

**NORTH PLATTE YOUTH BASEBALL, INC.**

**Juniors 13 - 15 year olds**

**OBJECTIVE:**

To instruct/train the maturing player in the basics of the game in a fun, competitive atmosphere. Players should now have a decent understanding of what “real” baseball is like and will now play on a field with the “real” dimensions. With the increase in field size comes an increased risk of injury resulting from overthrowing. Teaching the proper pitching and throwing mechanics should be an extremely high priority. The teaching of change-ups should continue to be taught to all pitchers. It is recommended that curve balls, screwballs, sliders and split-finger pitches should **NOT** be taught or used; pitchers in this league have enough stress on their arms due to the transition from 46’ to 60’6” mounds and 90’ bases. Please don’t risk further injury by allowing them to throw breaking pitches. 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 rules will be enforced.
- (4) Batters can run to 1<sup>st</sup> base on a dropped 3<sup>rd</sup> strike.

**BASE RUNNING RULES:**

- (1) Head first sliding is allowed at all bases.
- (2) A courtesy runner may be used for both the catcher and the pitcher. The runner must not be playing defense at the time of the substitution players are available, the player that made the last out will be allowed to run. A runner for the catcher is highly recommended, especially if there are 2 outs.
- (3) 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) 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.  
**13 & 14: 95 pitchers.**
  - (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 is required.
- (2) Balks will be called and enforced
- (3) 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 adults base coaches are allowed.
- (2) Only players, 2 coaches & 1 dugout manager are allowed in the dugout area.

**KEEPING SCORES:**

- (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.