.

## **Equipment**

Players in all divisions must wear helmets or similar head protectors while taking their turn at bat, running bases, and on deck. All players in the Instructional Tee Ball division and Tee Ball divisions taking the defensive position of pitcher must wear a helmet.

*Note: Players intentionally removing or discarding helmets while running the bases will automatically be called out and the ball declared dead.*

All participants must wear molded cleats or shoes that are tied or held on with Velcro fasteners.

Shoes with metal spikes or cleats are prohibited except in the Junior division. Slip on shoes are prohibited.

All catchers or players warming up a pitcher must wear headgear with a throat protector, which gives protection to the top of the head and throat.

Male catchers must also wear an athletic supporter and cup. Although recommended, it is not mandatory for players in the field to wear a cup. The umpire will check before and during each game for compliance.

Conventional baseball uniforms will be furnished by the league and shall be worn by all players in official games. Any exceptions to this uniform rule will require approval of the Department of Leisure Services.

No individual child's name will be permitted to be applied to any uniform.

*Penalty: individual will not be allowed to participate in the game.*

No altered equipment may be used in any game or practice. City issued equipment shall be returned at the end of the season.

## **Bats**

### **Tee Ball**

It shall not be more than twenty-six (26) inches in length nor more than two and five-eighths ( $2 \frac{5}{8}$ ) inches in diameter. Any bat that doesn't meet these standards is not allowed. If a batter is caught using a bat that's not allowed they will receive a warning and the bat will be removed from the dugout. If a batter is caught using the bat a second time he/she will be ejected from the game.

### **Coach Pitch, Minors, and Majors**

It shall not be more than thirty-three (33) inches in length nor more than two and five-eighths ( $2 \frac{5}{8}$ ) inches in diameter. Any bat that doesn't meet these standards is not allowed. If a batter is caught using a bat that's not allowed they will receive a warning and the bat will be removed from the dugout. If a batter is caught using the bat a second time he/she will be ejected from the game.

### **Junior League**

It shall not be more than 34" inches in length; nor more than  $2 \frac{5}{8}$  inches in diameter, and if wood, not less than fifteen-sixteenths ( $\frac{15}{16}$ ) inches in diameter ( $\frac{7}{8}$  inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end. Any bat that doesn't meet these standards is not allowed. If a batter is caught using a bat that's not allowed they will receive a warning and the bat will be removed from the dugout. If a batter is caught using the bat a second time he/she will be ejected from the game.

### **Senior League**

It shall not be more than 36 inches in length, nor more than  $2 \frac{5}{8}$  inches in diameter, and if wood, not less than fifteen-sixteenths ( $\frac{15}{16}$ ) inches in diameter ( $\frac{7}{8}$  inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end. The bat shall not weigh, numerically, more than three ounces less than the length of the bat (e.g., a 33-inch-long bat cannot weigh less than 30 ounces). All bats not made of a single piece of wood shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be so labeled with a silkscreen or other permanent certification mark. The certification mark shall be rectangular, a minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color. Aluminum/alloy and composite bats shall be marked as to their material makeup being aluminum/alloy or composite. This marking shall be silkscreen or other permanent certification mark, a minimum of one-half-inch on each side, and located on the barrel of the bat in any contrasting color. Any bat that doesn't meet these standards is not allowed. If a batter is caught using a bat that's not allowed they will receive a warning and the bat will be removed from the dugout. If a batter is caught using the bat a second time he/she will be ejected from the game.

## Post Season

In all baseball divisions, every team will participate in a post-season single elimination tournament. First, second, and third place teams at the conclusion of regular season play will receive respective trophies at the awards ceremony (Only 1<sup>st</sup> and 2<sup>nd</sup> place trophies will be given for divisions with 5 or less teams). All other teams will receive participation trophies. Tournament champions will also receive some type of recognition.

In the event of a tie for 1st, 2nd, or 3rd place, the following tie breaker system will be in effect:

Step 1: Head to head competition.

Step 2: Least number of runs yielded in the head to head competition.

Step 3: Least number of runs allowed for the entire season.

*Note: Once a tie is broken, any subsequent ties will refer back to step 1 to break that tie.*

**Any rules that are not stated in this rulebook will be governed by the National Federation of State High School Association (NFHS)**

- Tee Ball Rules

### **Field Layout**

When lining the fields, a line shall be drawn 12 feet in front of each base directly in front of the bases, from foul line. All fielders must stay on or behind this line until the ball is hit.

Pitcher must remain in the designated area until the ball is hit. When drawing the pitchers box, the back shall be closed 12 feet from the front line.

All balls hit foul from the base lines are foul as in regulation baseball. An additional foul line is drawn fifteen (15) feet completely around home plate. Any ball hit past this point and within the normal foul line, whether on the ground or in the air, constitutes a fair ball. A hit ball failing to cross this line is foul.

Home run and ground rule double line is drawn one hundred (100) feet from home plate. All defensive players must be within this line.

