

Rocky Mountain Junior Baseball League Rules Summary (Page 1)

Age	8	9	10	11	12	13	14	Rules Definitions
Innings	6	6	6	6	6	7	7	Number of innings per game, subject to Time Limit.
Time Limit	1:45	1:45	1:45	1:45	1:45	1:45	1:45	No new innings begin after time limit
Base Distance	60	65	65	70	70	80	90	
Pitch Distance	40	43	46	50	50	54	60	
Balk / Warnings	No	Y / 2	Y / 2	Y / 1	Y / 1	Y / 0	Y / 0	Number of warnings before balk is imposed
Steel Spikes	No	No	No	No	No	Yes	Yes	
Mound Trips	2	2	2	2	2	2	2	Pitcher must be removed upon 2 <sup>nd</sup> visit and cannot return to game as a pitcher
Run Rule	15 / 3 8 / 4	15 / 3 12 / 4 8 / 5	15 / 3 12 / 4 8 / 5	Game ends if one team is ahead by limit runs at the end of the specified inning (e.g. 8/5 means 8 runs after 5 innings)				
Pitch Limit / Game	50	75	75	85	85	95	95	Maximum number of pitches a pitcher can pitch in a single game or day. Pitcher can finish batter even if that puts them over pitch limit
Rest days and pitch limit	***	***	***	***	***	***	***	Please refer to pitch smart guidelines on page 3
Stealing Allowed	Yes/No**	Yes/No**	Yes	Yes	Yes	Yes	Yes	**See Notes / Clarifications below.
Dropped 3rd Strike	Out	Safe/Out	Safe	Safe	Safe	Safe	Safe	On a swinging or called dropped 3 <sup>rd</sup> strike, the batter is out in 8 AAA/AA and 9AA
Designated Hitter	No	No	No	No	No	No	No	
Courtesy Runner	Catcher	Catcher	Catcher	Catcher	Catcher	Catcher	Catcher	Last batter out may run for the catcher of record at the end of the previous half inning.
Bat Designation	BPF 1.15	BPF 1.15   -8	BPF 1.15   -5 BBCOR   -3	Bats must have USSSA or USA bat stamp on bat. 14U must have BBCOR stamp				

\*\*Stealing Notes/Clarifications:

9 AAA and ages 10-14 all levels	9 AA and 8 AAA/AA
<ul style="list-style-type: none"> <li>Leading off allowed</li> <li>Stealing home is live</li> <li>On a swinging or called third strike, ball is live</li> </ul>	<ul style="list-style-type: none"> <li>No leading off</li> <li>Pitched ball must cross home plate prior to advancing off any base</li> <li>Players cannot advance home on an overthrow, wild pitch or passed ball (can be hit or walked home only)</li> <li>On a swinging or called third strike, the batter is out</li> </ul>

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RMJBL Game & Player Participation Rules

Game Format	Ties	Game can end in a tie
Official / Complete	8U-12U – complete / official game	For a 6-inning Game, 3 innings have been completed; or If the home team has scored more runs in 2 innings or 2 ½ innings than the visiting team has scored in 3 innings; or If the home team scores 1 or more runs in its ½ of the 3rd inning to tie the score.
	13U-14U complete / official game	For a 7-inning Game, 4 innings have been completed; or If the home team has scored more runs in 3 innings or 3 ½ innings than the visiting team has scored in 4 innings; or If the home team scores 1 or more runs in its ½ of the 4th inning to tie the score.
Player Participation	Batting	Teams are required to bat all available players.
	Injured Player	A player that is injured may be removed from the lineup without penalty (no automatic out).
	Ejected Player	A player that is ejected from the game is an automatic out each time the player's position in the batting lineup comes up.
	Defense	All available players must play at least 1 full inning on defense.
	Substitution	There are no limitations on substitutions.
	Removed Player	A player removed from the batting lineup may not re-enter the game.
Number of Players at Game Time	Less than 7	Forfeit
	7	Automatic out for the 8th spot in the lineup but not the 9th spot.
	8	No penalty (no automatic out)
	Late arriving player	Can be added to the bottom of the batting lineup as soon as player becomes available.



## GUIDELINES FOR YOUTH AND ADOLESCENT PITCHERS

Each organization – whether it be a league, travel team, showcase or tournament – should establish rules for that league to ensure that players must follow the guidelines while playing in that league. Ultimately, it is the responsibility of the parent and the athlete to ensure that the player follows the guidelines for his age group over the course of a year – given that he will oftentimes play in multiple leagues with different affiliations covering different times of the year.

### Pitch Count Limits and Required Rest Recommendations

It is important for each league to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so.

AGE	DAILY MAX (PITCHES)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-30	31-45	46-60	61-75	76+
17-18	105	1-30	31-45	46-60	61-75	76+
19-22	120	1-30	31-45	46-60	61-75	76+