



## 3<sup>rd</sup> Grade Rules: 2023 WBL Spring In-Town Season

Westfield Baseball League (updated 2023)

### COACHES MAY NOT CHANGE LEAGUE RULES

- Do NOT ask another team to adjust rules. If asked, answer NO.
- If any teams play under a material rules variation – **BOTH TEAMS SHALL FORFEIT THE GAME!**
  - Any Rules adjustments shall be **SOLELY** communicated by the League

### I. 3<sup>rd</sup> Grade Goals & Objectives:

- **FUN:** The #1 goal should be for players to have fun & learn to love the game
- **SKILL DEVELOPMENT & INSTRUCTIONAL:** Spring In-Town is primarily an instructional league, and players of all abilities & skill levels are welcome. 3<sup>rd</sup> Graders should advance in their skill development in all areas of play ~ catching, throwing, fielding (*infield & outfield*), hitting, base running, pitching
- **LEARN:** 3<sup>rd</sup> Graders should have a complete knowledge of the basic rules of the game
- **SPORTSMANSHIP:** Umpires, Opponents, Coaches, Teammates, Parents
- **COMPETITION:** 3<sup>rd</sup> Grade is competitive. Player development & fun remains primary focus

### II. Safety:

The #1 priority of WBL is player safety at all levels of the game

- **Bat Safety:** **ONLY** Batter & On-Deck (*when in a batting cage*) may have a bat in hand
- **Thunder/Lightning:** Immediately halts play for a minimum of 30-minutes
- **Rain/Field Conditions:** Games will be cancelled if field conditions are unplayable
  - *The league will send notices when all games/practices are cancelled*
  - *Coaches always reserve the right to cancel game/practice based upon their scheduled field condition*
- **Injury:** Please ensure any injuries are immediately reported to the Coach & League Director. In the event of emergency/serious injury:
  - **Emergency:** 911
  - **Rescue Squad:** 908-233-2500 (*non-emergency*)
  - **Westfield Police:** 908-789-4000 (*non-emergency*)
  - **Westfield Fire:** 908-789-4130 (*non-emergency*)
  - **Recreation Dept:** 908-789-4080
- **Rutgers:** All Head & Asst Coaches must complete Rutgers Safety Training course
- **Background/SAFE:** All Head & Asst Coaches must complete background checks & SAFE training

### III. Coaches & Team Rosters:

- **Team Rosters** Team Rosters are formed via a Draft (*10-11 players per team*)
  - Our goal is to form evenly balanced, competitive teams
  - Rosters are LOCKED ~ Coaches/Parents may not re-assign teams or trade players
- **Coaching Staff** (1) Head Coach; (3) Assistant Coaches
  - Coaches may enlist parents as necessary to assist with practices/games
  - Head coaches will be asked to submit player evaluations after season (*for G4 Draft*)



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#### IV. Player Uniforms & Equipment:

- **Baseballs** Hard Balls
- **Uniforms** Hat & Jersey (MLB teams for 2023)
- **Team Equipment** Each team is provided the following equipment
  - Baseballs (*1 box of 12 baseballs - Hard balls*)
  - Catcher's Gear (*1 set*)
  - First Aid Kit
  - Ice Packs
- **Player Equipment** Each player is expected to provide their own equipment below
  - **Glove**
  - **Helmet** **Players may NOT come to bat or be on the base path without a helmet**
  - **Bat** 2<sup>nd</sup> Grade thru Majors = USA Baseball Stamp, 2 5/8" Barrel Maximum
    - **NO BBCOR BATS**
    - Babe Ruth League Bat Rules: <https://www.baberuthleague.org/bat-rules.aspx>
    - List of approved bats can be found here: <https://usabat.com/>
  - **Cleats** All players should wear plastic baseball cleats (*metal not permitted*)
  - **Baseball Pants** Baseball Pants should be worn to all games/practices
    - *NO SHORTS to games or practices - shorts are for Basketball & Soccer, not baseball*
  - **Cups** REQUIRED - All players must wear protective cups
  - **Heart Guard** REQUIRED - All kids must wear protective Heart Guards
  - **Catchers** Must wear ALL gear (*mask, chest protector, knee pads*). MAY use own glove
  - **Tip:** *Have all players write names on hats & equipment ~ you will have leave behinds  
DOUBLE knot shoelaces ~ imagine a game without a timeout to tie shoes!*

