



East Meadow Baseball Senior League – PONY DIVISION 13u/14u

2023 Supplemental League Rules

NFHS (National Federation of State High School Associations) rules are in effect. EMSL rules below supersede the NFHS baseball rule book.

- Games are 7 innings, with no new inning to start after 2 hours and 10 minutes. If it does, home team bats.
- If there is a tie after 7 innings, and there is still time, extra innings are allowed within the time limit. However, the time limit rules still apply. Regular season games can end in a tie. No time limit for post season games.
- Game is considered official at the end of the 4th inning.
- Each team can choose to use Universal batting order. If not, lineup to be communicated and agreed upon by both teams prior to first pitch and cannot change after first pitch. Unlimited defensive substitutions.
- If a player is injured and cannot return to the game, their spot in the lineup WILL NOT constitute an out.
- On deck batters are permitted outside of dugout of Colt Field only.
- Balks: There will be 1 warning per pitcher.
- Bunts, tagging up, Infield fly, dropped 3rd strike are permitted. Fake/slash bunts are NOT permitted; the Batter will be called out. Head first slide permitted at all bases.
- Avoid contact/Sliding rule: The base runner must slide or avoid contact at a base when a play is being made; cannot “barrel” into another player. On the violation, the play is dead and the runner is called out. Note that the defensive player cannot block the plate or bag without the ball in glove/hand.
- There is a 12 run rule. The game shall end when the visiting team is behind 12 runs or more after Visiting team has had 5 at bats.
- Pitching: Maximum of 85 pitches per game. Pitching week runs from Sunday to Saturday. Rest schedule:
 - Pitch Count (1-20) – 0 Day of rest between outings
 - Pitch Count (21-35) – 1 Day of rest between outings
 - Pitch Count (36-50) – 2 Days of rest between outings
 - Pitch Count (51- 65) – 3 Days of rest between outings
 - Pitch Count (66 to Max) – 4 Days of rest between outings
- Maximum of 5 warm-up pitches, 8 for new pitcher.
- Hit Batters – Any pitcher that hits three batters in an inning, 4 in a game, must be removed from the game as a pitcher. He may not return as a pitcher for the rest of that calendar day.
- Speed up rule at manager’s discretion for catchers with two outs. The player has to have been the catcher in the previous ½ inning in order to have a runner take his place. Runner must be the last batted out.

- Mound Visits – The manager is permitted to visit the mound three times per game (4th visit is to remove pitcher).
- Bats may not be more than 34” in length. Bat diameter shall be 2 5/8. Non-wood bats must be BBCOR -3, does not have to be USA Bat. Wood bats permitted (NFHS bat rules apply). No composite wood bats (Bamboo).
- Metal cleats are allowed, but not permitted on any turf fields.
- There is no hitting balls into the fences. There are batting cages that can be used on a first come first served basis. If available only use 1 cage. Please be considerate of time if there is only one cage available for the two teams.
- There is No infield warm-ups prior to game; outfield only.
- All dugouts should be cleaned out after your game.
- Due to time constraints, teams needs to exit the dugouts expeditiously to allow the incoming teams to set up. Postgame team discussions to be held outside of the Field.
- Winning coach text scores to **917-848-9064** upon completion of game.
- The higher seed will be the home team for the playoffs.
- If teams end up not playing equal # of regular season games, then standings will be based on Winning Percentage.
- *All teams must make reasonable efforts to play or make up their games.
- **Last minute cancellations by teams (i.e. insufficient players, no shows, etc.) will be a forfeit and still be charged the umpire fee for that game.
- Tie breakers: Head to Head, then Runs Against, then Runs For

No smoking and No dogs permitted on our Complex.