



Sandlot - Rules Cheat Sheet



"The objective of the HLL shall be to implant firmly in the children of the town, the ideals of good sportsmanship, honesty, loyalty, courage, respect for authority, baseball skills, and a love for the game so that they may be well adjusted, stronger, and happier citizens and will grow to be good, decent, healthy, and trustworthy citizens with an understanding of and interest in baseball."

Communication:

- Coaches should send a weekly email or team message to remind families of the week ahead and confirm attendance.
- Coaches should have contact information for an adult responsible for each player during all games.

Pre-game:

- Make the batting line-up before the game and post it in the dugout. Use a continuous batting order.
- Create a defensive rotation before the game, keeping minimum play and infield opportunities in mind.
- Have players arrive at least 30 minutes before game time to stretch, throw, and hit.
- Know pitch-count eligibility for all potential pitchers before the game, including recent non-HLL pitching.
- Before the game, head coaches exchange line-ups, identify ineligible pitchers, and review field/ground rules with the umpire.
- Home team provides game balls and handles scoreboard setup/return where applicable.
- Designate 1B, 3B, and bench/scorebook coaches.
- Coaches must remain in the dugout unless coaching a base or making a mound visit.
- One manager and two coaches are permitted in the dugout during games.

AS A COACH, YOU ARE A ROLE MODEL FOR ALL PLAYERS, COACHES, AND SPECTATORS. YOUR DUTY IS TO FOSTER A POSITIVE ENVIRONMENT FOR THE KIDS TO PLAY BASEBALL. HLL HAS A ZERO TOLERANCE POLICY FOR ANY BEHAVIOR WHICH UNDERMINES THIS OBJECTIVE OF HLL.



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Sandlot / Senior Division:

- Senior Division uses the same playing rules as AAA, except where HLL Sandlot guidance specifically modifies a rule.
- When in doubt, prioritize player safety, sportsmanship, pace of play, and getting players meaningful baseball reps.

Game Format

- Games are scheduled for 6 innings. A new inning starts when the third out is made in the previous inning.
- Official game: 3½ innings if the home team is ahead, or 4 innings if the visiting team is ahead.
- Minimum players: if a team does not have 9 players by 10 minutes after start time, the umpire may declare a forfeit; coaches should play a scrimmage if possible.
- Regular-season games may end in a tie. Extra innings may be played only if time and daylight permit.
- Play/no-play decisions are made by HLL before first pitch; once the game starts, halt/resume decisions are made by the umpire. Lightning in the immediate area is grounds to call a game.

Pitching

1. Curve balls and/or sliders are not allowed. Intentional walks are not allowed.
2. Two visits to the mound per pitcher are allowed; on the 3rd visit, the pitcher is automatically removed.
3. Three HBPs in a game, or excessive wildness in the umpire's judgment, results in removal.
4. Once removed from pitching, a player may not pitch again in that game or pitch in more than one game in a day.
5. If a pitcher throws 41+ pitches, that player cannot catch that day. If a player catches in a 4th inning, that player cannot pitch that day.

Pitch Counts / Rest

- Daily limits: League Age 8 = 50 pitches; League Age 9-10 = 75 pitches; League Age 11-12 = 85 pitches. Pitcher may finish the batter.
- Rest: 1-20 pitches = 0 days; 21-35 = 1 day; 36-50 = 2 days; 51-65 = 3 days; 66+ = 4 days.
- No pitcher may pitch 3 consecutive days in a row regardless of pitch count.

Batting and Base Running

- Continuous batting order is mandatory. Late arrivals are added to the end of the order after the first pitch.
- On-deck circle swinging is prohibited. No player should hold or swing a bat unless up to bat.
- Bats must bear the USA Baseball logo. No USSSA bats are allowed.
- Senior Division / AAA: bunting and stealing are permitted. Leadoffs are NOT permitted. No stealing if leading by 10+ runs.
- Slash bunting is NOT permitted. Runners involved in a play must slide or avoid. Headfirst slides are prohibited unless returning to a base.

Fielding

- Each player must play a minimum of 4 defensive innings. No player sits 2 consecutive innings.
- For a 6-inning game, 2 innings of infield play per player are expected when possible; at least 1 infield inning should occur in the first 3 innings.

Run Limit / Mercy Rule

- A ½ inning consists of 3 outs or 5 runs scored, whichever comes first. No run maximum in the 6th/final inning or extra innings.
- 15-run mercy rule: after 4 complete innings if the visiting team is ahead; after 3½ innings if the home team is ahead.

Post-game

- Both teams are responsible for field duties, including dugout cleanup, raking/dragging the infield, repairing the mound, and filling holes.
- By next day, winning manager reports score, pitchers, pitch counts, and call-ups through the HLL/Sandlot process.