

# DARTMOUTH DISTRICT MINOR BASEBALL ASSOCIATION

## Recreation League Rules

**Updated: June 5, 2026**

---

### Table of Contents

#### 1.0 General

#### 2.0 Insufficient Players, Call-Ups, Player Releases, and Overage Players

##### 2.1 Player Availability

##### 2.2 Game Cancellations

##### 2.3 Insufficient Players

##### 2.4 Call-Up Players

##### 2.5 Player Releases and Overage Players

#### 3.1 Field Conditions

##### 3.2 Equipment and Uniforms

##### 3.3 Line-Up Cards

##### 3.4 Fair Play

##### 3.5 Rescheduling and Rainouts

#### 4.0 Umpires

#### 5.0 Tournaments

#### 6.1 General

##### 6.2 Pitching Rules

##### 6.3 Run Rules

#### 7.0 Divisional Rules

##### 7.1 U9

##### 7.2 U11

##### 7.3 U13

7.4 U15

7.5 U18

---

## 1.0 General

All players, coaches, parents, fans, volunteers, and executives are expected to act in accordance with:

- [HRM policies and bylaws](#)
- [Baseball Nova Scotia rules](#)
- [Baseball Canada rules](#)
- [DDMBA rules](#)

Any individual who does not comply may be removed from the game and/or field. Further discipline may be imposed by the DDMBA Disciplinary Committee.

---

## 2.0 Insufficient Players, Call-Ups, Player Releases, and Overage Players

### 2.1 Player Availability

Coaches are responsible for ensuring players are available for scheduled games.

### 2.2 Game Cancellations (Non-Weather Related)

- Whenever possible, **48 hours' notice** should be given to the opposing coach and the Recreational Coordinator ([ddmbareccordinator@gmail.com](mailto:ddmbareccordinator@gmail.com)).
- **A minimum of 6 hours' notice** is required.
- If proper notice is not given, the cancelling team's association will be responsible for umpire costs.

### 2.3 Insufficient Players

#### 2.3.1 Minimum Requirement

- A minimum of **eight (8) registered players** and **one coach** must be present within **15 minutes** of the scheduled start time.
- Unregistered players are **not permitted**.
- Players must be registered within the Team's Association.

#### 2.3.2 Forfeits

- Two on-field forfeits will trigger a league status review.
- A third forfeit may result in removal from the league.

### 2.3.3 Practice / Fun Game

In the event of a forfeit, both coaches may agree to play a combined practice or fun game. Paid umpires are expected to remain.

### 2.3.4 Umpire Costs

The forfeiting team is responsible for the umpire cost.

## 2.4 Call-Up Players

### 2.4.1 Eligibility

- Players may be called up **only from a lower recreation division** within the *same association* (e.g., U13 from U11).

### 2.4.2 Conditions

- Call-ups are permitted when fewer than **nine (9)** rostered players are available.
- Call-up players **must be identified** on the lineup card.

### 2.4.3 Restrictions

- Rep players (A, AA, AAA) **cannot** play down a level or play in any recreation league.

## 2.5 Player Releases and Overage Players

### 2.5.1 Residence Requirements

Players participating in a recreation league outside their home association must receive approval from the appropriate Recreational Coordinator.

### 2.5.2 A Team Tryouts

- Recreation players may try out for A teams in other associations without a formal release.
- Successful players will have their registration transferred to the gaining association.
- Unsuccessful players must return to their home association.

### 2.5.3 Playing Down

Associations must follow league guidelines when placing players in a lower division.

- Overage players **may not pitch or catch**.
  - Girls may play **one year below** their birth-year division and are **not considered overage**.
- 

## 3.0 Game Preliminaries

### 3.1 Field Conditions

- Coaches must check field status via the HRM Field Line (490-7100) or [HRM website](#) posted at 1pm weekdays and 9am weekends.

- Closed fields may **not** be used under any circumstances.
- The home team must contact the Recreational Coordinator to reschedule.

### 3.2 Equipment and Uniforms

- Baseball batting helmets are mandatory for batters, base runners, and players on-deck.
- Metal cleats are **not permitted** in U13 and below.
- The home team supplies **3 game balls** of approved quality.
- All players must wear full uniforms; coaches must wear team colours.
- Catchers must always wear full protective equipment, including throat protection (extension masks are acceptable provided the throat area is covered).
- Coaches and parents warming up pitchers must wear at least a protective mask.

### 3.3 Line-Up Cards

- Coaches must exchange lineup cards before the game and provide one to the plate umpire.
- Lineups must include player names, jersey numbers, and all bench staff.
- Coaches must inform the home plate umpire of any lineup changes (injuries or early departure).
- Late-arriving players are added to the bottom of the batting order.