**Home Run:** Any ball hit completely past the 100' line on the fly, regardless if touched by a fielder.

**Ground Rule Double:** Any ball hit past the 100' line on the ground, regardless if touched by a fielder or not. The batter and all base runners advance two bases.

If during play a ball is thrown beyond the 100' line, the ball is declared out of play and treated as the regulation baseball rule.

### Game Regulations

There will be ten (10) players on the field at one time (no catcher). There must be five (5) players positioned in the outfield. All outfielders must be a minimum of ten (10) feet behind each base and/or base path. A coach is permitted to stand in the outfield with the defensive team.

Players may not sit out two (2) consecutive defensive innings, unless due to injury or ejection.

A player may only play the same position for one inning during a game.

All players will be listed in the batting lineup. If a batter cannot complete their turn due to sickness or injury, the next batter will complete their turn. If a base runner cannot continue due to sickness or injury, the last previously recorded out will complete their base runner duties.

Players arriving after the start of the game will be placed in the game defensively at the beginning of the next inning and shall bat last in the batting order.

A game will consist of 4 innings or 1 hour and 15 minutes, whichever comes first. The umpire is the official timekeeper. No new inning will start after the time limit is complete. Once an inning has begun, it must be completed (Exception: home team will not bat in the bottom of the inning if they are ahead after the time has expired.) Games may finish in a tie.

If a game is interrupted due to reasons other than the time limit, it will be considered a complete game if three innings have been completed or 2.5 innings have been completed and the home team is ahead. Note: If a game is called before it has become a regulation game, but after one or more innings have been played, it shall be resumed exactly where it left off.

A team may score a maximum of 8 runs in one inning, with the exception of the 4<sup>th</sup> inning when 12 runs are allowed.

Players taking the defensive position of pitcher must wear a helmet.

Metal spikes are not allowed.

No defensive player shall deliberately roll the ball underhanded to another defensive player to achieve an out.  
PENALTY: The runner will be declared safe.

### **Batting**

Ball must be hit from the batting tee. The tee must be set at approximately waist level for each individual batter.

Batter must be in the batter's box with both feet approximately parallel to closest edge of home plate. Coaches may not turn the batter in either direction.

Any batter throwing a bat unintentionally may be called out after one warning.

When batter is lining up, bat to ball contact is allowed with no penalty unless the ball leaves the tee, in which case, it will be considered a foul ball.

As in regular baseball, a batter may strike out when he has any combination of two foul balls or two misses and he misses the ball on the third swing.

Batting coach shall remain outside the 15' circle while the ball is in play.

### **Base Running**

No stealing bases or leading off until the ball is hit. If the runner leaves early, the umpire will call the runner out. If the ball is hit, the ball is dead.

Play is stopped when any defensive player tags any base while in possession of the ball. The ball is considered dead. Runners may advance only if previously committed to do so prior to a defensive player tagging a base at their own risk.

Batter/runner may advance no more than one additional base at his own risk on any overthrow into foul territory. When a defensive player retrieves a ball thrown into foul territory and attempts to make a play on any runner, this ball will be considered back in play.

Players may tag up, as in regulation baseball.

The plate umpire or the batting coach will remove the tee when a runner is advancing to home plate.

The umpire will decide when the ball is dead. The ball is back in play when the next batter hits the ball.

The infield-fly rule will not be used.

The base runner will not be declared out if hit by a batted ball while in contact with a base. However, the ball will be declared dead.

The manager or coach can make a dead-ball appeal when the ball is declared dead. No play is necessary.

- **Coach Pitch Rules**

### **Game Regulations**

There will be ten (10) players on the field at one time. There must be four (4) players positioned in the outfield, a standard infield, and a catcher. All outfielders must be a minimum of ten (10) feet behind each base and/or base path. A defensive player shall stand within five (5) feet of the pitching rubber, but cannot be in front of the pitching rubber. No other player shall stand in front of the pitcher at any time.

The manager or assistant coach will serve as the designated pitcher. They cannot field the position. Players may not sit out two (2) consecutive defensive innings, unless due to injury or ejection.

All players will be listed in the batting lineup. If a batter cannot complete their turn due to sickness or injury, the next batter will complete their turn. If a base runner cannot continue due to sickness or injury, the last previously recorded out will complete their base runner duties.

Players arriving after the start of the game will be placed in the game defensively at the beginning of the next inning and shall bat last in the batting order.

A game will consist of 6 innings or 1 hour and 30 minutes, whichever comes first. The umpire is the official timekeeper. No new inning will start after the time limit is complete. Once an inning has begun, it must be completed (Exception: home team will not bat in the bottom of the inning if they are ahead after the time has expired.) Games may finish in a tie.

If a game is interrupted due to reasons other than the time limit, it will be considered a complete game if four innings have been completed or 3.5 innings have been completed and the home team is ahead. Note: If a game is called before it has become a regulation game, but after one or more innings have been played, it shall be resumed exactly where it left off.

A team may score a maximum of 8 runs in one inning, with the exception of the 6<sup>th</sup> inning when 12 runs are allowed.



A 12 run mercy rule will be in effect after the trailing team has batted 4 times.

