



SELECT BASEBALL LEAGUE RULES | 14U

FALL 2025 & SPRING 2026

LEAGUE STRUCTURE

AGE DIVISIONS

The league is split by age group into divisions. Most divisions will be 'pure age' (all players with a birthday during the same 1-year span), but some will be 'combined age' when necessary, due to lower participation. A player's age grouping will be determined by age on April 30, 2026. Players may 'play up' one division if requested by the parent. [See Age Chart for more details](#)

TEAM COMPOSITION

Each team will have a minimum of 10 and a maximum of 13 players on the roster. All players must be invited to join a roster and registered with FBSA to be eligible to play. Teams will be formed by the Manager or Coach who registers the team.

EQUIPMENT

BATS

All bats must have a permanent USSSA, USA, or BBCOR mark and a max drop of 5 (-5)

HELMETS AND SAFETY GEAR

Players must wear all appropriate protective equipment when on the field. All batters and base runners must wear a protective helmet. The catcher must wear all assigned equipment during games, practices, or while warming up a pitcher. This includes protective catcher's helmet with face mask, chest protector, shin guards, protective cup.

FOOTWEAR

Players may not wear metal cleats/spikes – molded cleats only.

UNIFORMS

All players must wear a team-provided uniform during all games, consisting of a jersey, cap, baseball pants, and socks, matching the rest of the team. The jersey must have a unique number and may not be altered in any way. Jerseys must always be tucked in during the game and a player's legs must be fully covered by a combination of pants and socks. Pitchers are not allowed to wear white long sleeves, jewelry, sweatbands, batting gloves or sunglasses. Any player in violation of these rules must leave the game until they are able to conform.

TRAINING TOOLS

There shall be no extra warm-up or practice gear used on the field during an official game. The on-deck batter may use a bat weight (donut).



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GENERAL RULES

CONDUCT

Coaches are responsible, and accountable, for their behavior and that of their players and fans. Umpires may eject a coach if they, their players, or their fans are acting unruly. Game forfeiture may also result if the umpire considers it necessary. If a coach is ejected from a game for any reason, the coach will also serve a mandatory one-game suspension.

BANNED SUBSTANCES

Coaches, parents, and players may not smoke/vape or use tobacco products, or use, have, or be under the influence of alcohol or illegal drugs in the presence of children. This includes games, practices, and all FBSA related events.

NOISE

No artificial noise makers (such as train/air horns) are allowed during games. Warm-up or walk-up music is allowed, and may be controlled by the offensive team only, during their turn at bat.

PROTESTS

No protest will be allowed or heard where a judgment call by an umpire is involved, only on application of a rule. A protest must be made to the head umpire, opposing coach and official scorekeeper immediately following the disputed call before any play is resumed. The protest must then be filed in writing, within twenty-four (24) hours to the League Director (via e-mail). Resolution of a protest will be made by league officials after hearing from the protesting coach, the opposing coach and the umpire. A meeting may or may not be necessary for this to occur. If a meeting is required, no more than two representatives from each team shall attend.

AMENDMENTS

No amendments to these rules may be made on-field by an umpire or coach. All rule changes must be voted on by the FBSA board and approved by the league Commissioner.

SCORES AND STANDINGS

SCOREKEEPING

The Home team is responsible for providing the official scorekeeper. The Visiting team is responsible for providing the scoreboard operator. The scorekeeper must use the GameChanger app to score the game.

REPORTING SCORES

The Home team coach is responsible for recording the scores for both teams in TeamSideline (FBSA's league management platform) within twenty-four (24) of the game start time. In addition to the score, the Home team must also record and enter pitch counts for all pitchers on both teams including the player's name, jersey number of number of pitches thrown. Failure to do so will result in a maximum pitch count applied to all Home team pitchers. A forfeit is scored 7-0, where the forfeiting team's score is zero (0).

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PLAYOFF TIE-BREAKERS

In the case of a season record tie, the following criteria (in order listed) will be used to determine end of season standings as well as tournament seeding where applicable: (1) Winning Percentage, (2) Record in Head-to-head Games (all teams involved must have played each other), (3) Average Runs Allowed, (4) Average Runs Scored, (5) Coin Toss.

PLAYER SAFETY

BLOOD RULE

Any player with visible bleeding must leave the game until the bleeding stops or the blood is covered. Free substitution is allowed, and there will be no automatic out if the player is due to bat.

INJURIES

An accident report for all injuries to FBSA participants, including members or other organizations, must be reported to the Board by the FBSA manager or coach or official responsible within 24 hours of the incident.

THROWN EQUIPMENT

Bats or helmets thrown during a game may result in ejection of the offending player (or coach), at the umpires' discretion. If a thrown bat strikes the catcher or umpire, regardless of intent, the umpire will call the batter out, without warning.

NO CONTACT RULE

Base runners must avoid contact with a defensive player, even if the defensive player is out of position and obstructing the runners' path. If a base runner initiates contact with a defensive player, and the umpire believes it to be *intentional*, the runner will be ruled 'out' and ejected from the game. If the umpire believes it to be *unintentional*, the runner will only be ruled 'out'.

FIELD SETUP

PITCHING DISTANCE

The distance between home plate and the pitching area is sixty (60) feet.

BASE DISTANCE

The distance between each base is ninety (90) feet.

DUGOUTS

The Home team will use the dugout on the First Baseline and the Visiting team will use the dugout on the Third Baseline. During play, all offensive players must remain in their dugout except the batter, on-deck hitter and base runners.