### 3.4 Fair Play

#### 3.4.1 *Minimum Playing Time*

- All players must play at least **two innings**, except for disciplinary reasons. Note; due to team size it may be difficult to manage playing time. The intent is to be fair.
- Batting order should be varied so all players have an opportunity to bat first, second, etc.
- There should be equal opportunity to try various positions (pitcher, catcher, infield, etc.) with exceptions for player safety. The coach must feel the player can safely field the position. The goal is to have fun.

#### 3.4.2 *Bench Area*

Only players, coaches, managers, and league officials are permitted in bench areas during games.

#### 3.4.3 *Scores*

Game scores must be posted to the DDMBA website within **24 hours** by both coaches. Failure to do so may result in a loss of standings points. If no umpire shows up for the game, the PC must be notified.

### 3.5 Rescheduling and Rainouts

- Cancellations require **48 hours' notice** (non-weather related).
  - Cancelled or rained-out games must be rescheduled (not necessarily played) **within 7 days**.
  - Un-played games by season's end are forfeited by the canceling team.
  - All forfeits are scored **1 run per inning**.
  - The home team coordinates rescheduling with the visiting team. They then inform the Club President and the Recreational Coordinator for them to enter into the scheduling system.
- 

### 4.0 Umpires

- Umpires are assigned by the Umpire Assigner.
  - If no umpires arrive, teams may agree to use volunteer umpires; otherwise, the game is rescheduled.
  - The Umpire Assigner will contact the home coach in the event no umpires are available.
  - The umpire has full authority once the game begins, and all decisions are final.
  - Two paid umpires are standard unless both coaches agree to proceed with one.
  - Games will continue to completion unless the umpire stops play.
  - In the case of a forfeited game for insufficient players, both coaches may agree to a combined practice/fun game. Paid umpires are expected to stay.
  - Team coaches are responsible for their parents and players. If an umpire feels a player or parent is heckling, questioning or abusing an umpire, the umpire will call time and have both coaches to the plate and advise it is their responsibility to deal with the parent/player before gameplay will resume. Failure to do so will result in game forfeiture by the offending team and a report sent to BNS for discipline.
- 

### 5.0 Tournaments

- Host associations must provide tournament-specific rules to participant teams.
  - Tournament disputes are handled by the hosting association Tournament Director and/or President.
  - DDMBA is not responsible for association sponsored tournaments.
-

## 6.0 Playing Rules – General

### 6.1 General

- Baseball Canada and Baseball Nova Scotia rules apply unless otherwise specified.
- All players must be in the batting order.
- No designated hitter.
- Substitutions are unlimited and occur between innings.
- Coaches must remain in designated areas, bench and coach's boxes.
- Coaches are permitted to cross the follow line **only** when addressing an injured player or visiting a pitcher.
- **No coach, manager, trainer, player or team rep** can address an umpire to debate/question a judgement call. This will result in an ejection.

### 6.2 Pitching Rules

- Pitching at all levels and counts must follow [Baseball Nova Scotia guidelines](#).

Level	Daily Pitches (No Rest)	Daily Pitches (1 day rest)	Daily Pitches (2 days rest)	Daily Pitches (3 days rest)	Daily Pitches (4 days rest)	Daily Max
11U/12U Girls	1 - 25	26 - 40	41 - 55	56 - 65	66 - 75	75
13U/14U Girls	1 - 30	31 - 45	46 - 60	61 - 75	76 - 85	85
15U/18U Girls	1 - 35	36 - 50	51 - 65	66 - 80	81 - 95	95
18U	1 - 40	41 - 55	56 - 70	71 - 85	86 - 105	105
22U	1 - 45	46 - 60	61 - 75	76 - 90	91 - 115	115

- Pitch count charts must be kept for each game and provided to the Club President or Recreational Coordinator upon request.
- One pitch in an inning counts as a full inning for pitchers.
- Pitchers must be in contact with the rubber when pitching.
- Warm-up at the beginning of the game must be a minimum of **8 pitches** and **5 pitches** for the following innings. New pitchers entering the game are permitted **8 pitches**.
- Pitchers removed from the mound may not return to pitch.

### 6.3 Run Rules

- Five-run Rule: maximum per inning at all levels; final inning is open (unlimited).
  - Ten-run Rule: after the completion of 4 innings (3.5 innings for the home team) the team with a 10 run lead wins and scoring is complete but gameplay may continue.
  - U13 and U15 the Ten-run Rule applies after the completion of 5 innings (4.5 for the home team).
-

## 7.0 Divisional Rules

### 7.1 U9 Minor

#### Game Length & Inning Rules

- Games are **1.5 hours or 5 innings**. Games starting with the first pitch at 6:05pm have the final open inning start prior to 7:35pm.
- Four-run limit per inning; final inning open (once through the order if 3 outs are not recorded).

#### Equipment & Field Setup

- Home team supplies the game balls (hardballs).
- Bases are 60 feet.

