

2024 Sunrise Side Rules & Expectations

Junior Boys

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 & 50-minutes. If an inning is underway at the 1-hour & 50-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 on a dropped third strike 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.
- 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 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

2024 Sunrise Side Rules & Expectations

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 60 feet 6 inches, and the base path distance is 90 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 during the game; if a second visit is required, the pitcher will be replaced.

Sliding:

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

Stealing:

- Stealing of all bases is permitted
- Players can lead off

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 individual's at-bat, the pitcher may continue until that individual's at-bat is completed

2024 Sunrise Side Rules & Expectations

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.

Balks

- In the event of a balk, the pitcher will first get a warning. The umpire/coach will explain the rule violation to the pitcher and tell him what to do so the rule is not violated. If this happens again with the same pitcher, runners will be allowed to take a base.