



## Little League®: Junior (Ages 13-14)

- I. General Personal Conduct Rules: Little League rules are used except where noted herein.**
- A. Grove City Little League has a ZERO-TOLERANCE POLICY that includes, but is not limited to, the following: fighting; physical contact; aggressive behavior towards coaches, fans, parents, players or other participants; belittlement of coaches, fans, parents, players or other participants; and violations of safety, substitution and/or pitching rules. This type of behavior could result in indefinite suspension to a lifetime ban from Grove City Parks & Recreation activities.**
  - B. If a coach, fan, parent, player or other participant is ejected from a Grove City Little League practice or game for ANY reason, that individual must leave the facility immediately, is suspended, and will not be permitted at any future practices or games until the Grove City Little League Coordinator or designee has reviewed the incident. The individual ejected, potential witnesses and the official(s) must submit an incident report form explaining the situation that resulted in the ejection. Based upon the information provided, the suspension may result in a minimum of a one-game suspension up to a permanent removal from all future league activities conducted by Grove City Little League.**
  - C. If an individual is ejected from two separate games, that individual will be immediately removed from the league without a refund and will not be permitted at any facility for games for the remainder of the season.**
  - D. Unsportsmanlike conduct will not be tolerated from parents, fans, coaches or players. Offenders will be ejected. Chattering or yelling at players will not be tolerated.**
  - E. Coaches, fans, parents, players, or other participants are not to question the strike zone of an umpire. If there are any questions concerning rule interpretations or their application, the head coach only may approach the umpire before the next batter.**
  - F. Only approved coaches with an application on file for the current season with the Grove City Parks and Recreation Department office are permitted on the playing field or in the dugout during games and practices.**
  - G. Each team will be permitted a maximum of three (3) coaches. One coach is required to remain in the dugout at all times.**

## **II. General Game Information**

- A. Canceled games are made up the next available assigned day for the league. Coaches receive a schedule outlining the game information as soon as possible. No exceptions are made.**
- B. Standings are kept to determine playoff seeding. Ties count as ½ game won, ½ game lost. Standings are determined by the following: (1) overall record, (2) head-to-head record, (3) total runs scored for the season and (4) coin toss. End-of-season tournament is single-elimination.**
- C. Teams may begin a game with eight players and are not penalized an out for a vacancy in the lineup. A team with seven or fewer players is rendered a forfeit. There is a 15-minute grace period beginning at the original start time of the game before the forfeit is assessed. The 15-minute grace period does not change the original start time of the game.**
- D. Doubleheaders are permitted for the Junior League.**
- E. All games consist of six innings unless the following occurs:**
  - 1. No new inning is started after one hour and 45 minutes. A new inning begins once the third out of the current inning is recorded. Teams are encouraged to hustle on and off the field to keep the game progressing. The maximum time between each ½ inning is one minute or five warmup pitches.**

2. The umpires confirm the start time and keep the necessary game time.
  3. All innings started must be finished.
  4. In the event of a stoppage of play due to inclement weather or curfew, a game is considered complete if play has gone beyond four full innings, 3 ½ innings if the home team is ahead. If after the fourth inning, game reverts back to the last completed inning. Any game stopped in the first inning will restart. After the first inning is completed, all games will resume.
  5. Mercy Rule A: If a team is ahead by 15 or more runs after the completion of 3 innings, 2 ½ if the home team is ahead, the game is complete as long every player on the losing team has had at least one at bat.
  6. Mercy Run Rule B: If a team is ahead by 10 or more runs after the completion of 4 or 5 innings, 3 ½ or 4 ½ innings if the home team is ahead, the game is complete.
  7. Extra inning(s) are permitted, provided there is time remaining.
- F. The pitcher's plate is 54 feet from home plate.
- G. The bases are 80 feet apart.
- H. The home team occupies the first base dugout.
- I. Coaches and players are responsible for cleaning their dugout and bench area after each game.
- J. All players who are not on the field of play (defensive players) or at bat must remain in the dugout. Players on field 10 and 11 are not to stand in the opening of the doorway.
- K. All male players must wear athletic cups.
- L. Casts may not be worn during the game by players or umpires.
- M. Players must not wear jewelry such as, but not limited to, rings, watches, earrings, bracelets, necklaces, nor any hard cosmetic/decorative items. This applies regardless of the composition of such jewelry, hard cosmetic item or hard decorative item. (Exception: jewelry that alerts medical personnel to specific condition is permissible.)
- N. Players may use any glove or mitt at any position with the exception of a first-baseman's mitt which may only be used at first base.
- O. Players are not permitted to wear metal cleats.
- P. Teams are not permitted to hit soft-toss into any fence unless a tennis ball or Wiffle ball is used.
- Q. A player will play at least three innings in the field per game. All substitutions must be made no later than the top of the third inning.

