

## FAST Fall Ball Rules and Regulations-2009

1. Game times are 1:00 and 3:00 unless designated differently. The league will make up one rain out but not two. No refunds will be given for games not played. If a weekend is rained out, the first one will be made up on October 25th.
2. Time limit for games is at 1hr. 30 mins. Games are expected to start on time and umpires will start the time at 1:00 and 3:00. No new inning may start after the time limit. If tied, the International Tie Breaker will be used. The last out of the previous inning is put on second base and the game will continue. At one hour 50 minutes, if the game is not completed the game will be final and the score will revert back to the last full inning. Ties will be allowed.
3. Each team **will bat the entire line up**, with 3 outs per inning. Coaches are allowed to change the batting line up to the second game, but not after that. Wherever the batting order ends at one game, it starts with the next batter at the next game, even if it is the following week. Freedom of substitution is allowed. Players of all calibers should be encouraged to play at different positions and be encouraged to try things that they are not proficient. Only three outfielders are allowed on defense in all divisions.
4. If a team does not have enough players on defense, the offensive team will rotate players in to play defense so the game may be played.
5. For the 12U Silver division, there is an 8 run rule.
6. Courtesy runners are allowed for pitchers and catchers. Courtesy runners may only be the last out.
7. The 16U and 18U teams will pitch from 43'. 12U's and 14U's will pitch from 40'.
8. **The 10U division** will have a 6 run rule limit. The ball size will be 11". There are only three outfielders for this age group and no coach pitch for any reason. Runners may lead off at the release of the pitch and steal any base including home plate. They may only steal one base per pitch, no advancing on overthrows for steals. They are subject to being put out if they do advance. The ball is still alive until they are on a base and then will be returned back to their legal base. The infield fly rule is not in effect. There is no "dropped third strike" rule in the 10U division. The pitching distance for 10U is 35 feet, bases are 60 feet. Players may advance past first base on a walk. Runners may advance additional bases on overthrows on a hit ball. No advances on overthrows, only applies to a runner stealing a base.
9. There are no win/loss records or league standings in the Silver Divisions. Each Gold coach should submit their game results as well as their up to date win-loss record to **fast2home@yahoo.com** by Monday night. Failure to report shall result in a loss to that team.
10. Mandatory practices are not allowed except an hour before the first game on Sundays unless the team entered the league as a full team.
11. There are no protests. Ruling by the umpires are final. A conference between the coaches and umpires may be requested and shall not last longer than 5 mins. Players may skip a turn at bat if they are in the bathroom or unavailable without penalty and can pick up their "at bat" the next time it comes up. Batting out of order is not encouraged but will not be considered an out. This should not be done to promote an advantage in the game.
12. Any injuries or other problems must be brought to the attention of the Fall Ball Commissioner as soon as possible. For serious injuries, do not hesitate to call the Rescue Squad. A written report should be submitted immediately to the Fall Ball Commissioner stating the incident and names and phone numbers of witnesses.
13. Except for the above rules, the League will be following ASA Rules.
14. Players may be discipline for just cause and the coach may sit them out part of a game for disciplinary reasons. The league may expel a player by the Fall Ball Commissioner. No refunds will be given. Reasons for expulsions may include but not limited to, fighting, gross profanity and false information on their registration forms.
15. Coaches may be discipline for not adhering to the principles of the league and conduct that is unbecoming of a coach. This may be for on or off field activities.
16. Remember that the purpose of this league is to give all players more playing time and have them learn new skills or skills that they have not perfected.
17. Players are required to stay on or near their bench during game times and not interact with spectators. They are required to get permission from their coach to leave this area. Players are required to notify their coach if they are going to be late or miss games. There is no penalty if they make proper notification.

Any violations of these rules and regulations should be brought to the attention of the FAST Fall Ball Commissioner.