



Majors – 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.

Practice:

- 1-2 practices/week for 1- 1½ hours
- Routine is important: start each practice the same way (e.g., run, stretch, throw), before moving into infield/outfield drills, batting, baserunning.
- Use multiple stations, with 1 coach at each station, to keep players engaged and active.
- Explain rules and strategy during practice so that players understand what they are practicing and why. If scrimmaging or doing a modified scrimmage (e.g., teams of 3), make sure to stop and explain situations and defensive positioning.

Pre-game:

- Make batting line-up prior the game and post it in the dugout.
- Keeping in mind the 2-inning infield minimum per player, create positional roster for each inning prior to the game (need not be posted and can alter throughout the game)
- Have players arrive at least 30 minutes prior to game to stretch, throw and hit.
- Have starting pitcher/catcher do a warm-up/bullpen session prior to game.
- Know weekly pitch-count for all potential pitchers (including club players' innings)
- Designate 1b, 3b, and bench/scorebook coach.
- Prior to game, head coaches exchange line-up cards, go over field/ground rules with opposing coach and umpire. Home coach pays umpire.
- Home team provides game balls, as needed.
- Designate player(s) each offensive inning to retrieve foul balls.
- Coaches must remain in the dugout, unless coaching a base or making a trip to mound.
- 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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Pitching

1. Curve balls and/or sliders are not allowed.
2. Two visits to the mound per pitcher are allowed; on 3rd visit, pitcher is automatically removed.
3. Three HBPs in a game, results in removal. “Excessive wildness” also grounds for removal.
4. Once removed from pitching, may not pitch again that game.
5. If a pitcher throws 41 or more pitches, can’t play catcher.
6. If a player catches for 4 innings, can’t pitch in the game.

Pitch Counts

League Age 11-12:	85 pitches per day + may finish the batter
League Age 9-10:	75 pitches per day + may finish the batter

Pitcher Rest (Innings Pitched by Club Players Included in this Tally)

1. Greater than 66 pitches in a day, 4 calendar days of rest
2. 51 - 65 pitches in a day, 3 calendar days of rest
3. 36 - 50 pitches in a day, 2 calendar days of rest
4. 21 - 35 pitches in a day, 1 calendar days of rest
5. 1-20 pitches in a day, 0 calendar day of rest

NOTE: No pitcher may pitch 3 consecutive days in a row regardless of their pitch counts.

Batting and Base Running

- On-deck circle swinging is prohibited. No player shall hold/swing a bat unless up to bat.
- Bats must bear “USA” logo. No “USSSA” bats allowed.
- Bunting and stealing (of all bases) are permitted. Slash bunting is NOT permitted. Leadoffs are NOT permitted. No stealing if leading by 10 or more runs.
- Baserunners involved in a play must slide or avoid play.
- Headfirst slides are prohibited unless returning to base.

Fielding

- Each player must play a minimum of 4 defensive innings. No player sits two consecutive innings.
- HLL encourages rotating players through various positions, especially during regular season.

Run Limit / Mercy Rule

- ½ inning consists of 3 outs or 5 runs scored, whichever is first. No maximum in 6th inning.
- If visiting team is ahead by 15+ runs after 4 complete innings, home team shall concede.
- If home team is ahead by 15+ runs after 3.5 innings, visiting team shall concede.

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.
- By 12:00 pm the following day, winning manager must email score and pitch counts to commissioner.