



MINOR BALL HOUSE LEAGUE RULES

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GENERAL RULES

Equipment

- All players must have their own glove.
- Players are encouraged to have their own batting helmet and cleats (no metal cleats), protective athletic support (cups/jocks/jills).
 - In 2024, protective athletic support is **HIGHLY recommended**.
 - In 2025, WMBA will ensure protective athletic support is **mandatory**.
- All players shall wear double earflap helmets while at bat, in the on-deck circle, and on the base paths in all age categories.
- Catchers are required to wear all protective gear during games, warm up situations, and practices.
 - Again, protective athletic support is recommended.
- Coaches who warm up a pitcher must wear a mask.

Game Play

- Practice will take place from **6:30 p.m. to 7:00 p.m.**
- Games begin at **7:00 p.m.** and run a maximum of six innings (9U) or seven innings (11U/13U/15U).
 - **No new inning will start after 8:00 p.m.**
- Maximum of 5 runs/half inning (9U/11U) or 7 runs/half inning (13U/15U).
 - Play automatically stops no matter how many outs there are and that half inning is over.
- Games will be considered complete after four innings have been played (e.g. interference of weather).
 - The mercy rule will be in effect: if one team is ahead by 10 runs after four innings (9U) or five innings (11U/13U/15U), the game is complete.
- Scoresheets should be filled out to track player positions, batting order, and score.
- All players who are present and in uniform (unless injured or suspended) must bat and be played defensively.
 - When a player **arrives during the game**, he is inserted in the last spot on the batting order.
 - When a player **leaves during the game** he is removed from the batting order and no automatic out is counted.
 - If a player **cannot complete his at turn at bat** the following batter will replace him with the same count. The replaced player can be reinserted back into the game if he is able to make his next at bat.
 - If a player **cannot complete his presence on base**, he is replaced with the last recorded out. The replaced player can be reinserted into the game if able to return.
- There is unlimited substitution of players: they are allowed to move in/out defensively without restrictions.
 - **Exception:** if the pitcher leaves the mound to play another defensive position, he may not return to the mound.

Fair Play

- A player may not sit **more than 2 consecutive innings**.
- No minimum number of players is required: 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.
 - The other team will lend players to even up the two teams.

Pitching

- Coaches are to follow the pitch count guidelines specified by Baseball Alberta (see [Appendix A](#)).

- Once a player assumes the position of pitcher, they cannot catch the remainder of that day.

Batting

- Batters will be called on interference if they **do not step out of the batter's box** while the catcher is attempting to throw out a runner or there is a play at home plate.

Base Running

- A player who slides into first base will be called out.
- A runner touched by a fair ball before it has touched an infielder will be called out.
 - The ball is dead and no runner may advance.
- **Force Play Slide Rule** (see [Appendix B](#)) - On any force play the runner must slide on the ground before the base (**except first base**) and in a direct line between the two bases when there is a play at the base.
 - The intent of the force play slide rule is to ensure the safety of all the players.
 - This rule pertains to a force play at any base regardless of the number of outs.
 - This is at the umpire's discretion.
- **Infield Fly Rule** - When at least two runners on base are subject to a forced play (first/second or first/second/and third) **and** there are fewer than two out, a batter who hits an infield fly into fair territory will be called out.
 - The ball is dead and no runner may advance.
- **Overthrow Rule** - When a live ball is thrown out of the play territory, runners will be awarded one base.
 - This includes a ball thrown by the pitcher from his position on the pitcher's mound and it goes out of play territory.
 - The ball is now dead and no runner may advance further.
- **Ground Rule Double** - When a live ball bounces out of play territory, all base runners are awarded two bases.
 - The ball is dead and no runner may advance further.
- 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.

Defense

- A half inning ends when the defensive team generates three outs or when the offensive team scores five runs (9U/11U) or seven runs (13U/15U).

Outs

- Any runner shall be called out, on appeal when:
 - After a fly ball is caught he fails to retouch his original base before he proceeds to the next or his original base is tagged before he returns;
 - With the ball in play, while advancing or returning to a base, he fails to touch each base in order before he proceeds to the next or a missed base is tagged.
 - He fails to touch home plate and makes no attempt to return to that base and home plate is tagged.
 - Any appeal under this rule must be made before the next pitch or any play or attempted play.
 - If the violation occurs during a play which ends a half inning the appeal must be made before the defensive team leaves the field.