#### V. 2023 Spring In-Town Season Schedule:

- **Regular Season** April 15 – June 10, 2022
  - # Games (8) Games - *June 10<sup>th</sup>...Semi Finals and Consolation games*
  - Final Game Final 2 teams will play during the week of June 11 for Championship
  - Bye Weeks 5/28 (*Memorial Day weekend*)
  - Rainouts Typically are not rescheduled - *play when possible*

#### VI. Practices:

- **Field Location** Tamaques T3 (*big parking lot*), T5 (*tennis courts*) & T6 (*near entrance*)
- **Practice Dates** Mon – Fri (1) Practice per week
- **Practice Times** Time Slots - 5:30p & 6:30p
- **Length** 1-Hour

#### VII. Field Distances:

- **Bases** 60 Feet
- **Pitcher's Mound** 46 Feet – Foot **MUST** be on rubber to initiate pitch



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### VIII. Games:

- **Field Location** Tamaques T3 (*big parking lot*), T5 (*tennis courts*) & T6 (*near entrance*)
- **Game Dates** Every Saturday – (1) game per week
- **Game Times** 10:00p & 12:15p (*subject to change*)
- **Innings** Up to 6-innings, time allowed
- **Length** 2-hours (*game ends with hard stop at 120-minutes*)
- **Umpires** Minimum of (1) Cadet Umpire
- **Scores/Standings** Coaches must keep scores. Winning coach will report score
  - Games may end in tie except for playoffs
- **Playoffs** Top 4 Teams will make playoffs (*1 v 4; 2 v 3; then championship*)

### IX. Pre-Game

- **Home Team** Takes 1<sup>st</sup> Base Dugout
- **Lineups** Each team will exchange lineups – ALL players remain in batting order
- **Game Balls** Each team will provide one (1) game ball
  - *Home team shall provide additional game ball if required*
- **Umpire Meeting** Head Coaches shall meet with umpire pre-game to review rules
- **START ON TIME** 10a games leave field at 12p / 12:15p games leave field at 2:15p
- **Time Limit** No NEW inning may start after 1:45, hard stop at 12p or 2:15p
  - Any inning starting at/after 1 hour 45 minutes = LAST INNING
  - Score of any game stopped due to time limit shall revert to the Last Full Inning

### X. Game Play Basics

- **Innings** Max 6-innings or until time limit.
  - Complete game = 4 innings (*due to time, weather, etc*)
    - 3.5 Innings if home team is leading = complete game
  - Games paused due to weather may restart, time permitting
- **Run Limit** Maximum 4-runs per ½ inning, except the last inning (*unlimited runs*)
- **Last Inning** UMPIRE must call Last Inning PRIOR TO START of inning
  - If not announced BEFORE start of inning – 4 Run Rule applies
  - This may NOT be changed after the 1<sup>st</sup> pitch of any new inning
- **Mercy Rule** None – Play Ball
- **Defense** 3-outs ends inning  
Defense Coaches MUST BE INSIDE DUGOUT
  - **Coaches may NOT be outside dugout while on defense**
- **Fielders** Up to (10) players in field – teams may use 4 outfielders at their choice
  - Maximum 6 players on infield dirt (*including pitch & catcher*)
  - Teams may play with minimum of (8) fielders



