

Frederick County Babe Ruth Baseball



Polices, Rules, and Codes of Conduct

Effective Spring 2026



Frederick County Babe Ruth Baseball Policy, Rules, and Code of Conduct

Any subject not addressed by these reverts to the latest version of the National Babe Ruth Rules and Regulations.

The Board unanimously agrees that the President of Frederick County Babe Ruth Baseball (FCBRB) and/or the Vice President should uphold the League's Policy, Rules & Code of Conduct with all managers and coaches. All managers and coaches must abide by the rules and regulations and adhere to the good sportsmanship code of FCBRB.

Code of Conduct

Managers and Coaches

- a. Any board member, manager, and/or coach who participates in FCBRB will adhere to all Babe Ruth National rules and are subject to a security/background check.
- b. No manager or coach will physically or verbally abuse or assault a player.
- c. Managers and coaches must conduct themselves as adults and be good representatives of FCBRB at all times. They must refrain from swearing, shouting at parents, players and umpires, and displays of immaturity. Managers and coaches have a duty to set an exemplary behavior pattern for the players and parents to follow.
- d. In regards to Background Checks, Coaches Certifications, Molestation Policies, see Babe Ruth Rule 0.04.
- e. All participating organizations are expected to adhere to all Babe Ruth National Rules and may be asked to provide proof of compliance.

FAILURE TO FOLLOW THE ABOVE IS GROUNDS FOR REMOVAL FROM THE POSITION HELD AND PERMANENT REMOVAL FROM LEAGUE ACTIVITIES.

Players

- a. Fighting between players will not be tolerated. Players fighting will be ejected and required to sit out and not participate in the next scheduled game. Repeat offender(s) may be removed from the team and possibly from the League.
- b. Unsportsmanlike conduct will not and is not tolerated on the bench, playing field, or at any time while under the supervision of a manager or coach.
- c. Managers and coaches must control players at all times. The throwing of bats, helmets, or gloves in anger or any display of unsportsmanlike conduct, hassling the umpire, or fighting is unacceptable and can result in expulsion from the game.
- d. Players should not display unsportsmanlike conduct to hassle the opposing team, but are encouraged to root for their own team.
- e. Players must wear double earflap helmets when at bat, on base, or coaching a base, during regular games and practice sessions. Catchers must wear protective gear, throat protector, and support cup during games and practice sessions.

Parents

- a. Parents are not allowed on the field.
- b. Unsportsmanlike conduct by parents will not be tolerated at any time.
- c. Should a parent become hostile, verbally abusive, or physically abusive for any reason, the manager, coach, or umpire will request the parent to leave the park or the police will be called.

ULTIMATELY, IT IS THE MANAGER AND COACHES' RESPONSIBILITY TO EXERCISE CONTROL AND HAVE DISCIPLINE OVER HIS TEAM'S PLAYERS AND PARENTS. FAILURE TO EXERT THIS CONTROL CAN LEAD TO MANAGERS AND COACHES BEING EJECTED FROM THE GAME AND SUBJECT TO LEAGUE DISCIPLINE.

Consequences/Discipline

Offense	Process	Action Taken
Ejection of a Coach by Umpire	The opposing coach must notify a league official prior to the next game.	Must immediately depart the field/complex. The suspension is for the rest of that game and the next scheduled game.
Ejection of Parent by Umpire	Manager/Coach must notify a league official prior to the next game.	The parent must immediately depart the park or local police will be notified.
Ejection of a Player by Umpire	Manager/Coach must notify a league official prior to the next game.	The player may not play again until he/she has attended the team's next game and sat on the bench for one complete game.
Any violations to the code of conduct, league rules, or mission/vision of FCBRB.	Email sent to the FCBRB President to investigate the complaint and issue a response within 7 days.	Action taken will vary based upon the investigation as determined by the FCBRB President and Board.
<p>When an umpire ejects a coach or player, that umpire MUST notify his supervisor who MUST, in turn, notify the FCBRB President.</p> <p>Unprofessionalism by any umpire should be reported to the Organization contracting the umpire with a copy to the FCBRB President.</p>		

Playing Rules for Frederick County Babe Ruth Baseball

14U and 16U Divisions

1.0 Age Eligibility

- 1.1 For the spring season, 14U is open to any player who is 14 years old or younger on May 1 of that year. For the spring season, 16U is open to any player who is 16 years old or younger on May 1 of that year.
- 1.2 For the fall season, FCBRB uses next spring's ages to determine eligibility. Example: For the fall of 2026, players eligible for 14U must be 14 years old or younger on May 1, 2027.