Additional Information

- Umpires will enact a **two week leniency period** in order to support the learning of the game.
- All coaches are encouraged to let the players experience playing all positions during the course of the season.
 - **Exception:** in the coach's opinion the safety of a player is jeopardized by playing a particular position.
- The **home team shall rake the diamond** after completion of the game.
 - Rakes will be locked in the concession booth to which **ONLY** the coach and/or manager will have the code.
 - Please ensure rakes are returned and the booth is locked when done.
- Extra practices not on the schedule may be held. Please contact Chelsey Rowswell at wctbaseball@outlook.com to book a diamond.
- Please review [Appendix C - Diamond Dimensions](#) for common expectations for WMBA House League.
- Please review [Appendix D - Bat Regulations](#). As 13U and 15U are combined, players may choose to use regulated bats from either division.
- Please review [Appendix E - Baseball Alberta Weather Policy](#). WMBA will communicate at its earliest convenience when inclement weather will prevent games at the field. The Umpire-in-Chief will support the decisions of its umpires to delay or call games as necessary as weather changes. Families remain responsible for making the decision in the best interests of their children.
- [Appendix F - Baseball Alberta Air Quality Policy](#) - WMBA will communicate at its earliest convenience when poor air quality will prevent games at the field. The Umpire-in-Chief will support the decisions of its umpires to delay or call games as necessary as air quality changes. Families remain responsible for making the decision in the best interests of their children.