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- **Borrowed Players** Borrow player(s) if required to field 8 or 9 players in field
  - Borrowed player(s) must be bottom of order for that inning
  - If Borrowed player needs to bat – last out replaces player in field
  - There is NO forfeit for short rosters
- **Sitting** MAXIMUM 1-inning on bench in a row (*except due to illness/injury*)
  - EVERY PLAYER SITS ONCE before ANY Player sits twice
- **Offense** Coaches are ONLY permitted at 1<sup>st</sup> Base & 3<sup>rd</sup> Base coach boxes
- **Dropped 3<sup>rd</sup> Strike** Batter is OUT - no advance to 1<sup>st</sup> base
- **Infield Fly Rule** NOT in effect
- **Bunting** NOT permitted
- **Tagging Up** NOT permitted
- **Balks** NOT in effect
- **Pitcher Pick Off** NOT applicable
- **Catcher Pick Off** ALLOWED – no advance on overthrow

### XI. Base Running:

- **Leading** AFTER ball hits catcher's mitt or passed ball
- **Stealing** 3<sup>rd</sup> Base ONLY – AFTER ball hits catcher's mitt or passed ball
  - No advance to 2<sup>nd</sup> or Home under ANY circumstance unless batted ball is put in play
  - IE...overthrown on steal at 3<sup>rd</sup> – Runner does NOT advance
- **Sliding** Feet first only. Players must slide to avoid contact on any close play.
  - Failure to slide which results in contact/collision = runner called out
  - Head First Slide into advancing base = runner called out
    - (*allowed when returning to base – i.e. Pickoff or Rundown*)
  - Any fielder faking possession of ball, resulting in runner making unnecessary slide, will result in runner being awarded extra base (*except home plate*)
- **Errors (1 base)** Max. one base during ENTIRE PLAY on ANY Error (*i.e. per batted ball*)  
**Defense has free shot at any base runner attempting to advance on error**
- **Locked at 3<sup>rd</sup>** Runner may NOT advance from 3<sup>rd</sup> to Home on ANY Error ANYWHERE
  - Must be batted ball/ball in play to get runner home from 3<sup>rd</sup> base
  - Any play/overthrow at 3<sup>rd</sup> base – runner stays put
  - Runner on 2<sup>nd</sup> - ball back to pitcher & overthrow at 1<sup>st</sup>. Stay at 3<sup>rd</sup>
  - Outfield overthrow to infield – runner stays at 3<sup>rd</sup>
  - ONLY exception is if runner way already on way home BEFORE the error occurred – as solely determined at the UMPIRES discretion
- **Outfield** If ball is overthrown to infield (*regardless where*) – max 1-base advance
  - Runners may advance until ball thrown to infield
- **SLOW DOWN Rule** When ahead by 10-runs – NO STEALING OR ADVANCING ON ERRORS
- **Speed Up Rule** Catchers may have substitute runner ONLY with 2-outs
  - Substitute with player who made last out
- **Injured Baserunner** May be replaced with player who made last out
- **Pitcher's Mound** Play ends when ball is returned to pitcher's mound



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### XII. Pitching Rules:

- **Distance** Distance MUST be 46-feet – Kid Pitch entire game
- **Pitching Rules** 1 pitch = 1 inning (*i.e. debate relief with 2-outs*)
  - **Maximum TWO Innings per game** (*up to limit of 75 pitches*)
  - **Maximum THREE Innings in any 2-game period**
- **Rubber** Pitchers must be on rubber to start delivery
- **Warm-ups** Max 8 warm-ups in 1<sup>st</sup> inning, max 5 warm-ups each remaining inning
- **Count** 0 – 0, count starts at 0 Balls / 0 Strikes
- **Walks** 4 balls = walk
- **Strike Outs** 3 Strikes = Strike out
- **Hit by Pitch** Awarded 1<sup>st</sup> Base (*after 3 hit batters, pitcher must be removed*)
- **Mound Visits** Maximum 1 per pitcher per inning. 2<sup>nd</sup> visit in inning – pitcher removed
- **Umpire Calls Balls & Strikes** Do not argue, comment or question any call!
- **Any player who pitches 2-innings, may NOT catch that game**
- **Any player who catches 2-innings, may NOT pitch that game**