2.0 Time Limits

- 2.1 No new inning after 2 hours 15 minutes of play. No drop-dead stop unless a local umpire group has one.

3.0 Must Play

- 3.1 There is no countywide must-play rule in either the 14U or 16U divisions. Local leagues can choose to have a must-play rule for their own teams, but it is not a requirement to participate in Frederick County Babe Ruth Baseball.

4.0 Players Starting and Finishing a Game

- 4.1 A team may start a game with 8 players with NO automatic out given for the missing player.
- 4.2 It is permissible, if agreed on by both coaches, to borrow a player from the other team in order to play; however, the lending team gets the win unless **both** coaches waive that **BEFORE** the game starts.
- 4.3 A team **must** finish a game with at least 8 players. If for any reason a team should drop to 7 eligible players, the game is an immediate forfeit.
- 4.4 If a team begins with 9 or more players and loses a player for any reason EXCEPT ejection that spot in the batting order IS NOT an automatic out. If a player is ejected and no substitute is available, it becomes an automatic out when that player's spot in the batting order comes up.

5.0 Starting Lineup

- 5.1 The starting lineup should be made available to the opposing team 10 minutes before game time.
- 5.2 Proper format for the lineup must include, at a minimum, the player's last name, first initial, and jersey number (i.e., Smith, T. #14)

6.0 Lineup Options

- 6.1 A team may bat 9, 10, or any/all of the roster. If using a substitute(s), the starter may re-enter the game once in the same batting position within the batting order.
- 6.2 A substitute can re-enter the game once for the same player within the batting order.
- 6.3 Teams may freely substitute on defense, including players not in the batting order.

7.0 Roster Issues

- 7.1 Players can only be rostered on 1 team for any FCBRB organization. Players can only play for 1 FCBRB organization during a season.
- 7.2 A team can add a player to their roster prior to the start of a game, provided they inform the league's player agent prior to the start of the game. Failure to notify the player agent will result in a forfeit.
- 7.3 For any roster issues, contact the player agent as listed on the FCBRB website, <https://www.leaguelineup.com/welcome.asp?url=fcbrrb>

8.0 Player Movement

- 8.1 Any player rostered on a 14U team can be called up to play on a 16U team at any time during the season.
- 8.2 A younger rostered player can play up within the organization.
- 8.3 If an organization has 2 or more teams in one division, a player can move laterally, if needed. Teams can only call-up or laterally move players to get to a maximum of 10 eligible players for any given day/game, unless agreed upon by both coaches at the plate conference.
- 8.4 Players who move laterally **CANNOT** pitch.

9.0 Forfeits

- 9.1 The goal of Frederick County Babe Ruth is to provide kids the chance to play baseball. To that end, the Board expects coaches to avoid forfeits by making a good-faith effort to play the games as scheduled, and to make a good-faith effort to reschedule games that cannot be played for any reason.
- 9.2 If a team cannot field a team due to the lack of players, the other team has the option of taking an automatic forfeit (7-0 score).
- 9.3 To request a forfeit, a coach must email the FCBRB President and the opposing coach detailing the failed effort to reschedule the game. The FCBRB President must notify the Board of the forfeit request. After hearing from both coaches, the Board will decide if a forfeit is appropriate and the FCBRB President will communicate the decision to both coaches. The decision is final and is not subject to review.
- 9.4 Forfeits will only be considered within 7 days of the unplayed game. No exceptions. For example, if your game was scheduled to be played on May 7, the deadline to request a forfeit is May 14. Requests submitted after the seven-day period expires will be dismissed without discussion.

- 9.5 All games canceled due to weather or field closures are not considered a forfeit and should be rescheduled as soon as possible. All rescheduled games must be immediately communicated to the FCBRB President. Please remember to check with your umpires to confirm the rescheduled game.