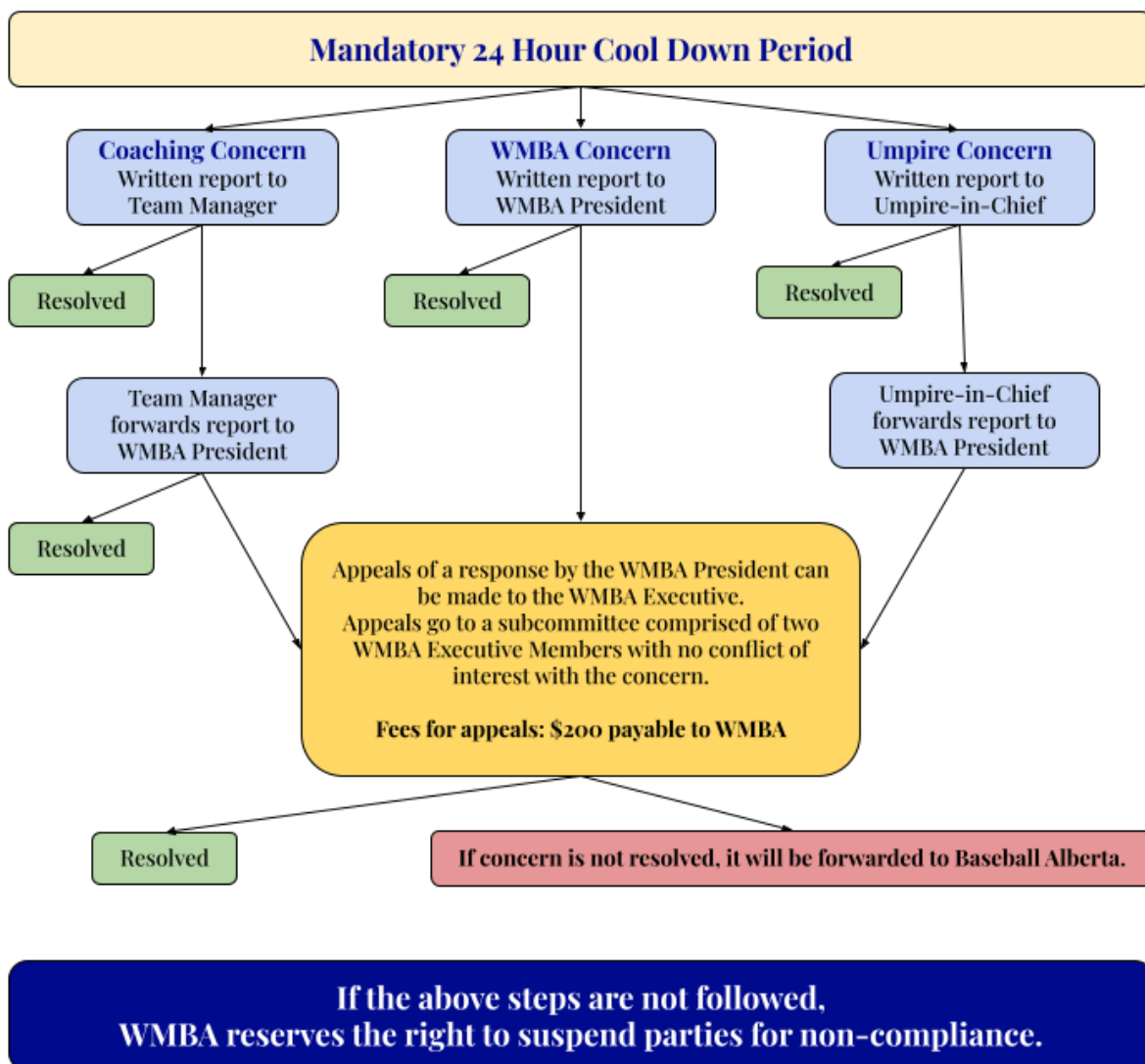
DISCIPLINE

Adapted from page 34 and 35 of the [2024 Baseball Alberta Rulebook](#)

- Team discipline is the responsibility of the individual teams and their coaches and managers, who shall be held responsible for the maintenance of discipline and proper team or individual conduct.
 - Any breach of discipline, whether on the playing field or off, shall be dealt with by WMBA through our reporting process.
 - WMBA will use Baseball Canada Rule 1.4.4 as a guide to assist with following up on such incidents.
- Each game ejection (players, coaches, and fans) will be tracked through Incident Reports provided by the umpire.
 - All reports will be sent to WMBA and will be filed and tracked for the entire season.
 - While most individual ejections will not result in more disciplinary action, some incidents or groups of incidents may result in further action as per the [Baseball Alberta Disciplinary Guidelines](#).
- Any umpire report which is submitted and includes any mention of confrontation between a coach and an umpire and includes mention of a coach **yelling or swearing** at an umpire will result in an automatic **one game suspension** of the coach.
 - Any additional similar incidents involving the same coach could result in longer suspensions.
- Playing an illegal/ineligible player will result in a **one game suspension** of the coach.
 - Any additional similar incidents involving the same coach could result in longer suspensions.
 - **Dishonesty and cheating will not be tolerated.**
- Recommended steps for player discipline:
 - Coach/Manager to player verbal warning (with follow up in writing to parent and WMBA)
 - Coach/Manager to parent conversation (with follow up in writing to parent WMBA)
 - Player suspension (with follow up in writing to parent and WMBA)
 - Player expulsion from the team (with follow up in writing to parent and WMBA)
- Coaches reserve the right to **escalate discipline based on the severity of the infraction**.
 - WMBA Executive will support its volunteer coaches and may intervene to escalate discipline as necessary.
- **Disciplinary action supersedes fair play.**

COMMUNICATION GUIDELINES

- WMBA appreciates feedback as it strives to serve its players and families to the best of its abilities; however, there are protocols to be followed with respect to communication.
 - There is a **MANDATORY** 24 hour cool down period for all parties prior to **initiating** or **responding** to a concern in writing.
 - Concerns about coaching are to be initiated with the Team Manager.
 - Concerns regarding the operation of WMBA and its volunteer staff are to be directed to the President, not the Coach(es) or the Team Manager.
 - If the concern is with the President, it will be handed off to a WMBA Executive Member with no conflict of interest with the concern.
 - Concerns regarding umpires are to be directed to the Umpire-in-Chief.
- All contact information can be found on the [WMBA website](#).
- WMBA reserves the right to suspend parties for not following the outlined communication guidelines.



RALLY CAP DIVISION RULES

From [Rally Cap Mini Book](#). Please follow the link for complete details.

Rally Cap ball has five goals:

1. Create a fun environment in which children and adults are actively engaged together in the game of baseball.
 - Use fun games to make baseball learning positive and fun.
 - Encourage interaction between parents and athletes during Rally Cap sessions.
2. Develop fundamental motor skills, teach baseball skills, and basic rules to our athletes.
 - Organize practices to maximize learning, minimize inactivity with the number of repetitions in the various skills being introduced.
 - Introduce fundamental motor skills for the all-round athlete.
3. Experience success with an emphasis on respect and fair play.
 - Recognize the ability of each athlete is individual and progression will occur at their own rate through experience and effort.
 - Recognize partial or total success through positive reinforcement.
 - Organize activities adapted to everyone's ability, proposing attainable challenges, and giving constructive feedback.
4. Promote increased self-esteem among Rally Cap participants.
 - Encourage athletes to do their best!
 - Spend comparable teaching time with all athletes no matter their ability.
 - Embrace challenges as a pathway to success!
5. Recruit new coaches, parent helpers and volunteers.
 - Rally Cap provides an entry point to baseball for not only athletes but coaches and volunteers, too.
 - We believe that by developing coaches and volunteers, we are also developing positive role models for long-term growth in sport and life.