### XIII. Batting Rules:

- **Batting** Roster Batting - *every player at game remains in batting order*
  - **Bottom 3 in batting order may NOT be among bottom 3 again in any 2-game period**
- **Thrown Bats** 1-warning PER TEAM per game, then batter is automatically CALLED OUT
  - For Safety Reasons with kid catchers, this rule must be enforced
- **Lineup** Lineup spot skipped without penalty for player injured, ill or leaving early
- **Late Arrivals** Must be put at END of batting order and await normal turn in order to bat

### XIV. Catching:

- **Catchers** Kids Catchers
- **Plays at Plate** Base runners must slide for any play at plate and avoid catcher contact
  - No collisions of any kind or base runner is out

### XV. Fielding:

- **Positions** MAXIMUM of 2-innings at any one position during ENTIRE GAME
  - Every player plays minimum 2-innings of infield
  - Every player should play at least 2-innings of outfield
  - Pitchers, Catchers, 1<sup>st</sup> Base - at Coaches discretion (*based upon pitching rules*)
  - All players should have opportunity at all other infield positions (*2B, SS, 3B*)



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### XVI. Sportsmanship:

- **Umpires** – these are cadets. Bad calls are expected. Bad behavior will result in expulsion.
  - **Arguing with umpires is strictly prohibited – accept the call and move on**
    - WBL reserves the right to remove any coach who harasses an umpire
  - **DO NOT COMMENT on any ball/strike calls – your opinion DOES NOT MATTER**
  - **Only the serving Head Coaches for the game may review rules with umpires**
- **Pitching** – when pitcher is on the rubber, the opposing team is silent.
  - Violation of this rule will result in the batter being called OUT
- **Players** – arguing/talking back to an umpire, results in an OUT & a sit for next 2-innings
  - Kicking/rattling screens or player distraction including catchers talking to batters with intent to distract is strictly prohibited
  - Harassing another player or unsportsmanlike conduct results in sit for 2-innings
- **Teams must clean dugout following game** – even if you did not leave it behind
- **Parents are FANS, not coaches.** Cheer, but do not coach from the stands.
  - ANY parent harassing or speaking directly to umpire, will result in game stoppage until parent leaves the field. If parent refuses – the offending team forfeits the game.

### XVII. Scores, Standings & Playoffs:

- **Scores** Coaches must keep score - winning team reports score
  - Winning team must include pitching roster & # innings pitched
- **Report Score** Report by Sunday to: [jaycofresi@gmail.com](mailto:jaycofresi@gmail.com)
- **Standings** Will be posted on WBL website – [www.westfieldbaseball.com](http://www.westfieldbaseball.com)
  - Win = 3 points
  - Tie = 2 points
  - Loss = 1 point
  - Forfeit = 0 points *(If one team causes forfeit, opponent shall be awarded 2 points)*
  - Incomplete game = 0 points
- **Standings Tie for Playoffs**
  - Head to Head results / Fewest Runs allowed in all games played / Coin Flip
  - 3-Way Tie: If all teams have played, any team has beaten other 2 teams
    - Fewest Runs allowed in all games played
    - Coin Flip (if 2 teams), or Random Draw for playoff spot (if multiple teams)
- **Playoffs** Final Week of Season *(Sat, June 10) – Regular Season rules except noted*
  - **Consolation Games – 10:00a** *(Higher seed is home team for all playoff games)*
    - **T5 - 9 v 10 / T6 - 7 v 8 / T3 - 5 v 6**
  - **Playoff Games – 12:15p** *(Higher seed is home team for all playoff games)*
    - **T6 - 2 v 3 / T3 - 1 v 4**
    - *No Players may be borrowed - fewer than 8 = forfeit*
    - *Extra Innings if required*
  - **Championship Game** **Week of June 11: Time TBD / Field TBD**
    - *Daylight permitting – there shall be no time limit. Play 6 innings.*
    - *Extra Innings if required.*