10.0 Official Game, Complete Game, Suspended Game

- 10.1 All rules for Official, Complete, and Suspended games are outlined in the annual Babe Ruth Rule Book and should be applied accordingly.
- 10.2 Games called due to time limits - If the game has progressed beyond the 5th inning (4.5 innings if the home team is leading); the game is official.
- 10.3 Combining a doubleheader or multiple stand-alone games into 1 played game is prohibited. Individual games may be shortened in length to 6 or 5 innings, played and recorded, but under NO circumstances are games to be combined and recorded as an individual game.

11.0 Mercy Rule

- 11.1 12 runs after 3 innings
10 runs after 4 innings
8 runs after 5 innings

12.0 Balks

- 12.1 14U – 1 warning per pitcher. Once playoffs begin, warnings will cease.
- 12.2 16U – 0 warnings

13.0 Courtesy Runner

- 13.1 A courtesy runner for the catcher with 2 outs is optional. The runner must be the player who was the last batted out. The catcher being substituted for **MUST BE** the catcher of record (caught the previous inning), **NOT** the player who will be entering as the catcher.

14.0 Trips to the Mound

- 14.1 Major League standard. Pitcher must come out on the second trip in an inning.

15.0 Pitching Rules

- 15.1 A pitcher is allowed 7 innings per week (Monday – Sunday).
- 15.2 If a pitcher throws more than 3 innings in a game (even 1 pitch), he must have 2 calendar days rest before pitching again. Example: If a pitcher throws 4 innings on Saturday, he cannot pitch again until Tuesday. *Two (2) full calendar days, NOT 48 hours since he last pitched.*
- 15.3. Doubleheaders: If a pitcher throws 4 innings in the first game of a doubleheader, he cannot pitch in the second game; he must rest for two days before pitching again. He can however, pitch 3 innings in the first game and then no more than 4 innings in the second game, as long as he does not exceed 7 innings that week.

- 15.4 Any pitcher can be removed from a game as a pitcher and return to the mound in that game, provided he was NOT removed during an inning.
- 15.5 Coaches are required to report pitch counts when submitting game scores, and are encouraged to follow the [MLB/USA Baseball Pitch Smart](#) guidelines for age-appropriate daily count per game.

16.0 Sliding

- 16.1 There is NO MUST-SLIDE rule in Babe Ruth baseball; however, a no-malicious contact rule is outlined in the Babe Ruth rule book. Umpire has discretion.
- 16.2 Head first slides are allowed.

17.0 Eligible Bats and Baseballs

- 17.1 Only bats with a USA Baseball marking or BBCOR .50 are legal.
- 17.2 Bats cannot have a barrel diameter greater than 2 5/8 inches.
- 17.3 If an illegal bat is discovered before or during an at bat, the bat is to be removed from play. If it is discovered after the at bat, the batter is out and no runners can advance.
- 17.4 See the [Babe Ruth National Website](#) for details on which bats have been ruled illegal for Babe Ruth use.
- 17.5 Solid one-piece wood bats are permitted for use in all divisions and must conform to Babe Ruth National Rule 1.10. No laminated or experimental bats shall be used in a game.
- 17.6 Baseballs used in games must be leather (no plastic or synthetic) and should be stamped as an “Official Babe Ruth League Baseball” or a high school-grade equivalent baseball.

18.0 Speeding up the game

- 18.1 Managers, coaches, and umpires are requested to use common sense in seeing that the game moves along. Particular attention should be given to the running on and off the field at the conclusion of each half inning. It is a must to have your catcher or some other player or coach ready to warm up the pitcher between innings. Any player or person warming up the pitcher at home plate **MUST** wear a catcher’s mask.

19.0 Scorebook

- 19.1 Both teams must keep a scorebook. GameChanger can be an official scorebook.
- 19.2 Home team will keep the official scorebook
- 19.3 All players – starters and substitutes, must be listed.

20.0 Game Results

- 20.1 Either team, winning or losing, home or away, can enter the score on the league website. Please do it promptly (within 24 hours). Any issues contact the webmaster as listed on our [website](#).