Game Play

- Each Rally Cap session lasts 60 minutes involving three teams.
 - Two teams will play a 6 versus 6 baseball game while the third team will be participating in baseball activities in the outfield area.
 - After an inning is played (both teams have batted) in the game, teams will rotate so at the end of the 60-minute session each team will have played two games (two full innings) and had a skill-based practice.

Pitching

- Each player can choose either the tee or coach pitch, with coach discretion, depending on their development stage.

Batting

- All athletes will come to bat during their team's ½ inning.
 - The ½ inning will end when all athletes have completed their turn.

- No walks and no strikeouts: players must hit the ball.
- Each batter will have a maximum of five (5) baseballs to hit during their at bat.
 - If the ball is not hit, a coach will roll the ball to allow the batter to run the bases and to allow the defense to field the ball and make plays.
- The batting order will change each time a team comes to bat (first batter becomes last, etc.).

Base Running

- No leadoffs and no stealing.

Defense

- Defensive positioning will also change each time a team comes to bat.

Outs

- To throw a runner out, the batted ball can be thrown or run to any base before the batter-runner reaches 1st base.
- When the last batter of the inning hits the ball, the ball must be thrown to home plate to get the batter out.

Additional Information

- In the outfield area, each team will practice different baseball activities with respect to the following FUNDamentals:
 - Movement Skills
 - Throwing
 - Receiving
 - Hitting
 - Baserunning
- Skill drills and practice plans (with variations) are available [here](#).

9U DIVISION SPECIFIC RULES

9U ball has two purposes:

1. Continue to build interest for the game of baseball.
2. Develop skills to prepare players for the next level of baseball.

This is accomplished by promoting a high level of **active participation** during games and providing players with the **necessary fundamentals**. Coaches should focus on:

- Throwing mechanics
- Fielding of ground balls
- Catching with two hands
- Hitting technique
- Base running
- Situational and positional awareness

The 9U division is intended to provide a solid fundamental base while promoting good sportsmanship and fair play in a non-competitive atmosphere.

Game Play

- Games are a maximum of six innings.
- Maximum of 5 runs/half inning mercy rule is in effect.
- There will be a lone plate umpire for 9U games.

Pitching

- Spring Loaded Pitching Machine may be used or the coach may pitch.
 - Machine Distance: 44 feet from the front of home plate.
 - A coach of the hitting team is to operate the machine.
 - Coach Distance: Varies
 - Coaches pitch from being on one knee, essentially throwing darts.
 - An adult standing and throwing results in way too high of an arm angle that the ball comes from to home plate.
 - Coaches place a regular plastic baseball bucket in front of themselves and use a glove as added protection.
 - Coaches are encouraged to move closer/further away depending on the hitter's ability and if they are throwing overhand or underhand to the hitter
 - Coaches are encouraged to throw underhand to all of the batters for the first week; however, after the first week they can throw overhand or underhand based on the player's ability.
 - The goal is to eventually get everyone hitting overhand pitching.

Batting

- All players on the roster will bat. Not all players may bat in a half inning as 3 outs or 5 runs ends the inning.
- Each player will receive 6 hittable pitches.
- An out will occur if 3 strikes occur or the ball is not hit on the 6th pitch.
 - A foul tip on the 6th pitch will award the batter another pitch.
- **No walks:** players are encouraged to swing the bat and learn to hit.
- **No bunting.**

- The batter cannot become a runner on a catcher's miss of a third strike.
 - The third strike - either called or swinging - does not have to be caught by the catcher.
 - The batter is automatically out and the ball is dead.
- Any hit ball striking the pitching machine, ball bucket, or coach is considered a dead ball and the batter will receive a single base. Runners advance one base as well.