**If found in violation of this rule during the regular season.**

- **1st offense: head coach is suspended**
- **2nd offense: head coach is suspended and game is forfeited**

**If found in violation of this rule during the playoffs: Game is forfeited.**

### **III. Specific Rules Information**

#### **A. Batter and batting order rules**

1. An out is assessed for the position in the lineup once occupied by an ejected player. An out is not assessed for players leaving for any other reason, i.e., injury, sickness, unwillingness/fear to play, outside family obligation, etc.
2. The batting order must consist of all players. Any player arriving late will be placed at the bottom of the order.
3. All batters and baserunners must wear a helmet while on the field of play. Face guards and chin straps are optional.
4. If a batter or baserunner is injured and unable to continue their at-bat, the last player declared out will continue for them. If the batter is being replaced, the new player assumes the current count. If the injured player is unable to return prior to his/her next at-bat, the injured player is skipped without penalty.
5. Traditional batting donut is not permissible

6. Under the USA Bat standard, the bat shall not be more than 34" inches in length; nor more than 2 5/8 inches in diameter; and if wood, not less than 15/16 inches in diameter (7/8 inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed 18 inches from the small end. Solid one-piece wood barrel bats do not require a USA Baseball logo.
7. Also, permitted for Junior League Division are bats meeting the BBCOR performance standard, and so labeled with a silkscreen or other permanent certification mark. The certification mark shall be rectangular, a minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color. Aluminum/alloy and composite bats shall be marked as to their material makeup being aluminum/alloy or composite. This marking shall be silkscreen or other permanent certification mark, a minimum of one-half-inch on each side, and located on the barrel of the bat in any contrasting color.
8. PENALTY: The batter will be declared out when he/she enters the batter's box with an illegal bat or is discovered having used an illegal bat. If the discovery is made before the next pitch, the defense may take the penalty or result of the play.
  - a. If an illegal bat is used, the head coach is removed from that game only (i.e., is permitted to coach the second game of a double header).
9. When a batter unintentionally throws a bat, the action will be regulated as followed:
  - a. Warn the player and the other members of the player's team.
  - b. After the warning (second occurrence), the umpire declares the ball dead immediately, the batter is returned to the dugout, and any base runners return to the previous base occupied at the time of the pitch.
  - c. No out shall be called on the offending player for this action unless the bat makes contact with an official, player or coach, or leaves the field of play.

## **B. Base running rules**

1. Orange Safety Base Rule:
  - a. A defensive player must touch the white portion of the base to record an out.
  - b. The baserunner must touch the orange portion of the base to be considered safe.
  - c. EXCEPTION: If a batted ball in the infield is an errant throw and causes the fielder to move to the orange portion of the base, the runner must then proceed to the white portion of the base.
  - d. Umpire discretion will allow for safety considerations. This must be addressed at the pre-game meeting.
  - e. The baserunner will then use the white portion of the base when returning to first base after overrunning it, running on a base hit to the outfield (the player may elect to touch the orange portion here), or to re-tag and advance on a fly ball.
2. Runners are never required to slide. However, if they elect to slide, it must be a legal slide. Also, runners must avoid excessive contact with the defensive player or be declared out. This is an umpire's judgment call.
3. Coaches may not physically assist players in running the bases or fielding.
4. A courtesy runner is mandatory for the catcher of record once two outs have been recorded. A courtesy runner is permitted for the pitcher of record or the catcher of record at any time. The courtesy runner is the player who was last declared out.
5. Stealing, leading off and headfirst sliding are permitted.
6. Batters have the right to advance to first on a dropped third strike, providing:
  - a. There are less than two outs AND first base is not occupied.
  - b. There are two outs.

## **C. Fielding and fielder rules**

1. Each catcher must wear a catcher's mask, chest protector, shin guards and athletic supporter/cup.

## D. Pitching rules

1. Any player may pitch.  
EXCEPTION: Any player who has played the position of catcher in four or more innings in a game is not eligible to pitch on that calendar day.
2. A player may be used as a pitcher in up to two games in a day.
3. A player may not pitch on three consecutive days.
4. Any player who has played the position of catcher in four or more innings in a game is not eligible to pitch on that calendar day.
5. A player removed from pitching and remaining on defense in a different position can return as a pitcher anytime in the remainder of the game, but only once per game.  
EXCEPTION: if the player pitched 31 or more pitches in the first game, that player may not pitch in the second game on that day.
6. Any part of the pitcher's undershirt or T-shirt exposed to view shall be of a solid color.
7. Pitchers are not permitted to use a glove that includes the colors white or gray.
8. Pitchers may wear a batting glove unless it has white or gray visible or is deemed a distraction.
9. Any coach visiting the same pitcher in the field of play two times in any inning, or three times during a game, must remove the pitcher from the game; player may not return to pitch.
10. If any coach, **regardless of reason**, violates the following pitching rules, the coach is suspended the following game.
11. Both teams are required to track and confer between each half inning the accuracy of the pitch count. In the event of a dispute, the home team is the official record. Pitch count sheets and scorecards become official once the umpires have left the playing field.
12. **Pitchers must be warmed up by a player who is wearing a mask. Coaches are not permitted to warm up a pitcher.**
13. **A pitcher must pitch all pitches for an intentional walk.**
14. **A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.**
15. **The maximum pitch count for a Junior pitcher is 95 pitches in one day.**  
EXCEPTION: If a pitcher reaches the limit imposed (95 pitches) while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs:
  - a. The batter reaches base.
  - b. The batter is out.
  - c. The third out is made to complete the half-inning.
16. Mandatory rest days for Junior pitchers:
  - a. If a player pitches 66 or more pitches in a day, four calendar days of rest must be observed.
  - b. If a player pitches 51-65 pitches in a day, three calendar days of rest must be observed.
  - c. If a player pitches 36-50 pitches in a day, two calendar days of rest must be observed.
  - d. If a player pitches 21-35 pitches in a day, one calendar day of rest must be observed.
  - e. If a player pitches 1-20 pitches in a day, no calendar day of rest is required.
  - f. Notes: In a suspended game resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.
  - g. Example 1: A 14-year-old pitcher delivers 70 pitches in a game Tuesday that is suspended. The game resumes the following Thursday. The pitcher is not eligible to pitch in resumption of the game because the pitcher has not observed the required days of rest.
  - h. Example 2: A 14-year-old pitcher delivers 70 pitches in a game Tuesday that is suspended. The game resumes Saturday. The pitcher is eligible to pitch up to 95 more pitches in the resumption of the game because the pitcher has observed the required days of rest.