21.0 Protests

- 21.1 The manager/coach must file notice of the game being played under protest with the home plate umpire immediately at the time of the disputed decision and before the next pitch to the batter.
- 21.2 A written report, setting forth all of the facts of the protest, must be filed with the FCBRB President within 48 hours of the date of the protest.
- 21.3 The FCBRB President and the board will investigate the protest. The decisions of the FCBRB President and the board are final.

22.0 Standings

- 22.1 Standings are based on points. 3 points are awarded for a win, 2 for a tie and 1 for a loss.
- 22.2 Tiebreakers are: head-to-head; fewest runs allowed; coin flip.

23.0 Local Rules

- 23.1 The home-field organization schedules and cancels the umpires. Whether the home team pays the umpire or both teams split the cost will be decided by the Board before the start of each season. If a split doubleheader, the home-field organization is responsible for scheduling and canceling the umpires.
- 23.2 Home-field organization supplies the game baseballs.
- 23.3 Additional rules may be set at the pre-season managers meeting.
- 23.4 The safety of the players is of the utmost importance. No player will be allowed to play without the appropriate safety equipment, ex. batting helmet.

24.0

Anything not covered herein, refer back to the National Babe Ruth rule book.

18U Wood Bat Division

1.0 Overview

- 1.1 18U is essentially high school/college-level play.

2.0 Age Eligibility

- 2.1 18U is open to players who do not turn 20 years of age during that calendar year.

3.0 Time Limits

- 3.1 There are NO time limits in the 18U division.

4.0 Players Starting and Finishing a Game

- 4.1 A team may start a game with 8 players with NO automatic out given for the missing player.
- 4.2 It is permissible, if agreed on by both coaches, to borrow a player from the other team in order to play; however, the lending team gets the win unless **both** coaches waive that **BEFORE** the game starts.
- 4.3 A team **must** finish a game with at least 8 players. If for any reason a team should drop to 7 eligible players, the game is an immediate forfeit.
- 4.4 If a team begins with 9 or more players and loses a player for any reason EXCEPT ejection that spot in the batting order IS NOT an automatic out. If a player is ejected and no substitute is available, it becomes an automatic out when that player's spot in the batting order comes up.

5.0 Starting Lineup

- 5.1 The starting lineup should be made available to the opposing team 10 minutes before game time.
- 5.2 Proper format for the lineup WILL include, at a minimum, the player's last name, first initial, and jersey number (i.e., Smith, T #14, Timmy S, #14, and Timmy #14).

6.0 Lineup Options

- 6.1 A team may bat 9, 10 or any or all of their roster. If using a sub(s), the starter may re-enter the game once. If using a substitute(s), the starter may re-enter the game once in the same batting position within the batting order.
- 6.2 A substitute can re-enter the game once. A substitute can re-enter the game once for the same player within the batting order.

7.0 Player Movement

- 7.1 If an organization has 2 or more teams in the division, a player may move laterally, if needed. Teams may call-up players from a younger division or laterally move players to play a game.
- 7.2 Players who move laterally **CANNOT** pitch.

8.0 Forfeits

- 8.1 The goal of Frederick County Babe Ruth is to provide kids the chance to play baseball. To that end, the Board expects coaches to avoid forfeits by making a good-faith effort to play the games as scheduled, and to make a good-faith effort to reschedule games that cannot be played for any reason.
- 8.2 If a team cannot field a team, due to the lack of players, the other team has the option of taking an automatic forfeit (7-0 score).
- 8.3 To request a forfeit, a coach must email the FCBRB President and the opposing coach detailing the failed effort to reschedule the game. The FCBRB President must notify the Board of the forfeit request. After hearing from both coaches, the Board will decide if a forfeit is appropriate and the FCBRB President will communicate the decision to both coaches. The decision is final and is not subject to review.
- 8.4 Forfeits will only be considered within 7 days of the unplayed game. No exceptions. For example, if your game was scheduled to be played on May 7, the deadline to request a forfeit is May 14. Requests submitted after the seven-day period expires will be dismissed without discussion.
- 8.5 All games canceled due to weather or field closures are not considered a forfeit and should be rescheduled as soon as possible. All rescheduled games must be immediately communicated to the FCBRB President. Please remember to check with your umpires to confirm the rescheduled game.

