

Capitol Hill Little League



A Division Rules

Sportsmanship Rules

All players, coaches, and parents will learn and follow principles of good sportsmanship, which include respecting teammates, coaches, the fields, and especially players and coaches on the opposing team.

1. All players and coaches from opposing teams will shake hands after each game.
2. Each team is responsible for cleaning up their bench areas after the game. The home team is responsible for field preparation prior to games and providing game balls for the game. The visiting team is responsible for field clean up, including raking the field and returning equipment to the shed and locking up.
3. Players and coaches will encourage teammates.
4. Players, coaches, and parents will recognize good play by the opposing team and, in all instances, refrain from shouting at, taunting, attempting to distract (e.g., the catcher may not speak to an opposing batter), or making disparaging comments (such as “no batter”) directed at players on the opposing team.
5. Players, coaches, and parents are not to sit behind the backstop because doing so distracts the players, especially the pitcher.
6. When a batter is hit by a pitch, the batter and pitcher will shake hands.
7. At no time will any player, coach, or parent curse or use abusive language.
8. Penalties are enforced solely by the umpires. (Any reference to “umpire” included in this document refers to the individual(s) responsible for enforcing penalties at a given division level.)
9. Players will not argue with an umpire. A coach who has a question about an umpire’s call may ask for time and in a calm and respectful tone ask the umpire to explain the call. At no time is a coach to raise his/her voice and argue.
10. The display or consumption of tobacco or alcoholic beverages in any form is strictly prohibited on the playing field, benches, dugouts, or bleachers.
11. Per Little League regulations, the actions of players, managers, coaches, umpires, and league officials must be above reproach. Any player, manager, coach, umpire, or league representative who is involved in a verbal or physical altercation, or an incident of unsportsmanlike conduct, at the game site or any other Little League activity, is subject to disciplinary action by the local league board of directors. When a manager, coach, or player is ejected from a game, they shall take no further part in that game. A manager or coach ejected from a game must leave the field immediately and may not sit in the stands. A player ejected from a game may not be recalled, may not take any further part in the game (e.g., warming up the catcher, serving as a base coach), and must remain supervised until released to his/her parent or guardian (or other responsible adult). Any manager, coach, or player ejected from a game is suspended for his/her

team's next physically played game and may not be in attendance at the game. Please see the CHLL Code of Conduct for additional information.

Sportsmanship Rules Note: In Little League programs, if the player will not cause a disturbance for the remainder of the game, it is acceptable, and advisable, to leave him/her in the dugout for the remainder of the game.

Safety Rules

1. All players shall sit on their team's bench or in the dugout unless participating in the game or preparing to enter the game.
2. There is no on-deck batter. Only at-bat batters may have a bat in their hands.
3. Batters and base runners must wear helmets.
4. Defensive players will not block a base, home plate, or the base line without possession of the ball. This is considered an obstruction. The obstructed runner is safe and a dead ball is called.
5. Players must not wear jewelry such as, but not limited to, rings, watches, earrings, bracelets, necklaces, nor any hard cosmetic/decorative items. EXCEPTION: Jewelry that alerts medical personnel to a specific condition may be worn.
6. Players and umpires may not wear casts during the game. Persons wearing casts, including managers and coaches, must remain in the dugout during the game.
7. Shoes with metal spikes or cleats are not permitted. Shoes with molded cleats are permitted.
8. The home team is responsible for having the first aid kit in a dugout during the game.
9. Throwing the bat is an automatic out. It is at the umpire's discretion on whether a bat has been thrown. Warnings should be given to players who show this tendency, but if the umpire determines that the player has thrown the bat, the player should be called out without a warning.
10. A base runner must never purposefully remove his/her helmet while on the field without first calling a timeout. The penalty is that the player is out.
11. There is no sliding into first base except when returning to the base.
12. All injuries where a player is unable to return to a game or practice or must seek outside medical assistance must be reported by the team manager/coach to the Safety Officer and the CHLL President within 48 hours of the incident. An incident form must also be completed and submitted to the Safety Officer.

General Game Rules & Format

- The Playing Rules are governed by the most recent Little League Baseball Rulebook, including updates, as modified and interpreted by the CHLL House Rules below.
- Games have a time limit of 80 minutes, with a maximum of 4 innings being played. Games have a hard stop at 80 minutes, even if it is between innings.
- No score will be kept; however the number of outs a team makes will be counted with the goal of focusing the players' attention on fielding and defense.

Batting

- All players on a team will bat one time each inning. However, every three outs the runners will clear the bases.
- Each batter will receive a maximum of 5 pitches from a coach. If the ball is not put in play after the 5th pitch, the batter will use a hitting tee.
- Coaches must pitch overhand from their knee.
- Players are not allowed to bunt.

Defense

- Teams play with a maximum of 10 fielders, although there is no catcher position. Teams should limit 6 players to the infield.
- There should be no plays at the plate (e.g., fielders should not chase a runner home in an attempt to tag them).
- The pitcher position must be at least 15 feet from the batter.

Base Running

- Players are not allowed to steal or lead off any bases. Players should keep at least one foot on the base until the ball is in play.
- There is no infield fly rule.
- Base runners may continue to advance bases until one of the following conditions is met.
 - Infield hit: An attempt is made to get the ball to 1st base (or a base where there is a force out);
 - Outfield hit: An attempt is made to get the ball hit to the infield;
 - The ball is returned to the coach on the pitching mound; or
 - The play is otherwise called dead.
- A half inning ends when the last batter is called safe or out at a base. After that occurs, all remaining base runners leave the field. Note that when the last batter hits, it is not an automatic “home run.”