



BASEBALL ALBERTA

11759 Groat Road
Edmonton, Alberta
T5M 3K6

Phone: (780) 427-8943
Fax: (780) 427-9032
www.baseballalberta.com

Calgary North Baseball League Rules & Regulations



Games will be played according to the Baseball Canada Rulebook unless superseded by these League rules:

1. **What we are About:** Please understand that this **CNBL** is a recreational level league. It is the intent of those that established this league to provide an environment for young players to extend their opportunity to play baseball, and as such it is first and foremost very important for all involved to understand that these rules have been developed to keep the spirit of the game in mind. It is a must that all coaches demand a good sportsmanship attitude from their players towards other players, coaches, and umpires.
2. **Game Start Times:** All weekday games will start at 6.30 p.m. with no new inning to start after 2 hours and 15 minutes. If the weather is nice and both teams agree to play a little longer to finish off the innings, and it is the only game that each team is playing that day, by all means proceed.

In the case of bad weather, all teams are to expect to play unless otherwise notified. A decision on whether or not a game will be played must be made by 5:00pm of the game day.

3. **Minimum players:** To keep in the spirit of good sportsmanship and to maintain the intent of this league all games will be played even if one team is short players. If a team has less than 7 players, that team will forfeit the game.
It is however our intent that the other team will then lend players to even up the two teams and a game will be played anyway and ump's will be paid. A game will only be played and scored if a minimum of 8 players per team is present.

4. **Participation Rule** – All players must be on the field for 2 defensive innings and have 1 plate appearance.

5. **Pitching Limits:** Baseball Alberta pitch counts to be followed-

	Midget	Rest Required
LOW	1-30	NONE
MEDIUM LOW	31-44	1 DAY
MEDIUM	45-64	2 DAYS
MEDIUM HIGH	65-79	3 DAYS
HIGH	80-100	4 DAYS
MAXIMUM	100	



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6. Pitchers will only be allowed 8 warm-up pitches when they enter the game and 5 pitches during subsequent innings. It would be appreciated if the coaches would warm up their pitchers on the sidelines whenever possible.
7. **Field Dimensions:** Per baseball Canada rules.
8. **Equipment:** Per baseball Canada rules.

Baseballs – Rawlings 80cc and Rawlings ROML are both approved for use

***Please Note* - the CNBL will be using Rawlings ROML baseballs ONLY in 2019**

Wood/wood composite bats along with the approved “BBCOR” aluminum bats will be used for the 2018 CNBL season:

Bantam boys – permitted -3 bats only (2-5/8” barrel)

Bantam girls – may use up to a -5 bat, must be clearly identified with white tape.

Midget boys – permitted -3 bats only (2-5/8” barrel)

Midget girls – may use up to a -5 bat, must be clearly identified with white tape.

All -3 bats must have the BBCOR certified stamp on the bat.

If a boy is caught approaching the plate with a bat with a higher than -3, he will be an automatic out.



If an umpire notices any player with a bat with a higher than -3 approaching the plate and it is not clearly marked with white tape, the batter will be an automatic out.

The location of the white tape needs to be just below the barrel and well above the hand grip area and needs only to be a wrap or two around. The tape needs to be clean and clearly visible. The umpire needs to be informed prior to the start of the game, the intent to use bats with higher numbers than -3.

***Please Note* - the CNBL will be moving to Wood/Wood Composite Bats ONLY in 2019**

9. **Substitutions:** Limited Substitution as per Baseball Canada rules. *Limited Substitution (Re-Entry) Rule including ability to re-enter last player substituted for in case of injury/ejection when no substitutes are still available; a pitcher who leaves the mound or the game may not pitch again in that game or catch in the same game.*
 - A. All coaches must provide an official line-up card to the umpire prior to the game.
 - B. Coaches must indicate on the line-up card which players are **overage**.
 - C. Any players who will be late for a game must be listed on the line-up card prior to the start of the game.
 - i. They are to be placed at the bottom of the line-up and must be designated as absent.