9.0 Official Game, Complete Game, Suspended Game

- 9.1 All rules for Official, Complete, and Suspended games are outlined in the annual Babe Ruth Rule Book and should be applied accordingly.
- 9.2 Combining a doubleheader or multiple stand-alone games into 1 played game is prohibited. Individual games may be shortened in length to 6 or 5 innings, played and recorded, but under NO circumstances are games to be combined and recorded as an individual game.

10.0 Mercy Rule

- 10.1 12 runs after 3 innings
10 runs after 4 innings
8 runs after 5 innings

11.0 Balks

- 11.1 There are NO balk warnings given.

12.0 Trips to the Mound

- 12.1 Major League standard. Pitcher must come out on the second trip in an inning.

13.0 Courtesy Runner

- 13.1 There are NO courtesy runners for any player.

14.0 Pitching Rules

- 14.1 There are NO innings limits or pitch limits.
- 14.2 A pitcher can be removed from a game as a pitcher and return to the mound in that game, provided he was NOT removed during an inning.
- 14.3 Coaches are required to report pitch counts when submitting game scores, and are encouraged to follow the [MLB/USA Baseball Pitch Smart](#) guidelines for age-appropriate daily count per game.

15.0 Sliding

- 15.1 There is NO MUST-SLIDE rule in Babe Ruth baseball; however, a no-malicious contact rule is outlined in the Babe Ruth rule book. Umpire has discretion.
- 15.2 Head first slides are allowed.

16.0 Eligible Bats and Baseballs

- 16.1 Solid one-piece wood bats are permitted for use in all divisions and must conform to Babe Ruth National Rule 1.10. No laminated or experimental bats shall be used in a game. Bamboo bats are allowed.
- 16.2 Baseballs used in games must be leather (no plastic or synthetic) and should be stamped as an “Official Babe Ruth League Baseball” or a high school-grade equivalent baseball.

17.0 Speeding up the game

- 17.1 Managers, coaches, and umpires are requested to use common sense in seeing that the game moves along. Particular attention should be given to the running on and off the field at the conclusion of each half inning. It is a must to have your catcher or some other player or coach ready to warm up the pitcher between innings. Any player or person warming up the pitcher at home plate **MUST** wear a catcher’s mask.

18.0 Scorebook

- 18.1 Both teams must keep a scorebook. GameChanger can be an official scorebook.
- 18.2 Home team will keep the official scorebook
- 18.3 All players – starters and substitutes, must be listed.

19.0 Game Results

- 19.1 Either team, winning or losing, home or away, can enter the score on the league website. Please do it promptly (within 24 hours). Any issues contact the webmaster as listed on the FCBRB [website](#).

20.0 Protests

- 20.1 The manager must file notice of the game being played under protest with the home plate umpire immediately at the time of the disputed decision and before the next pitch to the batter.

- 20.2 A written report, setting forth all of the facts of the protest, must be filed with the FCBRB President within 48 hours of the date of the protest.
- 20.3 The FCBRB President will investigate the protest and may, if necessary, appoint 3 members of the league not connected with any of the teams to serve on a protest committee.
- 20.4 Decisions of the protest decided by the FCBRB President are final.

21.0 Roster Issues

- 21.1 Players can only be rostered on 1 team for any FCBRB organization. Players can only play for 1 FCBRB organization during a season.
- 21.2 A team can add a player to their roster prior to the start of a game, provided they inform the league's player agent prior to the start of the game. Failure to notify the player agent will result in a forfeit.
- 21.3 For any roster issues, contact the player agent as listed on the FCBRB website, <https://www.leaguelineup.com/welcome.asp?url=fcbrb>

22.0 Standings

- 22.1 Standings are based on points. 3 points are awarded for a win, 2 for a tie and 1 for a loss.
- 22.2 Tiebreakers are: head-to-head; fewest runs allowed; coin flip.

23.0 Local Rules

- 23.1 The home-field organization schedules and cancels the umpires. Whether the home team pays the umpire or both teams split the cost will be decided by the Board before the start of each season. If a split doubleheader, the home-field organization is responsible for scheduling and canceling the umpires.
- 23.2 Home-field organization supplies the game baseballs.
- 23.3 Additional rules may be set at the pre-season manager/coaches meeting.
- 23.4 The safety of the players is of the utmost importance. No player will be allowed to play without the appropriate safety equipment, ex. batting helmet.