#### Scoring

- Scores will be recorded, but no more than 10 runs in a win.

#### Coaching & On-Field Roles

- Coaches are to meet prior to the start of each game to promote good sportsmanship, batting orders including jersey numbers and to clarify any rules and expectations such as game length, pitching, umpire responsibilities, etc.
- Two coaches can be positioned behind Short Stop and Second to assist the fielders.
- Offensive team's coach is on the mound.
- Defensive team's coach is behind home plate to assist the catcher and confirm with the pitching coach where the hittable count stands. Final say is the pitching coach's.

#### Batting

- All players are in the batting order.
- Pitchers pitch to a **3 ball count** (batter can strike out on 3 strikes from the player pitcher) then the **coach throws a maximum of 3 pitches**. Player pitcher remains to field the position.
- Batters hit by a pitch are awarded first base or if unhurt may continue to bat. Batters hit by a coach pitch are not awarded first base.
- A pitcher that hits 3 batters in an inning must be removed from the mound.
- Umpire is the offensive team's coach pitching.

#### Pitching

- Pitchers pitch from a minimum of 40 feet and a maximum of 44 feet.
- Pitchers receive 5 warm-up pitches or less within the 90 seconds between innings.
- Pitchers throw to a 3 ball count then the coach throws a maximum of 3 pitches overhand from one knee.
- Pitchers may wear a pitching facemask.

## Base Running

- No bunting, stealing, lead-offs, walks or infield fly rule.
- Base runners must not take their foot off the base until the ball is hit.
- Players may advance a maximum of 2 bases on a hit to the **outfield in the air** and 1 base on a hit to the infield.
- Base runners cannot advance a base on overthrows.

## Fielding & Defensive Positions

- Players can pitch and catch in the same game.
- Players cannot play any position more than once per game except for catcher (2 innings).
- Rover outfield position is to be played unless a team has less than 10 players.
- Catchers on base with 2 outs may be replaced as a baserunner with the player who was last out.
- Pitcher position is fielded by the player pitcher while the coach pitches.

## 7.2 U9 Major

### Game Length & Inning Rules

- Games are **1 hour 45 minutes or 6 innings**.
- The home team starts time upon the first pitch. No inning starts after 7:45pm.
- Five-run limit per inning; final inning open (once through the order if 3 outs are not recorded).
- 90 seconds from the end of inning to the first pitch of the next.
- If an injury occurs during play, play will be halted and the ball is dead. Runners will stay at the base they were closest to at the time of the injury.

### Equipment & Field Setup

- Home team supplies the game balls (hardballs).
- Bases are 60 feet.

### Scoring

- Scores will be recorded, but no more than 10 runs in a win.

### Coaching & On-Field Roles

- Coaches are to meet prior to the start of each game to promote good sportsmanship, batting orders including jersey numbers and to clarify any rules and expectations such as game length, pitching, umpire responsibilities, etc.
- One coach may be on the field behind second base for positioning players and advising fielders on where to throw the ball.
- Coach will umpire from behind the mound when their team is on offense.

### Batting

- All players are in the batting order.
- Batters hit by a player pitcher are awarded first base (not from a coach pitcher).
- Umpire is the offensive team's coach pitching.

### Pitching

- Pitchers pitch from a minimum of 40 feet and a maximum of 44 feet.
- Pitchers receive 4 warm-up pitches or less within the 90 seconds between innings.
- Pitchers must be at the pitching rubber.
- First 2 weeks of the season coaches pitch the first 3 innings and the players pitch the remainder of the game. Remainder of the season is player pitching for the entire game.
- Players can only pitch one inning per game, a maximum 35 pitches per game and no more than 50 pitches per week.

- Pitchers pitch to a 3 ball count. Should the count be 3-2 the pitcher will have 1 more pitch to try to retire the batter before the coach takes over.
- Coach has a maximum of 3 pitches to a batter when coming in for a player pitcher.
- Player pitchers have a maximum of 4 walks or 2 hit batters in an inning. Coach would then complete the inning.

#### Base Running

- No bunting, stealing, lead-offs, walks or infield fly rule.
- Base runners must not take their foot off the base until the ball is hit.
- Sliding is permitted except into first base.
- Players may advance a maximum of 2 bases on a hit. Example; runner on first only can advance to third on the batter's hit to the outfield in the air (batter can go to second base).
- Base runners **can** advance 1 base on overthrows to first base when the ball is in the infield.
- Base runners **cannot** advance on wild pitches or passed balls.
- If defensive interference occurs while a baserunner is advancing, it is the umpire's discretion on the play.

#### Fielding & Defensive Positions

- Players can pitch and catch in the same game.
- Players may play a position twice in a game (except pitcher).
- All players must play infield and outfield in all games.
- Rover outfield position is to be played unless a team has less than 10 players.
- Catchers on base with 2 outs may be replaced as a baserunner with the player who was last out.
- Pitcher position is fielded by the player pitcher while the coach pitches.