Base Running

- No leadoffs and no stealing.
 - Runners cannot leave base until contact is made with the ball.
 - The team will receive one warning and any lead offs will be called an out.
- Runners may not advance on an overthrow to the pitcher between pitches.
- On a throw from the outfield, the ball is declared dead once an infielder has control of the ball. No further advancement of the runners can occur.
- Positional players can not obstruct a base runner from the base path or from touching the base.

Defense

- Players will be allocated one position per game on a rotational basis.
 - Trying to rotate all players through various positions in a game can become very hectic in the dugout when every kid is asking where they will play every inning.
 - Coaches may rotate players through positions if they choose to do so.
- Each player should be given the opportunity to play every position on the field throughout the season, with consideration given to the catching position. If no catchers are available, a parent or coach may catch.
- No additional infielders permitted. A defensive player may be at the pitching position as the coach does not play the ball.

Outs

- Outs are awarded by:
 - Three strikes – swinging or pitched strikes not swung at.
 - Ball not hit on 6th pitch.
 - Throwing to base for force out.
 - Tagging the baserunner.
 - Catching a fly ball.
 - Base runner leaving base early.

Additional Information

- **No Infield Fly Rule.**
- Scores may be kept; batting orders and walks are required to be recorded.
- Team at bat to have **at least one coach or volunteer** to assist with base running.
- **REMINDER:** Home team shall rake the diamond after the completion of the game.
 - Rakes will be locked in the concession booth to which **ONLY** the coach and/or manager will have the code.
 - Please ensure rakes are returned and the booth is locked when done.

11U DIVISION SPECIFIC RULES

Game Play

- Games are a maximum of seven innings.
- Maximum of 5 runs/half inning mercy rule is in effect.
- There will be a lone plate umpire for 9U games.

Pitching

- Pitchers may pitch no more than 70 pitches.
 - Please refer to [Appendix A](#) for further information, including days of rest required based on the number of pitches.
 - Pitching distance: 44 feet from the front of home plate.

Batting

- Players may not attempt to take 1st base after a missed third strike by the catcher, however the ball is live and players on base may advance at their own risk.
- No bunts are allowed.
 - If there is a violation the ball is dead and a strike is called on the batter.
- Players may only be walked once per game; subsequent at bats will require swinging.
 - A player in this case will be provided up to six pitches.
 - If the ball is hit prior to the sixth pitch, play continues as usual.
 - If, after the fourth ball is thrown, the batter is unable to generate a hit and has less than three strikes, he will be provided two attempts to hit off a tee.
 - Scorekeeper keeps track on scoresheet by placing a W in the box and will inform the umpire that the batter has walked in a previous at-bat.

Base Running

- No leadoffs.
- Stealing is allowed: no runner can leave his base or attempt to steal the next base before the ball crosses home plate.
 - If an offensive team is ahead by 7 or more runs, stealing is no longer permitted.
- Players may also advance when a pass ball or overthrow within the playing territory occurs as the play is considered live and the ball is still in play.
 - If there is a violation, the runner is returned to the previous base and the ball is dead.
- Positional players cannot obstruct a base runner from the base path or from touching the base.

Defense

- Players will be allocated one position per game on a rotational basis.
 - Coaches may rotate players through positions if they choose to do so.
- Each player should be given the opportunity to play every position on the field throughout the season, with consideration given to the catching position.
- No additional infielders permitted.

Outs

- Outs are awarded by:
 - Three strikes – swinging or pitched strikes not swung at.
 - Throwing to base for force out.

- Tagging the baserunner.
- Catching a fly ball.
- Base runner leaving base early.

Additional Information

- Scores may be kept; batting orders are required.
- Team at bat to have **at least one coach or volunteer** to assist with base running.
- **REMINDER:** Home team shall rake the diamond after the completion of the game.
 - Rakes will be locked in the concession booth to which **ONLY** the coach and/or manager will have the code.
 - Please ensure rakes are returned and the booth is locked when done.

13/15U DIVISION SPECIFIC RULES

Game Play

- Games are a maximum of seven innings.
- Maximum of 7 runs/half inning mercy rule is in effect.

Pitching

- Pitchers may pitch no more than 80 pitches.
 - Please refer to [Appendix A](#) for further information, including days of rest required based on the number of pitches.
 - Pitching Distance: 48 feet from the front of home plate.