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- ii. No “automatic out” will be recorded for absent players listed on the line-up card. The absent players batting spot will be skipped.
10. All base runners are permitted to lead off.
11. No DH / EH will be permitted
12. There shall be 7 innings per game, with 3 being the minimum required for an official game in the event of inclement weather or darkness.
13. **Mercy rule:** in effect (10 run differential when the losing team has completed their 5th offensive inning/at bat)
14. **Umpires:** Home team is responsible for booking certified 2 umpires through their Little League Association Umpire in Chief, or assignor. If a team is not playing at their home diamond, but is designated the home team, they shall still be responsible for payment of umpires. Chestermere, Okotoks, Strathmore and Keoma will pay umpires on site, following home games, as per the protocol of Baseball Alberta.
Under NO CIRCUMSTANCES are we to allow anyone that isn't registered with Baseball Alberta as a Player, Coach or umpire to be on the field.
 - A. **Payment of Umpire Fees:** The team designated as the “HOME TEAM” is responsible for paying the umpires fees. At no time is the “VISITING TEAM” responsible to pay for any umpire fees.
 - B. Payment of the umpires is the responsibility of each participating association. Each team should be aware of its Association's policy on paying umpires for CNBL games and follow those guidelines.
 - C. If a team is designated as the “HOME TEAM” but are playing at someone else's field, the coach of **the designated “HOME TEAM” MUST pay the umpires at the field after the game.**
 - D. Umpire fees are and \$60.00 Midgets for each umpire. If only (1) umpire is available 1.5 times this amount is paid to that (1) umpire (\$90.00 for Midget). The home team coach will pay the umpires.
 - E. Any mileage for umpires is calculated at \$0.40/km. (See Baseball Alberta League Rules)
15. All coaches are encouraged to let the players experience playing all positions during the course of the season unless in the coach's opinion the safety of a player is jeopardized by playing a particular position.
16. A courtesy runner for the catcher may be used when there are 2 outs in the inning, and the catcher is on base (this is designed to help speed up the game).
17. BOTH teams must call or send the scores in to Tam Rosnau by phone at 427-9009 or email at operations@baseballalberta.com prior to the following morning of the game. Please provide clearly the game number and runs for and against when calling in.



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Schedules and Standings will be available for viewing on Baseball Alberta's Web-site at www.baseballalberta.com.

18. **Makeup games:** Should circumstances prevent a League game from being played (per schedule), the host/home club is responsible for giving the opposition suitable advance notification for re-scheduling the game. Notification must also be given to Tam Rosnau at least 48 hours prior to the game. These games need to be made up as soon as possible, but if all efforts have been made to make the game up, but uncooperative weather etc. makes this difficult the game can be assessed a 1 all tie. The arbitration committee can make the decision to award a loss to any team that does not take reasonable steps to make themselves available to make up the game.
19. **Play-offs:** will take place over the final 2 weeks of June.
20. **Zero Tolerance:** Adhering to schedules must be taken seriously. If your team cannot make it to a game or **if you are not 100% sure whether the fields are open or not, you must establish communication with the other team well in advance of anyone heading to that diamond.** Teams that do not show up for games will be in violation of this very strict rule and will have their fate decided by the "Disciplinary Committee". We do not want people traveling to a scheduled or re-scheduled game to find the other team did not show up. This could lead to an immediate removal from this league!
21. It is up to the home team to make sure that everything is good order on their diamond and that **the field condition is well kept up.** They must also ensure that **certified umpires show up on time for games** and that at least **(2) new baseballs** are provided for each game.
22. **Over aged players:** Teams are allowed a maximum of 2 overage players on their roster. There are no restrictions are the overage player(s) participation in the game.
23. **Respect in Sports:** All head coaches for each team must complete the Respect in Sport program offered by Baseball Alberta. Failure to complete Respect in Sport by June 1st will result in coaches not being permitted on the field and/or forfeiture of games played.
24. **NCCP Certification:** The HEAD COACH of each team must complete the online initiation certification module by June 1st, 2018.
25. Discipline Policy – All incidents and matters that require disciplinary action will follow the guidelines of the Baseball Alberta discipline policy.