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LINEUPS

PLAYER ELIGIBILITY

All players must be registered with FBSA and rostered to play in an official game. Teams with fewer than eight (8) eligible players, present and ready to play at the scheduled start time must forfeit the game. Teams without enough eligible players to field a full team (9) must take an out in the missing player's spot in the batting order. An in-game injury that removes the 9th player will not require an out to be taken.

LINEUP CARD

Coaches must exchange lineup cards (physically, or digitally through GameChanger) during the pregame plate meeting (or before). Lineup cards must include the first name, last name, jersey number, and position in the batting order, for all players present and ready to play. All players will bat in a continuous rotation, and players arriving late will be added to the end of the lineup as they arrive. Defensive players may be freely substituted throughout the game; However, pitchers removed from the mound may not return as a pitcher.

GUEST PLAYERS

Guest players are not allowed. Penalty for use of an illegal player shall be immediate forfeiture of the game in which the player in question is playing. At minimum, the head coach shall be suspended for one game and therefore, ineligible to participate in the next scheduled game played by that team.

FAIR PLAY

No player may sit out 2 consecutive innings, or more than 3 total innings per game. No player may sit out a 2nd inning before every other player has sat for 1 inning (pitchers of record are exempt from this rule). Players that do not attend 50% or more of the planned team practices may sit out 2 consecutive innings, but no more than 4 innings in a game; the coach must first notify the player's parents and their League Director. Coaches who violate these rules may be subject to punishment, including game forfeiture and/or suspension.

INCLEMENT WEATHER

DELAYS OR SHORTENED GAMES

The safety of the players will be prime consideration. At the direction of the umpires or League Directors, a game may be delayed or shortened due to weather or conditions potentially harmful to the players. The umpire will first impose a 30-minute (maximum) game delay before canceling a game. In the event a game is cancelled, it is considered complete after at least 63 minutes (60%) of game play, and the score at the end of the last complete inning is official.

MAKE UP GAMES

Incomplete games or 'rainouts' will be rescheduled, if possible. The League Scheduler will make the decision to make up games, considering field availability; some games may not be rescheduled.

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GAME PLAY

LENGTH OF GAME

A regulation game is 7 innings or 105 minutes, whichever comes first. If time has expired, games will continue through the end of the current inning unless the losing team cannot tie or take the lead during the inning, per the inning run rules. A game may only go into extra innings in playoffs or championship games; regular season games may end in a tie.

INNINGS AND OUTS

Each half-inning ends after 3 outs or 5 runs, whichever comes first. Teams will be allowed 90 seconds between innings for warmups (additional warmup time is not granted when a pitcher and/or catcher are not ready).

MERCY RULE

If a team is ahead by 12 runs after three (3) complete innings, or 8 runs after four (4) complete innings, they are considered the winner.

PREGAME WARMUPS

No pre-game warmups will be allowed on the infield prior to the start of a game. This includes the pitcher's mound and home plate area. All warmups shall be conducted in the outfield or designated shared areas, away from the field.

COACHES

Four (4) total coaches are allowed in the dugout. Two (2) *offensive* coaches will be allowed on the field – one in each coach's box at first base and third base.

MOUND VISITS

A member of the coaching staff is allowed one (1) mound visit per inning, per pitcher. If the same pitcher is visited twice in one inning, the pitcher must be removed.

COURTESY RUNNERS

A designated courtesy runner may be used for the pitcher or catcher of record when they are on base. The designated runner will be the offensive player who made the most recent batted out (if there have been no batted outs, the last batter in the lineup will be used).

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THE DEFENSE

The defense will consist of 9 players: pitcher, catcher, first basemen, second basemen, third basemen, shortstop, and three outfielders (teams playing with less than 9 players are required to have a pitcher and catcher at minimum; the remaining positions are the coach's discretion). Defensive players may not block the base lines unless they are in possession of the ball or in the process of receiving the ball.

THE PITCHER

The *Balk Rule* is in effect, and a fake to Third Base and throw to First Base is not allowed. A pitcher who hits two (2) batters in an inning, or a total of three (3) batters in a game, must be removed. Pitchers may not throw more than eighty-five (85) pitches in a calendar day, and must adhere to minimum rest requirements, as follows:

| Pitches thrown | 0-20 | 21-35 | 35-50 | 51-65 | 66+ |
|----------------|------|-------|-------|-------|-----|
| Rest Days* | 0 | 1 | 2 | 3 | 4 |

* Calendar days, starting with the next day

Pitch Count Exception: if a pitcher reaches the 85-pitch limit or rest day threshold while facing a batter, the pitcher may continue to pitch until the end of the at bat, or until the end of the inning, whichever comes first. The pitch count at the start of the at-bat is official.

THE BATTER

Batters are permitted to bunt or swing easy; however, once squaring to bunt the batter may not swing. The *Dropped Third Strike* rule is in effect when there are two (2) outs or First Base is unoccupied with less than two (2) outs, and the batter may attempt to advance to First Base if the third strike is not cleanly caught by the Catcher. The *Infield Fly* rule is in effect when there are fewer than two (2) outs and there is a force at every base (runners at First Base and Second Base or bases are loaded); this call will be made by the umpire when an infielder has a reasonable chance to catch a pop-up, and baserunners are no longer forced to advance. When runners are on base, the batter must avoid obstructing a defensive player from making an out; they must try to get out of the way of a play at home plate or avoid moving into the way of a play on the other bases.

THE BASE RUNNER

Base runners may leadoff and steal Second Base, Third Base and/or Home. If an overthrown ball goes out of play, the runner will be awarded the next base only, otherwise the base runner may attempt to advance to the next base, at risk. Runners may not obstruct a defensive player from making a play and should either slide or try to get out of the way of the play.