No defensive player shall deliberately roll the ball underhanded to another defensive player to achieve an out.  
PENALTY: The runner will be declared safe.

### **Batting and Designated Pitcher**

Each batter will receive 6 pitches thrown by the designated pitcher. There will be no walks and no strike outs. There will be unlimited foul balls on the last pitch. If the batter has not put the ball into play (or hit a foul ball) within the allotted number of pitches, the batter will be declared out.

The catcher will supply a reasonable target for the designated pitcher

Designated pitcher can vocally coach the batter before each pitch, but may not coach base runners at any time to avoid any delay of game.

Designated pitcher must make all reasonable attempts to prevent their interference in a play or with a hit ball. The designated pitcher will go into foul territory if possible or squat down.

If designated pitcher is hit with a batted ball, the ball is declared dead, no pitch will count towards batter and batter will bat again.

Designated Pitcher may be changed once during an inning unless injured and must throw from a standing position.

Any batter throwing a bat unintentionally may be called out after one warning.

Bunting is allowed.

Big barreled bats and metal spikes are not allowed.

### **Base Running**

No stealing bases or leading off until the ball is hit. If the runner leaves early, the umpire will call the runner out. If the ball is hit, the ball is dead.

Batter/runner may advance no more than one additional base at his own risk on any overthrow into foul territory. When a defensive player retrieves a ball thrown into foul territory and attempts to make a play on any runner, this ball will be considered back in play.

Players may tag up, as in regulation baseball.

The umpire will decide when the ball is dead. Ball is dead when the defensive player has control over the runner. The ball is back in play when the next batter hits the ball.

The base runner will not be declared out if hit by a batted ball while in contact with a base. However, the ball will be declared dead.

The manager or coach can make a dead-ball appeal when the ball is declared dead. No play is necessary.

- **Minor League Rules**

### **Game Regulations**

There will be ten (10) players on the field at one time. There must be four (4) players positioned in the outfield, a standard infield, and a catcher. All outfielders must be a minimum of fifteen (15) feet behind each base and/or base path.

Players may not sit out two (2) consecutive defensive innings, unless due to injury or ejection.

All players will be listed in the batting lineup. If a batter cannot complete their turn due to sickness or injury, the next batter will complete their turn. If a base runner cannot continue due to sickness or injury, the last previously recorded out will complete their base runner duties.

Players arriving after the start of the game will be placed in the game defensively at the beginning of the next inning and shall bat last in the batting order.

Pitching mound will be 46' from home plate, and the bases shall be 60' apart.

A game will consist of 6 innings or 1 hour and 30 minutes, whichever comes first. The umpire is the official timekeeper. No new inning will start after the time limit is complete.

Once an inning has begun, it must be completed (Exception: home team will not bat in the bottom of the inning if they are ahead after the time has expired.) If there is no winner at this point, one (1) inning will be played as a tiebreaker.

If a game is interrupted due to reasons other than the time limit, it will be considered a complete game if four innings have been completed or 3.5 innings have been completed and the home team is ahead. Note: If a game is called before it has become a regulation game, but after one or more innings have been played, it shall be resumed exactly where it left off.

A team may score a maximum of 8 runs in one inning, with the exception of the 6<sup>th</sup> inning when 12 runs are allowed.

A 12 run mercy rule will be in effect after the trailing team has batted 4 times.

Any batter throwing a bat unintentionally may be called out after one warning.

Bunting is allowed.

Big barreled bats and metal spikes are not allowed.

Adult coaches are allowed to coach first and third base.

### **Pitching**

There shall be no balks or illegal pitches.

Maximum of 75 pitches per pitcher (Exception: If a pitcher reaches the maximum limit of pitches while facing a batter, they are allowed to finish the at bat.)

A pitcher who delivers 41 or more pitches in a game cannot play catcher for the remainder of the day. If a child plays catcher for any part of 4 innings in a game, he cannot play the position of pitcher for the remainder of the day.

The following guidelines must be observed for pitching “days of rest”.

66 or more pitches = 4 calendar days of rest

51-65 pitches = 3 calendar days of rest.

36-50 pitches = 2 calendar days of rest

21-35 pitches = 1 calendar day of rest

1-20 pitches = 0 calendar days of rest.

Note: The first calendar day of rest begins the following day. For example: A pitcher throws 57 pitches on Saturday morning. They are not eligible to pitch on Sunday, Monday, or Tuesday.

A pitcher remaining in the game, but moving to a different position, can return as a pitcher any time in the remainder of the game, but only once per game.

A pitcher must be removed from the game when they hit 3 batters in one inning, or 4 batters in one game.

Coaches must fill out the provided pitching eligibility form and bring it to every game. This form must be signed by both coaches and the umpire. If this form is not produced upon the request of the opposing coach at any time, the game may be played under protest. Pitching documentation must be presented to the Leisure Services office on the following business day before 5:00pm. There will be one warning per team for the entire season.

Coaches are allowed one trip to the pitching mound per inning, per player. On the second trip to the mound, the pitcher must be removed.