Batting

- Players may attempt to take 1st base after a missed third strike by the catcher, provided no runner currently occupies first base.
 - The ball is live and players on base may advance at their own risk.
- Bunting is permitted.
 - On a bunt attempt on a 3rd strike, the ball is dead and the batter is allowed to continue his at bat.

Base Running

- Leadoffs and stealing are permitted.
 - If an offensive team is ahead by 7 or more runs, stealing is no longer permitted.
- Positional players cannot obstruct a base runner from the base path or from touching the base.

Defense

- Coaches may choose to allocate positions by game or by inning.
- Each player should be given the opportunity to play every position on the field throughout the season, with consideration given to the catching position.
- No additional infielders are permitted.

Outs

- Outs are awarded by:
 - Three strikes – swinging or pitched strikes not swung at.
 - Throwing to base for force out.
 - Tagging the baserunner.
 - Catching a fly ball.

Additional Information

- Scores may be kept; batting orders are required.
- Team at bat to have **at least one coach or volunteer** to assist with base running.
- **REMINDER:** Home team shall rake the diamond after the completion of the game.
 - Rakes will be locked in the concession booth to which **ONLY** the coach and/or manager will have the code.
 - Please ensure rakes are returned and the booth is locked when done.

APPENDIX A: BASEBALL ALBERTA PITCH COUNT RULES

From page 10 of the [2024 Baseball Alberta Rulebook](#)

PITCH COUNT GENERAL RULES

- Any player on the team is eligible to pitch, and there are no restrictions to the number of pitchers a manager may use in a game.
- Pitchers shall be permitted to have 2 appearances in the same calendar day. If a pitcher requires a rest following 1st appearance, they cannot return in the same calendar day (see examples below).
- Pitcher cannot pitch 3 consecutive days unless a pitcher's first 2 days combined does not exceed:
 - 11U – 20 league/25 provincials
 - 13U – 25 league/30 provincials
 - 15U Boys/Girls – 30 league/35 provincials
 - 18U – 30 league/40 provincials
- If a pitcher's Day 1 + Day 2 exceed the figure above for their division, they require rest as defined in the pitch count chart. Pitcher's cannot pitch 4 consecutive days.
- A pitcher who has pitched on 2 consecutive days and whose total exceeds the low category maximum allowance will not be able to pitch again on the second day.
- The official scorekeeper will calculate the total pitches thrown for that calendar day and determine the required rest starting the next calendar day. Athletes must not exceed the maximum pitch count total for that day.
- Once a player assumes the position of pitcher, they cannot catch for the remainder of the game.
- If a player pitches in the first game of the day and is eligible to pitch again in the same day, he may pitch or catch in the second game, but not both.
- Pitchers will be permitted to finish the batter if the maximum pitch limit has been reached.

NEW FOR 2024 - BAEL/18U AAA Regular Season & Provincial Championships + 13U AAA/15U AAA Provincial Championships Only

- When a pitcher reaches the maximum number of pitches allowed for a threshold (See Pitch Count Table), he/she can complete the earlier of the (i) the end of the at-bat or (ii) the end of the inning, without penalty on days of rest, as long as he/she does not pitch to another batter. The number of pitches corresponding to the threshold reached will be indicated on the pitching log. The coach or manager needs to acknowledge this to the umpire at the moment prior to the next pitch. The umpire will notify the scorekeeper of the threshold.
- Required Rest shall be defined in "Days" starting at 12:01am and ending at 11:59pm of the next calendar day.
- If a game continues past 12:01am, those pitches are counted as if the pitched prior to midnight. If a game is suspended, when it resumes it is defined as a different day.
- A pitcher who is removed from the mound during a game shall not be permitted to return to pitch in the same game, even if the pitcher is retained in the game at another position.

League Play Pitch Counts

	11U	13U	15U	18U	Rest Required
LOW	1-20	1-25	1-30	1-30	NONE
MEDIUM LOW	21-30	26-35	31-40	31-44	1 DAY
MEDIUM	31-44	36-54	41-59	45-64	2 DAYS
MEDIUM HIGH	45-54	55-64	60-74	65-79	3 DAYS
HIGH	55-70	65-80	75-90	80-100	4 DAYS
MAXIMUM	70	80	90	100	

