

The game format, rules for game play, and lineup system which are unique to Upward Baseball are designed to promote healthy competition and sportsmanship while also teaching the objectives of game play.

Game Format

- An umpire (or a coach-umpire in certain divisions) will lead both teams in prayer at home plate before every game.
- Any games ending in a tie should remain a tie. This will help keep games on schedule. In divisions where score is kept and if time constraints have not been met, an extra inning may be played.
- No division standings are maintained. Such standings add unnecessary pressure and intensity.
- All managers and coaches will adhere to the lineup system as detailed on page and in each division's "Rules for Game Play."
- A coach or designated individual from each team must keep the Upward Scorebook. The home team scorebook is the official scorebook.
- At least one manager, coach, or designated adult must be in the dugout (bench area) at all times. Managers and coaches are allowed on the field in certain divisions. Refer to each division's "Game Rules" section for guidelines.
- There will be no disputed calls, arguing with the umpires, or protests of games.
- There will be no appeals made by the defensive team with the exception of questionable swings at pitches (half swings). The manager or catcher may request the plate umpire to ask his or her partner for help on a half swing when the plate umpire called the pitch a ball.
- If a base runner attempts to "tag up" on a hit ball which results in an out, but leaves the base early, no appeal is necessary by the defensive team. The umpire will call the player out once the ball becomes dead.
- Players must keep their jerseys tucked in at all times. Caps should also be worn when playing defense.
- At the end of each game, teams, managers, and coaches will shake hands while exhibiting great sportsmanship.
- The ball used shall weigh between 5 and 5 ¼ ounces and measure 9 to 9 ¼ inches in circumference.
- Bats used must be a t-ball or baseball bat with a maximum length of 33" and a maximum diameter of 2 ¼ inches. (Minors may use BIC Barrels)
- No head first slides are allowed. Head first slides will result in an out. (Except going back to base)
- Batting helmets must be worn by players while batting and running the bases. Any base runner that intentionally removes the helmet while running the bases shall be called out upon completion of the play.
- The catcher shall wear a protective, supporter cup (exception of T-ball and Coach Pitch Divisions), chest protector, shin guards, and catcher's helmet with a mask.
- All male players must wear a protective, supporter cup (exception of T-ball and Coach Pitch divisions).
- Players, coaches, and umpires are not allowed to wear metal cleats or spikes.
- Players are not allowed to wear jewelry of any kind. *Exception:* Jewelry that alerts medical personnel to a specific condition is permissible.

Substitutions

This substitution system is designed to provide every player equal opportunity for improvement. The substitution system ensures that:

- Every child will play at least half of the game.
- No child will sit out more than one inning at a time.

- Every child will have an opportunity to be in the starting lineup.
- Coaches are not open to making unfair substitutions or being accused of such.
- Coaches are free from monitoring playing time for each player.
- Playing time for all players is virtually even over the course of the season.

In the kid’s pitch division, the pitcher and catcher are not factored into the substitution system

Implementing the System

The league director will supply each coach with a team roster that includes each player’s evaluation score. Beginning with the letter “A”, coaches should assign each player a letter according to their level of ability. Players should not be aware of this system or their rank. An example of a 12-player team will be used to demonstrate the substitution system. Bill, Joe, Sam, Tim, Mark, Scott, Trent, Jason, Josh, Steve, Ben and Brad make up the Angels team. One of the letters A, B, C, D, E, F, G, H, I, J, K, or L will be assigned to each member of the Angels. Because Bill has the highest score, he is assigned the letter A. Brad is assigned the letter L because he has the most room for improvement.

| ANGELS | |
|----------------------|-------------------------|
| Player’s Name | Evaluation Score |
| Bill | 50 |
| Joe | 46 |
| Sam | 42 |
| Tim | 40 |
| Mark | 39 |
| Scott | 37 |
| Trent | 37 |
| Jason | 36 |
| Josh | 35 |
| Steve | 33 |
| Ben | 31 |
| Brad | 30 |

On the following pages, the substitution system will be demonstrated. In all age divisions, every player on your roster will bat in the offensive lineup that you choose prior to the start of the game. This substitution rotation schedule only applies to defense. The batting order should not change once the game begins. We do encourage that you alternate your offensive lineup throughout the season. This will ensure that every child gets the opportunity to bat an equal amount of times over the course of the whole season.

Substitutions on the first game day start with player A. Players A, B, C, D, E, F, G, H, I and J start the first inning. The starting lineup for Game 1 is: The first 10 players listed on your roster (first 9 players for 5th-7th grades). See below.

| GAME 1 | | INNING | | | | | |
|---------------|-------|--------|----|----|----|----|----|
| Player's name | | 1 | 2 | 3 | 4 | 5 | 6 |
| A | Bill | 1 | 3 | 5 | 7 | 9 | |
| B | Joe | 2 | 4 | 6 | 8 | 10 | |
| C | Sam | 3 | 5 | 7 | 9 | | 1 |
| D | Tim | 4 | 6 | 8 | 10 | | 2 |
| E | Mark | 5 | 7 | 9 | | 1 | 3 |
| F | Scott | 6 | 8 | 10 | | 2 | 4 |
| G | Trent | 7 | 9 | | 1 | 3 | 5 |
| H | Jason | 8 | 10 | | 2 | 4 | 6 |
| I | Josh | 9 | | 1 | 3 | 5 | 7 |
| J | Steve | 10 | | 2 | 4 | 6 | 8 |
| K | Ben | | 1 | 3 | 5 | 7 | 9 |
| L | Brad | | 2 | 4 | 6 | 8 | 10 |