24.0

Anything not covered herein, refer back to the National Babe Ruth rule book.

All Divisions End-of-Season Tournament

- 1.0 Each division will have an end-of-season tournament.
 - 1.1 The Board of Directors will determine the tournament format (i.e., single or double elimination). If the division is large enough, teams can be separated into A and B brackets. (See Rule 8.0 regarding seedings.)
 - 1.2 The Board can reimburse the host for reasonable expenses related to hosting the tournament (such as umpire scheduling fees; quick dry; field line; port-a-potties)
- 2.0 Players **MUST** have played in 50% of the games that their team played to be eligible for the tournament.
 - 2.1 The only exception is if an injury prevented that player from playing in 50% of the team's games. Injuries must be reported to the player agent and the tournament host.
 - 2.2 The Player Agent will send an email to all participating coaches, asking that each head coach "reply all" with their roster of eligible players. Coaches must "reply all" no later than 48 hours before the start of the tournament. (If the first game of the tournament is 9 a.m. on a Saturday, then rosters are due by 9 a.m. the Thursday before).
 - 2.3 Laterals are not allowed.
 - 2.4 To reach a maximum of 9 players for the tournament, a coach can call up a player from a team in a lower division from within the same organization as long as that player met the 50% rule on his rostered team.
 - 2.5 If the team played an odd number of games during the season, player eligibility will be rounded down. For example, if a team played 17 games, then every player must have played in at least 8 games to be eligible for the tournament.
 - 2.6 A forfeit of a regular-season game that was not played **does count** in the team standings for seeding in the end-of-season tournament, but **does not** count as a game played for the player participation 50% rule.
- 3.0 There will be a Host Organization for each tournament that will provide the field(s) and schedule umpires. The host organization will appoint a neutral scorekeeper for the championship game.
- 4.0 Participating teams are required to pay one umpire for each game they play in the tournament.
- 5.0 Participating teams are required to provide 2 new, and 2 gently used baseballs for each game that they play in the tournament.
- 6.0 Rules of play in the tournament are the same as during a team's regular season with the following exception – Pitching (7.0).

7.0 Pitching

7.1 At 18U there are NO changes.

7.2 For 14U and 16U, a pitcher can pitch a maximum of 7 innings in consecutive games. That means, if he pitches 3 innings in his team's first game, he can pitch 4 innings in his team's next game. The game after that, he would be eligible to pitch 3 innings. As long as a pitcher does not violate the 7 innings rule in consecutive games, the player can pitch in each game.

8.0 Seedings are based on points. See "Standings" in your division rules for details. However, if a division has an A and B bracket, the board reserves the right to move a team up or down from the A or B bracket based on its discretion to ensure fairness and a positive playing environment that benefits the league.

9.0 Once the tournament seedings are set, the host organization is in control. See them for required starting times, pitching issues, or anything else that may happen. Refer to our rules, then the national rules. In a last resort, contact the FCBRB President for rulings.

All-Star Competition

FCBRB will strive to field one team in each of the National Babe Ruth divisions: 13U, 14U, 16U, and 18U.

All-Star managers will be approved by the FCBRB Board as early as possible during or before the season with a deadline of June 1 of that year.

All-Star managers are selected on a year-by-year basis.

All-Star managers have the option of choosing their own coaches with the approval of the FCBRB Board.

Once approved, Managers and Coaches are responsible for watching, recruiting, and scouting of players across the various divisions of play in an effort to see as many of the eligible players on the field, in real game situations.

Player Selection

Player selection should be held as early as possible, such as late May or early June.

Players should be strongly encouraged to try out for the various teams.

Players should be able to commit through the August Babe Ruth World Series dates.

The player selection process will be outlined by the FCBRB Board.

Players need NOT participate in half of the games their team plays to be eligible for the All-Star Team. Players MUST be rostered by June 1.

Please note: There will be a fee involved for all players selected. The exact value of the fee is to be determined.

ALL PLAYING RULES for All-Star competition follow National Babe Ruth Rules, including metal bats, pitcher pitch counts and rest periods.