Provincial Championship Pitch Counts

	11U	13U	15U	18U	Rest Required
LOW	1-25	1-30	1-35	1-40	NONE
MEDIUM LOW	26-40	31-45	36-50	41-55	1 DAY
MEDIUM	41-55	46-60	51-65	56-70	2 DAYS
MEDIUM HIGH	56-65	61-75	66-80	71-85	3 DAYS
HIGH	66-75	76-85	81-95	86-105	4 DAYS
MAXIMUM	75	85	95	105	

APPENDIX B: BASEBALL ALBERTA FORCE PLAY SLIDE RULE

From page 9 of the [2024 Baseball Alberta Rulebook](#)

FORCE PLAY SLIDE RULE

The intent of the force-play-slide rule is to ensure the safety of all players. This is a safety and an interference rule. Whether the defense could have completed the double play has no bearing on the applicability of this rule. This rule pertains to a force-play situation at any base, regardless of the number of outs.

A. On any force play, the runner must slide on the ground before the base and in a direct line between the two bases.

Exception:

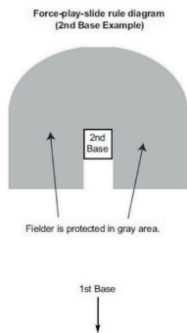
A runner need not slide directly into a base as long as the runner slides or runs in a direction away from the fielder to avoid making contact or altering the play of the fielder. Interference shall not be called.

"On the ground" means either a head-first slide or a slide with one leg and buttock on the ground before the base.

"Directly into a base" means the runner's entire body (feet, legs, trunk, and arms) must stay in a straight line between the bases.

B. Contact with a fielder is legal, and interference shall not be called if the runner makes a legal slide directly to the base and in the baseline extended.

Approved Ruling – If contact occurs on top of the base as a result of a "pop-up" slide, this contact is legal.



C. Actions by a runner are illegal, and interference shall be called if:

1. The runner slides or runs out of the base line in the direction of the fielder and alters the play of a fielder (with or without contact)
2. The runner uses a rolling or cross-body slide and either makes contact with or alters the play of a fielder
3. The runner's raised leg makes contact higher than the fielder's knee when in a standing position
4. The runner slashes or kicks the fielder with either leg
5. The runner illegally slides toward or contacts the fielder even if the fielder makes no attempt to throw to complete a play.

PENALTY for 1-5

1. With less than two outs, the batter-runner, as well as the interfering runner, shall be declared out, and no other runner(s) shall advance.
2. With two outs, the interfering runner shall be declared out, and no other runner(s) shall advance.
3. If the runner's slide or collision is flagrant, the runner shall be ejected from the contest.

Approved Ruling

If the bases are loaded with no outs, a double-play attempt is made, and interference is called, all other runners must return to their original bases.

Note:

On a force play, with a two-man umpiring system, if the plate umpire does not have a potential play at the plate, he should move toward the base to observe the runner going into second or third base. In this situation, the base umpire must follow the throw and may not see the true effect of the lead runner's action.

APPENDIX C: BASEBALL ALBERTA DIAMOND DIMENSIONS

Adapted from of the [2024 Official Rules of Baseball](#)

DIMENSIONS	Rally Cap/9U/11U	13U/15U
Base Lines	60 feet	70 feet
Pitching Distance	44 feet	48 feet
Home to Second Base	84 feet 10 inches	99 feet
Centre Field Boundary	Minimum 200 feet (prefer 225 feet)	
Foul Line Boundary	Minimum 180 feet (prefer 200 feet)	
Backstop Setback	25 - 40 feet	35 to 45 feet
Fence Setback	25 feet	
Coach's Box	8 feet x 12 feet	8 feet x 16 feet
Coach's Box Setback		
Batter's Box	10 feet	
Batter's Box to Home Plate	3 feet x 6 feet	4 feet x 6 feet
Pitcher's Plate	4 inches x 18 inches	
Max Height of Pitcher's Mound	4 inches	
Bases	15 inches square	
Home Plate	17 inches wide	

APPENDIX D: BASEBALL ALBERTA BAT REGULATIONS

From page 7 of the [2024 Baseball Alberta Rulebook](#)

BAT REGULATIONS

Where non-wood bats are permitted, only approved **BBCOR** stamped non-wood bats in the 18U and above categories will be permitted for use.

Community Leagues will follow the 'A' category bat regulations for each age group.