It is imperative that you move your players around to play different positions. Often times it is convenient to keep your better players at the “key” positions. Remember that we want to work hard to improve the playing ability for ALL players. Substitutions on the second game day will start with player B. The starting lineup for Game 2 is players B through K. The starting line up shifts down one player every game. See below.

| GAME 3 | | INNING | | | | | |
|---------------|-------|--------|----|----|----|----|----|
| Player's name | | 1 | 2 | 3 | 4 | 5 | 6 |
| A | Bill | | 1 | 3 | 5 | 7 | 9 |
| B | Joe | | 2 | 4 | 6 | 8 | 10 |
| C | Sam | 1 | 3 | 5 | 7 | 9 | |
| D | Tim | 2 | 4 | 6 | 8 | 10 | |
| E | Mark | 3 | 5 | 7 | 9 | | 1 |
| F | Scott | 4 | 6 | 8 | 10 | | 2 |
| G | Trent | 5 | 7 | 9 | | 1 | 3 |
| H | Jason | 6 | 8 | 10 | | 2 | 4 |
| I | Josh | 7 | 9 | | 1 | 3 | 5 |
| J | Steve | 8 | 10 | | 2 | 4 | 6 |
| K | Ben | 9 | | 1 | 3 | 5 | 7 |
| L | Brad | 10 | | 2 | 4 | 6 | 8 |

| GAME 2 | | INNING | | | | | |
|---------------|-------|--------|----|----|----|----|----|
| Player's name | | 1 | 2 | 3 | 4 | 5 | 6 |
| A | Bill | | 2 | 4 | 6 | 8 | 10 |
| B | Joe | 1 | 3 | 5 | 7 | 9 | |
| C | Sam | 2 | 4 | 6 | 8 | 10 | |
| D | Tim | 3 | 5 | 7 | 9 | | 1 |
| E | Mark | 4 | 6 | 8 | 10 | | 2 |
| F | Scott | 5 | 7 | 9 | | 1 | 3 |
| G | Trent | 6 | 8 | 10 | | 2 | 4 |
| H | Jason | 7 | 9 | | 1 | 3 | 5 |
| I | Josh | 8 | 10 | | 2 | 4 | 6 |
| J | Steve | 9 | | 1 | 3 | 5 | 7 |
| K | Ben | 10 | | 2 | 4 | 6 | 8 |
| L | Brad | | 1 | 3 | 5 | 7 | 9 |

Each division’s section will include specific information on suggested field dimensions and game rules (general, defense, and offense). Except where the rules unique to Upward Baseball apply, play is governed by the National Federation of State High School Associations’ (NFHS) Rules Book (website: www.nfhs.org).

Kid Pitch (10, 11 & 12 year olds)

(League age determined by the first day of the month following the last game date) or the first day of the month corresponding to the first game date

Suggested Field Dimensions

- Base paths - 60 feet.
- Pitching rubber - 46 feet from the back point of home plate to the front of the pitching rubber.
- Outfield fence – 200 to 250 feet

Game Rules

General

- A regulation game is six innings or 1 hour and 30 minutes. No new inning starts after 90 minutes.
- Two umpires will be needed per game (home plate and base).
- A continuous batting order, including all players on the team roster who are present, will be used.
- If a child is absent, injured, becomes ill, or must leave the game early, the team will skip over the spot in the batting order without penalty.
- A team will bat until three outs are recorded or after batting their whole line up OR until scoring five runs, whichever comes first. When the final batter comes to the plate in adherence with the maximum number of batters rule, there will automatically be two outs. He is treated no differently from previous batters, as play will stop when an out is recorded or when time is called by the defensive team. **Reminder:** *The offensive team must alert the umpire and opposing team when the last batter steps to the plate.*
- The manager must remove the pitcher when he has thrown 85 pitches. If the pitcher reaches this limit while pitching to a batter, he may continue to pitch until the end of the at bat. Each team's scorekeeper is responsible for counting pitches for both teams. Both scorekeepers must provide the current pitch count for any pitcher when requested by either manager or any umpire. When a pitcher has thrown his 85th pitch, the scorekeepers must alert the home plate umpire.
- If the catcher drops the ball on the third strike (other than a foul ball), the batter is out and no throw is necessary to first base from the catcher. Base runners can advance at their own risk.
- Balks will not be called The play is dead
- The infield fly rule will not be in effect.
- There will be no intentional walks.
- A base is not considered occupied unless the base runner touches the base. Should a runner fail to touch a base, he will be called out once the ball becomes dead. As long the ball is live, the base runner can attempt to return to the base he failed to touch.
- A coach or manager is allowed one trip to the mound per inning per pitcher. A second trip to visit the same pitcher in the same inning requires a change of pitchers. An injury visit to the mound does not count as a visit, as that trip will be summoned by the umpire.

Defense

- A defensive unit will consist of a catcher, pitcher, four infielders, and three outfielders (maximum team size is 12).
- Each inning's defensive players will be determined by adherence to the Upward Baseball Substitution System.
- Every player must sit out one inning before any player sits out two innings OR do we use the Upward Baseball Substitution system?
- There is free defensive substitution. All players will play a minimum of one inning at an infield position (P, C, 1B, 2B, SS, and 3B) and one inning at an outfield position. Allow players to learn

and experience different positions on the field. However, player safety must be given consideration when assigning positions (e.g. pitcher and first base).

- No player should play the same position for more than three consecutive innings.

Offense

- Stealing bases is allowed. However, a base runner cannot lead off. Any base runner leaving the base before the ball reaches home plate is out (umpires' decision). The ball is ruled dead and all other runners return to the base occupied prior to the pitch.
- Bunting is allowed.
- Base runners can advance at their own risk on all overthrows.
- The offensive team is allowed two coaches on the field: a first base coach and a third base coach.