### **Walks**

If there is a passed ball on Ball 4, the batter/runner may continue running until the pitcher is in possession of the ball. If the runner has not started towards 2<sup>nd</sup> base when the pitcher retrieves the ball, they must stay at 1<sup>st</sup> base until the next pitch crosses the plate.

### **Base Running**

No leading off/stealing until the pitched ball crosses the plate or is hit by the batter. If the runner leaves early, the umpire will call the runner out. If the ball is hit, the ball is dead.

A speed-up runner may be used for the catcher only. If the catcher is on base and there are two outs, they may be replaced on the bases by only the last recorded out.

No runner may score from third base to home unless:

Forced by a hit ball

Advanced by hit ball

There is pick-off play by a player at any base. The pick-off play must include a thrown ball by the pitcher.

*NOTE: A wild throw to the pitcher from the catcher or an error by the pitcher receiving a throw by the catcher does NOT allow a runner to advance from third base. It is solely the judgment of the umpire to determine if the catcher's intent was to throw to the pitcher or another player.*

The base runner will not be declared out if hit by a batted ball while in contact with a base, but the ball will be declared dead.

The manager or coach can make a dead-ball appeal when the ball is declared dead. No play is necessary.

## **Stealing Home**

You may not steal home on a passed ball

- **Major League Rules**

## **Game Regulations**

There will be nine (9) players on the field at one time. All players will be listed in the batting lineup. In the field, no player may sit 2 consecutive innings.

Pitching mound will be 46' from home plate, and the bases shall be 60' apart.

A game will consist of 6 innings or 2 hours, whichever comes first. The umpire is the official timekeeper. No new inning will start after the time limit is complete.

Once an inning has begun, it must be completed (Exception: home team will not bat in the bottom of the inning if they are ahead after the time has expired.) If there is no winner at this point, one (1) inning will be played as a tiebreaker.

If a game is interrupted due to reasons other than the time limit, it will be considered a complete game if four innings have been completed or 3.5 innings have been completed and the home team is ahead. Note: If a game is called before it has become a regulation game, but after one or more innings have been played, it shall be resumed exactly where it left off.

A team may score a maximum of 8 runs in one inning, with the exception of the 6<sup>th</sup> inning when 12 runs are allowed.

A 12 run mercy rule will be in effect after the trailing team has batted 4 times.

Any batter throwing a bat unintentionally may be called out after one warning.

Big barreled bats and metal spikes are not allowed.

Adult coaches are allowed to coach first and third base.

## **Pitching**

Maximum of 85 pitches per pitcher (Exception: If a pitcher reaches the maximum limit of pitches while facing a batter, they are allowed to finish the at bat.)

A pitcher who delivers 41 or more pitches in a game cannot play catcher for the remainder of the day. If a child plays catcher for any part of 4 innings in a game, he cannot play the position of pitcher for the remainder of the day.

The following guidelines must be observed for pitching "days of rest".

66 or more pitches = 4 calendar days of rest

51-65 pitches = 3 calendar days of rest.

36-50 pitches = 2 calendar days of rest

21-35 pitches = 1 calendar day of rest

1-20 pitches = 0 calendar days of rest.

Note: The first calendar day of rest begins the following day. For example: A pitcher throws 57 pitches on Saturday morning. They are not eligible to pitch on Sunday, Monday, or Tuesday.

A pitcher remaining in the game, but moving to a different position, can return as a pitcher any time in the remainder of the game, but only once per game.

A pitcher must be removed from the game when they hit 3 batters in one inning, or 4 batters in one game.

Coaches must fill out the provided pitching eligibility form and bring it to every game. This form must be signed by both coaches and the umpire. If this form is not produced upon the request of the opposing coach at any time, the game may be played under protest. Pitching documentation must be presented to the Leisure Services office on the following business day before 5:00pm. There will be one warning per team for the entire season.

Coaches are allowed one trip to the pitching mound per inning, per player. On the second trip to the mound, the pitcher must be removed.

### **Walks**

If there is a passed ball on Ball 4, the batter/runner may continue running until the pitcher is in possession of the ball. If the runner has not started towards 2<sup>nd</sup> base when the pitcher retrieves the ball, they must stay at 1<sup>st</sup> base until the next pitch crosses the plate.

### **Base Running**

No leading off/stealing until the pitched ball crosses the plate or is hit by the batter. If the runner leaves early, the umpire will call the runner out. If the ball is hit, the ball is dead.

A speed-up runner may be used for the catcher only. If the catcher is on base and there are two outs, they may be replaced on the bases by only the last recorded out.

The base runner will not be declared out if hit by a batted ball while in contact with a base. However, the ball will be declared dead.

### **Stealing Home**

You may steal home on a passed ball

- **Junior League Rules**

### **Game Regulations**

There will be nine (9) players on the field at one time. All players will be listed in the batting lineup. In the field, no player may sit 2 consecutive innings.

Pitching mound will be 60' from home plate, and the bases shall be 90' apart.

