

NORTH PLATTE YOUTH BASEBALL, INC.
MAJORS (11 & 12 Year Old)

OBJECTIVE :

To Instruct and train the young player in the basics of the game, in a fun, low-key, competitive atmosphere. Teaching the proper pitching mechanics should be an extremely high priority. Change-ups should be taught to all pitchers. It is highly recommended that curveballs, screwball, sliders, sinkers and split-finger pitches should **NOT** be taught or used. Players should now have a decent understanding of what “real” baseball is like. Although score is kept and the nature of this age group is highly competitive, winning or losing should still **NOT** take priority over equal playing time, player safety, player improvement, or **FUN** Encouraging **ALL** players to set and attain certain goals should remain the primary objective.

LOCAL RULES :

BATTING RULES:

- (1) Duration of a half inning is 3 outs.
- (2) Bunting is allowed & encouraged.
- (3) The infield-fly rule will be enforced.

BASE RUNNING RULES:

- (1) Players must slide feet-first if there is a play at the base to which they are advancing.
- (2) The runner is out on a head first slide except when returning to a base.
- (3) A courtesy runner may be used for the catcher if there are 2 outs so the catcher putting on his equipment between half innings will not delay play.
- (4) All runners must slide on close plays (except for pick-off plays). If a runner fails to slide they risk being called out at the discretion of the umpire.

PITCHING RULES:

- (1) Balks will be called – 1 warning per pitcher.
- (2) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below. The player may remain in the game at another position except catcher.

11& 12:85 pitches.

- (A) If a pitcher reaches the limit imposed for his/her league age while facing a batter, the pitcher may continue to pitch until that batter reaches base or is put out.
- (B) Pitchers league age 16 & under must adhere to the following rest requirements:
 - 61 or more pitches in a day, three (3) calendar days of rest and a game must be observed.
 - 41-60 pitches in a day, two (2) calendar days of rest and a game must be observed.
 - 21-40 pitches in a day, one (1) calendar day of rest must be observed.
 - 1-20 pitches in a day, no (0) calendar day of rest
- (3) A team must use 11 year –old pitchers at least 2 innings per calendar week.
- (4) A returning pitcher is allowed 3 warm-up pitches. A new pitcher is allowed 7 warm-up pitches
- (5) No infield warm-up is allowed between innings after the 1st inning
- (6) The coach or player warming up the pitcher must wear a mask.

DEFENSIVE RULES:

- (1) No player shall sit out more than 2 defensive innings per game.

COACHING RULES:

- (1) 2 adult base coaches are allowed.
- (2) Only players, 2 coaches & 1 dugout manager are allowed in the dugout area.

KEEPING SCORE:

- (1) Monitor the batting order to ensure that everyone bats in order.
- (2) Keep track of runs, balls, strikes, outs, and pitches by each pitcher.
- (3) Complete the pitching log and get the necessary signatures.