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### Questions, Comments, Concerns, Positive/Negative Feedback

Jay Cofresi \* [jaycofresi@gmail.com](mailto:jaycofresi@gmail.com) \* 786 423-4796 cell

### WBL – Website & Social Media

WBL Website: visit us @ [www.WestfieldBaseball.com](http://www.WestfieldBaseball.com)  
WBL Facebook page: follow us @ [www.facebook.com/wblbaseball](https://www.facebook.com/wblbaseball)  
WBL Instagram page: follow us @ [#WBLNJ](https://www.instagram.com/WBLBASEBALL)

### 2023 WBL important Dates - Seasons, Sessions, Events & League Information

- Sat, 3/25/23: Spring Clean-up Day (9:00a – volunteers welcome)
- Tue, 3/28/23: Rutgers Safety Course – Rec Mtg Room at Town Hall
- Fri, 4/1/23: Fields Open
- Mon, 4/10/23: Practice Begins (**No TEAM PRACTICE prior to this date**)
- Sat, 4/15/23: Parade & Carnival (9:00a Mindowaskin Park)
- Sat, 4/15/23: 3<sup>rd</sup> Grade Opening Day --- PLAY BALL!
- Sun, 4/16/23: Spring Clinic (*Grade 1 – 4*): 10a – 12p G2 thru Sun, 6/11/23
  - **FREE** for registered WBL players for 1<sup>st</sup> thru 4<sup>th</sup> grades
  - Hosted every Sunday from 10:00a – 12:00p at Gumbert Field 2
  - Professional Coaches from D-Bat
  - No registration required – just show-up whenever you can attend each Sunday
- Sun, 4/23/23: Summer Travel Tryouts (7U – 8U: 1<sup>st</sup> & 2<sup>nd</sup> graders)
- Sat, 4/29/23: Photo Day
- Sun, 6/4/23: Somerset Patriots Night
- Sat, 6/10/23: Consolation & Semi-Final Playoff Games
  - Championship Game to be played that week
  - Time / Field - TBD
- Mon, 6/5/23: Summer Travel Season begins for those players who are participating
- Sat, 7/8/23: Summer In-Town Season
  - For those interested in playing in Summer, but not on a travel team
  - Less competitive experience – geared more for instructional experience
- Sat, 9/9/23: Fall In-Town Season begins
- October 2023: Summer Travel Tryouts - 2024 Season (9U – 12U: 3<sup>rd</sup> – 6<sup>th</sup> Grade)



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### Pitch Smart Guidelines

[www.mlb.com/pitch-smart/pitching-guidelines/ages-9-12](http://www.mlb.com/pitch-smart/pitching-guidelines/ages-9-12)

#### Ages 9 & Under (46' Pitching Distance)

- Focus on athleticism, physical fitness, and fun
- Focus on learning baseball rules, general techniques, and teamwork
- Do not exceed 80 combined innings pitched in any 12 month period
- Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous
- Make sure to properly warm up before pitching
- Set and follow pitch-count limits and required rest periods
- **Avoid throwing pitches other than fastballs and change-ups**
- **Avoid playing for multiple teams at the same time**
- **Avoid playing catcher while not pitching**
- Players should not pitch in multiple games on the same day
- Play other sports during the course of the year
- **Monitor for other signs of fatigue**
- **Pitchers once removed from the mound may not return as pitchers**
- **No pitcher shall appear in a game as a pitcher for three consecutive days, regardless of pitch counts**

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest
9-10	75	1-20	21-35	36-50	51-65	66+

#### NOTES:

*5 batters = approx. 25 pitches (avg. 5 pitches per batter)*

*4 run inning = approx. 40 to 50 pitches (8 to 10 batters)*

*In-Town RULE = MAX 2-inning limit per game*