A game will consist of 7 innings or 2 hours, whichever comes first. The umpire is the official timekeeper. No new inning will start after the time limit is complete.

Once an inning has begun, it must be completed (Exception: home team will not bat in the bottom of the inning if they are ahead after the time has expired.) If there is no winner at this point, one (1) inning will be played as a tiebreaker.

If a game is interrupted due to reasons other than the time limit, it will be considered a complete game if five innings have been completed or 4.5 innings have been completed and the home team is ahead. Note: If a game is called before it has become a regulation game, but after one or more innings have been played, it shall be resumed exactly where it left off.

A team may score a maximum of 8 runs in one inning, with the exception of the 7<sup>th</sup> inning when 12 runs are allowed.

A 12 run mercy rule will be in effect after the trailing team has batted 5 times.

Metal Spikes ARE Permitted.

### **Pitching**

Maximum of 95 pitches per pitcher (Exception: If a pitcher reaches the maximum limit of pitches while facing a batter, they are allowed to finish the at bat.)

A pitcher who delivers 41 or more pitches in a game cannot play catcher for the remainder of the day. If a child plays catcher for any part of 4 innings in a game, he cannot play the position of pitcher for the remainder of the day.

The following guidelines must be observed for pitching "days of rest".

66 or more pitches = 4 calendar days of rest

51-65 pitches = 3 calendar days of rest.

36-50 pitches = 2 calendar days of rest

21-35 pitches = 1 calendar day of rest

1-20 pitches = 0 calendar days of rest.

Note: The first calendar day of rest begins the following day. For example: A pitcher throws 57 pitches on Saturday morning. They are not eligible to pitch on Sunday, Monday, or Tuesday.

A pitcher remaining in the game, but moving to a different position, can return as a pitcher any time in the remainder of the game, but only once per game.

Coaches must fill out the provided pitching eligibility form and bring it to every game. This form must be signed by both coaches and the umpire. If this form is not produced upon the request of the opposing coach at any time, the game may be played under protest. Pitching documentation must be presented to the Leisure Services office on the following business day before 5:00pm. There will be one warning per team for the entire season.

Coaches are allowed one trip to the pitching mound per inning, per player. On the second trip to the mound, the pitcher must be removed.

A pitcher must be removed from the game when they hit 3 batters in one inning, or 4 batters in one game.

There can be balks in this division.

### **Walks**

If there is a passed ball on Ball 4, the batter/runner may continue running until the pitcher is in possession of the ball. If the runner has not started towards 2<sup>nd</sup> base when the pitcher retrieves the ball, they must stay at 1<sup>st</sup> base until the next pitch crosses the plate.

### **Base Running**

Leading off and stealing bases is permitted.

Head first sliding is permitted.

A speed-up runner may be used for the catcher only. If the catcher is on base and there are two outs, they may be replaced on the bases by only the last recorded out.

### **Contact Information**

#### **Youth Athletic Supervisor**

Sean London

Phone: 954-747-4670

Email: SLondon@sunrisefl.gov

#### **Recreation Specialist**

Peter Wolz

Phone: 954-747-4650

Email: PWolz@sunrisefl.gov

#### **Baseball Committee**

James Langley 732-670-2702

Shelby Wilson 954-448-1141

Carlos Gonzalez 954-687-6390

## City of Sunrise Youth Athlete of the Month Program

The Leisure Services Advisory Board has recommended to the Leisure Services Director that a “City of Sunrise Youth Athlete of the Month” program be implemented. This program was approved by the City of Sunrise Commission.

Staff will work with the Leisure Services Advisory Board and the variety of athletic organizations, instructors and volunteers that the City collaborates with throughout the year to implement the program.

The following guidelines will be utilized:

- 1) The Leisure Services Director or designee will serve as the City liaison for this monthly award.
- 2) The presentation of the “Youth Athlete of the Month” will occur at a City Commission meeting each month.
- 3) Each month, two youth athletes (one male and one female 18 years of age or younger) from a different athletic program will be presented with the award.
- 4) The Leisure Services Advisory Board will administer the selection process for City run programs using nominations submitted by volunteer coaches and make a recommendation to the Leisure Services Director or designee. The City’s contractual athletic organizations and instructors will administer the selection process for their own individual organization. All selections will be made in a timely manner in order to accommodate the City Commission Meeting agenda process.
- 5) The two youth athletes will each receive a gift certificate from the City valued at \$25 which is redeemable as payment for Leisure Services programs, with the exception of any facility rental or contractual program (i.e. Bridges at Springtree Golf Course, Sunrise Tennis Club, karate, dance, etc.).

The gift certificate will expire one year from the date of issue.

- 6) The proposed schedule for recognition is below, but may be amended by the Leisure Services Director.

