

# 2024 Sunrise Side Rules & Expectations

## Major Boys

### GAME LENGTH

Typically, teams practice for 15-30 minutes prior to the start of the game. Teams should try to play **SIX (6) complete innings**. However, no new inning should start after 1 hour fifty (50) minutes of play. Minimum 3 innings must be played for the game to count. A new inning starts immediately after the last out of the prior inning.

**TIME LIMITS:** All regular season games are limited to seven innings with no new inning beginning at or after an elapsed playing time of 1-hour & 45-minutes. If an inning is underway at the 1-hour & 45-minute mark, the inning should be completed in full unless the home team is ahead after the top half inning of play or takes the lead in the bottom half. In that case, the game is considered completed and the home team wins. If the game is tied after a full inning has been completed and the game clock is at or beyond the time limit, the game shall continue as described below.

### PLAYER PARTICIPATION

#### *Offense:*

- Every player in attendance must be in the batting order. Late arriving players will be placed at the bottom of the batting order per coach's discretion.
- A batter may advance to first base when first base is unoccupied; if there are two outs, a batter may try to advance to first base whether it's occupied or not. The infield fly rule will be enforced and is a judgment call by the umpire.
- Stealing bases is allowed but base runners are not allowed to lead off from base and may only leave base as the pitch crosses home plate.
- Runners may steal home from 3rd base on a passed ball from the pitcher to catcher.
- Each batter or runner that is out must return to their bench/dugout.
- The offensive team may have adults as base coaches. The offensive team has one offensive timeout per inning.
- A courtesy runner for the catcher is allowed but must be the individual who made the previous out in the inning. (not mandatory)
- In the event that batters went out of lineup order a) The proper batter may take a position in the batter's box at any time before the improper batter becomes a runner or is retired, and any balls and strikes shall be counted in the proper batter's time at bat. b) When an improper batter becomes a runner or is retired, and the defensive team

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appeals to the umpire before the first pitch to the next batter of either team, or before any play or attempted play, the umpire shall (1) declare the proper batter out; and (2) nullify any advance or score made because of a ball batted by the improper batter or because of the improper batter's advance to first base on a hit, an error, a base on balls, a hit batter, or otherwise. NOTE: If a runner advances, while the improper batter is at bat, on a stolen base, illegal pitch, wild pitch, or passed ball, such advance is legal. (c) When an improper batter becomes a runner or is retired, and a pitch is made to the next batter of either team before an appeal is made, the improper batter thereby becomes the proper batter, and the results of such time at bat become legal

### ***Defense:***

- The defensive team is allowed a minimum of eight players on the field to begin the game and a maximum of nine players on the field during the game.
- Catchers must wear shin guards, chest protector, and full, one-piece catcher's helmet.
- Pitching mound is set at 46 feet, and the base path distance is 60 feet.
- Each player shall play at least three innings defensively. The minimum defensive innings in this rule must be full half innings. The only exceptions to the playing time rule will be if a player arrives late for a game, a player is being disciplined, or if a game is shortened due to weather, time limit, or run rule limit.
- A defensive player without the ball who impedes a runner, whether intentional or unintentional, or who fakes a tag will be penalized for defensive obstruction. The umpire will award the runner the base or bases they are attempting to reach.
- A coach is permitted one visit per pitcher, per game, before another pitcher takes their spot.

### ***Sliding:***

- Sliding is **NOT** mandatory but players must try to avoid contact.

### ***Substitutions:***

- Defensive: Must be made as teams take the field or while team is in the field  
Offensive: Must be made as the player comes up to bat, or while the player is on base.

### **PITCHING RULES:**

#### ***Pitch Count Rule***

- Pitchers may pitch no more than 95 pitches in a game (can complete the at bat). If a pitcher reaches the maximum number of pitches or a days of rest threshold during an

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individual's at-bat, the pitcher may continue until that individual's at-bat is completed and only be required to observe the days of rest for the threshold reached during that at-bat.

## ***Pitcher To Catcher Rule***

- A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of the day. A pitcher who throws 40 or fewer pitches in a game may catch in the same game.

## ***Catcher To Pitcher Rule***

- A player who plays the position of catcher in 4 or more innings may not pitch in any games that same calendar day. A player who catches for 3 innings or less, then moves to pitcher and throws 21 or more pitches may not return to the catcher position on that calendar day. One pitch in an inning is considered 1 inning.

## ***Pitcher Returning In Same Game***

- After having been removed as a pitcher but remaining in the game and otherwise eligible to throw more pitches, a player can return as a pitcher any time in the remainder of the game, but only once per game. The pitcher's pitch count continues from the actual count before the pitcher was removed. Days of rest provisions apply as written.

## ***Days Of Rest***

**THE FOLLOWING DAYS OF REST ARE MANDATORY FOR PITCHERS. COACHES WILL BE SUBJECT TO DISCIPLINARY ACTION FOR USING INELIGIBLE PITCHERS.**

- If a player pitches 66 or more pitches in a day, 4 calendar days.
- If a player pitches 51-65 pitches in a day, 3 calendar days.
- If a player pitches 36-50 pitches in a day, 2 calendar days.
- If a player pitches 21-35 pitches in a day, 1 calendar day.
- If a player pitches 1-20 pitches in a day, 0 calendar days.