## 7.2 U11

### Game Length & Inning Rules

- Games are **6 innings**.
- The home team starts time upon the first pitch. After **1 hour 30 minutes** the next inning is the open inning.
- Five-run limit per inning; final inning open.

### Equipment & Field Setup

- Home team supplies the game balls (hardballs).
- Bases are 60 feet.
- Pitchers pitch from 44 feet.

### Scoring

- Scores will be recorded, but no more than 10 runs in a win.
- Ten-run Rule: after the completion of 4 innings (3.5 innings for the home team) the team with a 10 run lead wins and scoring is complete but gameplay may continue.

### Coaching

- Coaches are to meet prior to the start of each game to promote good sportsmanship, batting orders including jersey numbers and to clarify any rules and expectations such as game length, pitching, umpire responsibilities, etc.
- Team can play with a minimum of 8 players.
- A team may start a game with 7 players, but after the first inning should they still have 7 players, the game will be considered a forfeit and the game continues for fun (exhibition).

### Batting

- All players are in the batting order.
- All batters start with a count of 1 ball and 1 strike.
- Batters hit by pitcher are awarded first base.

### Pitching

- Pitchers receive warm-up pitches within the 2 minutes between innings.
- Pitchers must be at the pitching rubber.
- Players can pitch a maximum 35 pitches per game and no more than 50 pitches per week for regular season only. Rest requirements are to follow BNS guidelines. Tournaments and Playoffs will follow BNS pitch counts (see page 6).

### Base Running

- No infield fly rule.
- Baserunners **cannot** take a lead.

- Baserunners **can** attempt a steal (second & third base) only when the ball reaches the batter.
- Baserunners cannot steal when the pitcher has the ball in the vicinity of the pitching rubber.
- A player stealing third base **cannot** advance to home/score on an errant throw.
- A player may advance home on an error during a hit ball play.
- A runner that rounds third base then stops must remain at third base and cannot advance/score until another hit or play advances them.
- Base runners on third base **cannot** advance/score on wild pitches or passed balls. A runner cannot score on an errant throw from the catcher to pitcher.
- A batter cannot advance to second base when they are HBP or receive a base on balls.

#### Fielding & Defensive Positions

- Players can pitch and catch in the same game.
- Catchers on base with 2 outs may be replaced as a baserunner with the player who was last out.

## U13

### Game Length & Inning Rules

- Games are **6 innings**.
- The home team starts time upon the first pitch. After **1 hour 45 minutes** the next inning is the open inning.
- Five-run limit per inning; final inning open.

### Equipment & Field Setup

- Home team supplies the game balls (hardballs).
- Bases are 70 feet.
- Pitchers pitch from 48 feet.

### Scoring

- Ten-run Rule applies after the completion of 5 innings (4.5 for the home team).

### Coaching

- Coaches are to meet 5 minutes prior to the start of each game. All infield practice shall be completed before this meeting.
- Team can play with a minimum of 8 players.
- A team may start a game with 7 players, but after the first inning should they still have 7 players, the game will be considered a forfeit and the game continues for fun (exhibition).

### Batting

- All players are in the batting order.
- Batters hit by pitcher are awarded first base.

### Pitching

- Pitchers receive warm-up pitches within the 2 minutes between innings.
- Pitchers must be at the pitching rubber.
- Pitch counts and rest requirements are to follow BNS guidelines (6.2).

### Base Running

- Infield fly rule applies.
- Baserunners **can** take a lead.
- Baserunners **cannot** steal home.

### Fielding & Defensive Positions

- Players can pitch and catch in the same game.
- Catchers on base with 2 outs may be replaced as a baserunner with the player who was last out.

## 7.4 U15

- [Follow Baseball Nova Scotia rules.](#)
- Pitchers pitch from 54 feet.
- Bases are 80 feet.
- Five-run limit per inning.
- Open inning only in the 7th.
- Aluminum BBCOR bats with a maximum weight-length differential of -3 are permitted. Wood bats, bamboo bats and wood composite bats will be also allowed (no maximum weight-length differentials for wood bats). Wood composite bats include wood bats with fiberglass sheathing and wood barreled bats with composite handles.
- Ten-run Rule applies after the completion of 5 innings (4.5 for the home team).

## 7.5 U18

- [Follow Baseball Nova Scotia rules.](#)
  - Five-run limit per inning.
  - Open inning only in the 7th.
  - Aluminum BBCOR bats with a maximum weight-length differential of -3 are permitted. Wood bats, bamboo bats and wood composite bats will be also allowed (no maximum weight-length differentials for wood bats). Wood composite bats include wood bats with fiberglass sheathing and wood barreled bats with composite handles.
-