<u>Athletic Programs</u>	<u>Presentation Month</u>	<u>Selection By</u>
Recreational Soccer	January	Leisure Services Board
Competitive Swimming	February	Contractual Organization
Travel Soccer	March	Contractual Organization



Travel Baseball	April	Contractual Organization
Travel Softball	April	Contractual Organization
Recreational Baseball	May	Leisure Services Board
Recreational Softball	May	Leisure Services Board
Travel Basketball	June	Contractual Organization
Youth Programs (Karate, Dance, etc.)	July	Contractors
Tennis	August	Contractual Organization
Recreational Basketball	September	Leisure Services Board
Recreational Flag Football	October	Leisure Services Board
Flag Football Cheerleading	October	Leisure Services Board
Tackle Football	November	Contractual Organization
Tackle Football Cheerleading	November	Contractual Organization
Golf	December	Contractual Organization



## Youth Athlete of the Month Nomination Form

Do you know a youth athlete who should be recognized for his or her achievements, both in and out of the athletic arena? If so, send in a nomination to have that athlete honored as a City of Sunrise Youth Athlete of the Month! Each month, we'll be recognizing one male and one female athlete who will be recognized at a City of Sunrise City Commission meeting.

Nominations can be made for any athletes whose actions represent a balance of athletic achievement, sportsmanship and citizenship. It's important to note that accomplishments off the "field" are valued just as much as those achieved on the "field". If you think you know an athlete who fits this description, be sure to fill out the form below to nominate him or her for City of Sunrise Youth Athlete of the Month!

With questions, please call 954-747-4600, or nominations may be emailed to Youth Athletics Supervisor Sean London at [SLondon@SunriseFL.gov](mailto:SLondon@SunriseFL.gov)

### Athlete Information

Full Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Sport/Activity: \_\_\_\_\_ School Name/Grade: \_\_\_\_\_

***Provide an explanation of why this player deserves to be recognized (250 words max):***

Examples of the desired criteria include:

- Impactful or notable in-game performance(s)
- Displays good sportsmanship/teamwork
- Community service
- Superior academic achievement
- Overcoming personal obstacles
- Displays good leadership

### Nominator Information

Full Name: \_\_\_\_\_ Relationship to Athlete (Coach/Instructor/Etc.): \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

### Parent/Guardian Information

Full Name: \_\_\_\_\_ Relationship to Athlete: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_



## Beat the Heat: Safe Strategies for Back-to-School Sports Training

Heat illness during practice or competition is a leading cause of death and disability among U.S. high school athletes, according to the Centers for Disease Control & Prevention. But heat illness is entirely preventable, says Michael Swartzon, M.D., a primary care physician at Doctors Hospital's Center for Orthopedics & Sports Medicine. With proper training, practice scheduling, water intake, rest periods and emergency treatment available on the sidelines, most young athletes can safely participate in outdoor sports in warm weather.

"It's important to identify athletes with the sickle cell trait and those taking certain supplements or medications, such as ADHD medications, because these factors can make them more susceptible to heat illness," Dr. Swartzon explained.

After athletes are cleared for training, gradually increasing practice frequency, duration and intensity minimizes exertional heat-illness risk, experts say. The National Athletic Trainers Association (NATA) has issued guidelines on how to acclimatize athletes to hot-weather activity over a 14-day period. Among the recommendations: No more than one practice per day for the first five days; no equipment beyond a helmet the first two days; and no more than a helmet and shoulder pads on days three through five.

The AAP and NATA advise school sports programs to follow prevention strategies to guard against heat-related illness.

Additional prevention strategies from the AAP and NATA include:

- Have athletic trainers on-site to recognize and treat possible injuries and heat illness.
- Keep athletes well hydrated before, during and after exercise. Coaches should allow free access to water and sports drinks.
- Evaluate athletes individually for play in hot weather. Kids who are more vulnerable, including those who are overweight or have diabetes, should be closely monitored.
- Sit out kids who show signs of illness, such as fever, diarrhea or extreme fatigue, or who were recently ill. These symptoms can decrease the body's exercise-heat tolerance.

- Intersperse rest periods during practices to lower body temperature and allow ample time to hydrate. Athletes should rest two to three hours between same-day practices or games in hot weather.
- Advise athletes to wear lightweight, light-colored, loose-fitting clothing. The best choice is moisture-wicking, quick-drying gear that doesn't absorb sweat.
- Ensure all coaches, trainers and athletes know the signs of heat stress, which include dizziness, confusion, muscle cramps, headache, nausea, weakness, excessive thirst, cool and clammy skin. Athletes should be encouraged to report if a teammate appears to be struggling.
- Have an emergency action plan. When the risk of heat illness is high, NATA advises trainers to have an immersion tub filled with ice and water ready to cool potential victims.

According to NATA, the treatment rule is: Cool first and transport to the emergency room second. If an immersion tub is not available, trainers should lie the athlete down in a cool, shady area while waiting for emergency personnel to arrive. Tight clothing or safety gear should be removed and ice packs or water applied to promote cooling.

Visit [www.baptisthealth.net/wellness](http://www.baptisthealth.net/wellness)



## Eating for Exercise – Lucette Talamas, R.D.

### Everyday Eating

- Fill half your plate with fruits and vegetables.
- Make at least half your daily grains whole grains.
- Choose lean protein foods and vary your protein sources.
- Choose low-fat or nonfat dairy products.
- Choose healthier fat sources like nuts, seeds and vegetable oils.
- Control portion sizes to achieve and maintain a healthy body weight.

