



Senior - Best Practices & Rules Summary



“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 out weekly email to parents to remind them of the week ahead and determine attendance for the week.
- Coaches should have contact information for an adult responsible for each player during all practices and games.

Game Format

- 7 innings; no new inning after 1:45 (e.g., 4:00 to 5:45).
- Field dimensions: 60 ft pitching distance / 90 ft base paths; confirm before the game.

Offense

- Continuous batting order; no on-deck swings.
- Leading and stealing are allowed.

Run Limits

- Maximum of 3 runs per inning; a new count starts the next inning if the limit is reached mid at-bat.
- No run limit in the 7th or final inning.

Bat Rules

- BBCOR bats only.
- A bat challenge must be made before the next pitch; a repeated violation results in ejection/suspension.



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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.

Defense

- Pitchers are limited to a maximum of 3 innings pitched per week.
- Equal playing time should be maintained; maximum 1 consecutive inning sitting and maximum 3 total innings sitting.

Additional

- Coordinate substitute players with the Commissioner; substitutes must be registered and eligible.
- Metal cleats are allowed, but not on designated turf fields where they are prohibited.

Mercy Rule

- 12-run lead after 4 innings (3.5 if the home team is ahead); 10-run lead after 5 innings; 8-run lead after 6 innings.

Post-game

- Both teams are collectively responsible for post-game field duties, including cleaning dugouts; raking, dragging, and watering pitcher's mound; raking infield; filling in any holes; other repairs.