- i. Example 3: A 14-year-old pitcher delivers 70 pitches in a game Monday that is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 95 pitches in the resumption of the game, provided the pitcher is eligible based on pitching record during the previous four days.

1 Calendar Day of Rest		2 Calendar Days of Rest	
Pitched	Can Pitch	Pitched	Can Pitch
Monday	Wednesday	Monday	Thursday
Tuesday	Thursday	Tuesday	Friday
Wednesday	Friday	Wednesday	Saturday
Thursday	Saturday	Thursday	Sunday
Friday	Sunday	Friday	Monday
Saturday	Monday	Saturday	Tuesday

3 Calendar Days of Rest		4 Calendar Days of Rest	
Pitched	Can Pitch	Pitched	Can Pitch
Monday	Friday	Monday	Saturday
Tuesday	Saturday	Tuesday	Sunday
Wednesday	Sunday	Wednesday	Monday
Thursday	Monday	Thursday	Tuesday
Friday	Tuesday	Friday	Wednesday
Saturday	Wednesday	Saturday	Thursday

#### IV. Coaching Guidelines

Each coach and his/her assistants are to conduct practices and games in a way that provides the best opportunity for all players on their team to acquire skills the Grove City Little League® determines they should learn at their current level of play. Skills are cumulative. At each level, players should master:

##### Junior (13-14 year olds)

- Proper lead-off, stealing
- Squeeze play
- Hit and run techniques
- Advanced pitching techniques
- Advanced hitting techniques
- Refined outfield and infield play
- Refined relay procedures

##### A. Throwing Drill

Throwing and catching the baseball is often the most overlooked and under-coached fundamental of the game. A coach who dedicates extra time toward this will have success.

1. Cradle: elbows out, not tucked into stomach
2. Throwing position: palm facing away from player
3. Maintain eye contact on target through entire motion
4. Pointing lead toe at target
5. Four-seam grip
6. Tuck glove hand away to allow body to come through
7. Arm position (don't get hung up on throwing over the top)

## B. **Catching**

1. Arms must have some bend and remain relaxed
2. On balls above the waistline: fingers of glove should point up; glove hand and throwing hand should be “thumb to thumb”
3. On balls below the waistline: palm of glove hand should be toward ball; glove hand and throwing hand should be “pinky to pinky”
4. Do not allow players to “stab” at the ball; encourage them to shift their bodies to get in front of off-target throws
5. Drills
  - a. Relay lines
  - b. Throwing circle
  - c. Bucket drill

## C. **Hitting**

1. Stance/Balance
  - a. Feet must be squared
  - b. Stance must be as wide as the shoulders at minimum
  - c. Weight should be 75 percent back, knees bent, balanced on inner parts of feet, not on heels
  - d. Knees and belt buckle should be pointing at the plate
  - e. Hands should be up and back
  - f. The bottom hand arm should have some flex, forming an angle at the elbow
  - g. Head and eyes should be in the zone; chin should be able to touch front shoulder
2. Grip
  - a. Place the bat in the players’ hands and line up the “door knocking” knuckles, rotate the bottom hand slightly clockwise (counterclockwise for left handers) and rotate the top hand slightly counterclockwise (clockwise left handers)
  - b. Have players place both hands on the bat and point the bat at the pitcher’s mound
3. Approach/Contact
  - a. Keep hands inside the baseball
  - b. Hands move down, taking the knob of the bat toward the ball
  - c. Keeping bat head level, bottom hand palm toward the ground, top hand palm facing up
  - d. Head should stay down through impact so that the chin begins on the front shoulder and the back shoulder touches the chin after contact
  - e. Hands begin to roll over, after contact, to gain full extension
4. Drills
  - a. Soft toss
  - b. Bottom hand drill
  - c. Two tee drills
  - d. Two color soft toss
  - e. Batting practice