Making appropriate food and beverage choices may enhance your performance during exercise. When planning and preparing meals and snacks, incorporate the following tips:

### Everyday Eating

Making appropriate food and beverage choices may enhance your performance during exercise. When planning and preparing meals and snacks, incorporate the following tips:

### What to Eat

Foods can be classified into 3 macronutrients: carbohydrates, protein and fat. Your body relies mainly on carbohydrates before, during, and after exercise. Protein and fat are also important components of a balanced diet. Consuming the correct amounts of carbohydrates and protein will improve your workout.

**Carbohydrates:** Carbohydrates are the main source of fuel for your body and provide you with energy for your workout. The majority of your pre and post workout snacks should consist of carbohydrates. Carbohydrate rich foods that are whole grains include whole wheat bread, cereal, brown rice, whole grain pasta, whole grain bagels and English muffins, oatmeal, whole wheat couscous, quinoa and more! Other sources of carbohydrates include all fruits, starchy vegetables like potatoes, peas, corn, and yucca, beans and legumes, milk and yogurt products.

**Protein:** Protein helps to repair and build muscles and is an essential part of pre and post workout meals. The amount of protein the body needs is easily met through the foods we eat

and additional protein supplementation is rarely necessary or recommended for the average exercising adult. Animal sources of protein include chicken, turkey, seafood, eggs, dairy products and meat; remember to choose lean cuts of meat. Plant sources of protein include bean and legumes (which also contain carbohydrates) as well as all nuts and seeds (which also contain healthy fats).

Here are some examples which contain an appropriate balance of carbohydrates and protein:

- Yogurt with fruit
- A piece of whole fruit and a serving of nuts
- Sandwich with lean protein on whole wheat bread
- Whole grain crackers and low fat cheese
- Whole grain crackers and peanut butter
- Oatmeal with fruit and a serving of nuts
- Mini whole wheat bagel with peanut butter
- Lowfat milk

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#### Sources

- 1) Sports, Cardiovascular and Wellness Nutritionists Dietetic Practice Group. Sports Nutrition; a practice manual for Professionals, 4<sup>th</sup> edition. 2006.
- 2) Clark, Nancy. Sports Nutrition Guidebook. 2008.
- 3) Academy of Nutrition and Dietetics [www.eatright.org](http://www.eatright.org)

#### When to Eat

Food is a source of fuel during physical activity. What you eat throughout the day as well as before and after your workouts will impact your performance. Avoid skipping meals, especially breakfast. Plan, prepare, and eat balanced meals and snacks every 3 to 4 hours throughout the day to ensure adequate energy during your workout.

**Pre-Workout:** Either a pre-workout meal or snack should be eaten, depending on the time of day that you exercise. If you exercise first thing in the morning and don't eat breakfast or if there is a gap more than 4 hours since your last meal, you should plan to eat a snack 1 hour before exercising. Choose a carbohydrate snack which will digest faster than protein and fat to prevent stomach-intestinal discomfort during exercise. If you had a meal that contained carbohydrates and protein before your exercise, allow 3-4 hours for a large meal to digest prior to exercise.

**Post-Workout:** Eat within 45 minutes after a workout to aid in restoring your muscles and energy stores. If you can't get to a meal within 45 minutes, pack a carbohydrate-rich snack. Once you are able to have your post exercise meal, include both carbohydrates and protein.

## **Hydration**

Proper hydration is a key component of physical activity. The overall goal of proper hydration is to prevent dehydration without over-drinking. Fluid needs are different for each person. Follow these tips as a guide to make sure you are adequately hydrated before, during, and after exercising.

- Choose water instead of beverages with added sugar. Beverages with electrolytes (like Gatorade and PowerAde) should only be consumed if intense exercise lasts longer than 1 hour.
- Drink water before, during, and after exercising and throughout the day.
- Monitor your hydration status by monitoring the color of your urine and strive to produce light-colored urine.
- Watch for signs of dehydration which include thirst, flushed skin, premature fatigue, and increased body temperature.

## **Supplements**

Your body has the amazing ability to grow and repair itself when it receives the appropriate nutrients. General exercising does not increase your micronutrient (vitamin and mineral) needs. All of the necessary macronutrients and micronutrients your body requires for daily living and exercising can be found in food. Additional supplementation is not required for exercising when you consume the right types and amounts of foods.

For more information, visit [www.baptisthealth.net/wellness](http://www.baptisthealth.net/wellness)

## **Sources**

- 4) Sports, Cardiovascular and Wellness Nutritionists Dietetic Practice Group. Sports Nutrition; a practice manual for Professionals, 4<sup>th</sup> edition. 2006.
- 5) Clark, Nancy. Sports Nutrition Guidebook. 2008.
- 6) Academy of Nutrition and Dietetics [www.eatright.org](http://www.eatright.org)



## Keep the Beat, Protect Kids' Hearts

It can make your own heart skip a beat: Hearing news of a young athlete dying after the physical exertion of a high school or college sporting event.

The [American Heart Association](#) estimates that nearly 360,000 out-of-hospital sudden cardiac arrests occur each year in the United States and 92 percent of those results in death. The Centers for Disease Control and Prevention reports that **1 percent** of those arrests happen to people under the age of 35.

That seemingly small percentage represents too large a number for cardiologist [John Dylewski, M.D.](#), medical director of cardiac electrophysiology at [South Miami Heart Center](#).

Dr. Dylewski recommends student athletes have annual electrocardiograms, or EKGs, which can show abnormalities in the heart's electrical system – a common cause of sudden cardiac arrest, according to the [Sudden Arrhythmia Death Syndromes Foundation](#).

Dr. Dylewski warns, however, that a normal EKG doesn't necessarily mean a normal heart, as other factors, such as the heart's anatomy, may also lead to sudden cardiac arrest. Abnormalities in the structure of the heart may also cause electrical problems in the heart, but are usually best detected using an ultrasound, or ECHO, of the heart which shows what the heart looks like inside the body.

[Madeleen Mas, M.D.](#), medical director of [Baptist Children's Hospital](#) Pediatric Cardiology, says that the leading cause of sudden cardiac arrest related to the heart's anatomy is a structural defect known as cardiomyopathy, or an enlarged heart. Dr. Mas explains that the extra mass of the heart, which can be caused by increased muscle, in most cases, or by fat or scar tissue, can disrupt the path of electrical signals in the heart and lead to irregular heartbeats and death.

Dr. Mas points to illness as another source of sudden cardiac arrest linked to the structure of the heart. Myocarditis occurs after a cold or flu virus causes the body's immune system to attack the heart.

"Few people realize that viral symptoms should subside four to five days after the onset," Dr. Mas said. "If fatigue, shortness of breath and lightheadedness persist, insist on getting your heart checked. Treatment for myocarditis requires no sports for at least six months."

### Watch for Signs

Both Dr. Mas and Dr. Dylewski recommend that parents pay close attention to their kids' ability to participate in activity and certain words kids may use to describe symptoms.



- Children may describe a “flipping” or “fluttering” in their chests or pain in their throats.
- They may experience shortness of breath and not be able to keep up with their friends.
- Dizziness or fainting also indicates a potential problem.
- Paleness, especially after activity, may be a sign.

Schedule an EKG for your student athlete at [Baptist Medical Plazas](#) at Coral Springs, Davie and Pembroke Pines.

For more information, visit [www.baptisthealth.net/wellness](http://www.baptisthealth.net/wellness)



## Concussions Hit Younger Athletes Harder

Here are some sobering statistics for parents of young athletes playing organized, high-contact sports, particularly football at the high school level or earlier. Football is the No. 1 sport (followed by soccer) that causes the highest frequency of concussions, up to 10 percent of players each season. Of those, 70 percent have symptoms of a concussion, but did not know they had one. Forty percent of high school players knew they had suffered a concussion, but wouldn't tell anybody.

These are findings from various studies done on high school football players, and they indicate that all participants need to get better educated about the dangers of not knowing or ignoring the signs and symptoms, according to [Richard Hamilton, Ph.D.](#), Clinical Director, [Brain Injury and Concussion Rehabilitation Programs](#) at Baptist Hospital.

But younger adults in high school and middle school, and younger kids in pee-wee leagues, are more susceptible to concussions.

A concussion is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. The injury usually alters how the brain functions — for a relatively short period of time in most cases. Except for possible cuts or bruises on the head or face, there may be no other visible signs of a brain injury.

Moreover, you don't have to pass out, or lose consciousness, to have a concussion. Some people will suffer the more expected symptoms, such as passing out or short-term memory loss.

Because of even a small chance of permanent brain problems, it is important to contact a doctor or head for the emergency room for proper diagnostics and treatment if you or someone you know has symptoms of a concussion.

Symptoms include:

- Headaches
- Dizziness
- Balance issues
- Attention deficit problems
- Trouble sleeping
- Light/noise sensitivity

“Education is the biggest factor for players, parents and coaches,” Hamilton said. “They need to understand what a concussion is, what are the signs and symptoms and the importance of treatment and proper management techniques.”

When it comes to many cases when athletes want to return to action too soon after a concussion, the motto — “When in doubt, sit them out” — should apply, Hamilton said.

The biggest danger amounts to “second impact syndrome.” That’s when an injured player suits up and plays again before a full recovery period, usually two to three weeks, and then suffers a second concussion.

“In a small number of cases, if you have second concussion before being completely healed, you could suffer massive swelling,” Hamilton said. “Fifty percent could die, and the other 50 percent could suffer permanent brain damage.”

“A concussion temporarily alters how a brain functions,” Hamilton said. “If properly cared for, we believe that most athletes will have a full recovery. But they need physical and cognitive rest, with a reduced academic load and no demanding mental activity, such as even texting and computer games, during recovery.”

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