* Wood or Wood Composite Bats Only

Bat Regulations	Max Differential	Max Diameter	Max Length
11U A / 11U AA <i>USSSA 1.15 and USABB bats will both be approved for play under Baseball Canada rules for the 11U and under categories. This allows for all previous and current 2-1/4", 2-5/8" and 2-3/4" USSSA 1.15 certified bats to be used.</i>	-10	2-3/4"	32"
13U A / 13U AA / 13U AAA <i>For 13U, a max barrel of 2-3/4" with (i) a 1.15 BPF (Bat Performance Factor) or (ii) USA Baseball Model. For the 13U age category, using up to a -10 length/weight differential is permitted.</i>	-10	2-3/4"	34"
15U A / 15U AA / Girls	-5	2-3/4"	34"
15U AAA* <i>*15U AAA is wood or wood composite only</i>	N/A	2-5/8"	34"
18U A <i>Where non-wood bats are permitted, only approved BBCOR stamped non-wood bats in 18U and above categories will be permitted to use.</i>	-3	2-5/8"	34"
18U AA* / 18U AAA* / BAEL* <i>*18U AA/18U AAA/BAEL is wood or wood composite only</i>	N/A	2-5/8"	35"
18U Women <i>18U Women will require the use of BBCOR stamped non-wood bats</i>	-5	2-3/4"	35"
22U* / SR AA* / SR AAA* <i>*22U and Senior is wood or wood composite only bats</i>	N/A	2-5/8"	36"
22U Women / SR Women	-5	2-3/4"	35"

*Wood or composite only

- For 13U, 16U Girls, Junior Women and Senior Women National Championships, a max barrel of 2 3/4" with (i) a 1.15 BPF (Bat Performance Factor) or (ii) USA Baseball Model with BBCOR "wood like" BPF is permitted. For the 13U National Championships using up to a minus 10 length/weight differential is permitted. For 16U Girls, Junior Women and Senior Women National Championships using up to a minus 5 length/weight differential is permitted.
- USSSA 1.15 and USABB bats will be both approved for play under Baseball Canada rules for the 11U and under categories. This allows for all previous & current 2 1/4", 2 5/8" and 2 3/4" USSSA 1.15 certified bats to be used.
- All Post Provincial Championships (Western Canada Championships and Baseball Canada National Championships) for categories 15U 'AAA' and above are wood or wood composite bat only Championships.
- The 17U Canada Cup Championship is a wood bat only championship.
- 15U and 18U Girls are eligible to use up to a -5 bat with a barrel no more than 2 3/4" diameter. Girls using bats that are NOT -3 must have them clearly marked (colored tape around handle). Umpires must be notified of this bat prior to the game.

APPENDIX E: BASEBALL ALBERTA WEATHER POLICY

Adapted from [Baseball Alberta Weather Policy](#) - Please follow the link for complete details.

The safety of players, coaches, umpires, volunteers, and spectators is the primary concern in any weather event that occurs during games sanctioned by Baseball Alberta. During league play, WMBA and the Umpire-in-Chief have specific responsibilities and the final decision in deciding to cancel, delay, or restart a game due to weather related factors.

Highlights of Weather Safety

- When thunder roars, go indoors.
- Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. This activity must be treated as a wake-up call to all.
- Know where the closest “safe structure or location” is to the field or playing area and know how long it takes to get to that safe structure or location.
- In hot and humid conditions, it is the responsibility of the respective associations and/or their coaches to monitor local temperatures and consult with the Umpire to determine the status of the game.

APPENDIX F: BASEBALL AIR QUALITY POLICY

Adapted from [Baseball Alberta Air Quality Policy](#) - Please follow the link for complete details.

This policy aims to ensure the safety and well-being of participants involved in baseball activities (games and practices) in Alberta by providing guidelines on when it is safe to play or practice outdoors based on air quality conditions, with a focus on the Air Quality Health Index (AQHI).

Highlights of Air Quality Safety

- **Air Quality Health Index (AQHI) Categories**
 - **Low Risk (1-3):** Air quality is considered good, and outdoor activities can proceed as scheduled.
 - **Moderate Risk (4-6):** Moderate air quality; activities can continue, but individuals with respiratory conditions should take precautions.
 - **High Risk (7-9):** Play is permissible with caution and modified activities. Unhealthy for sensitive individuals and groups; consider rescheduling or modifying outdoor activities. Baseball activities should be carefully evaluated, and organizers should consider shortening warm-up and practice times, modifying activities, or moving indoors, especially for individuals with respiratory or cardiovascular conditions. At-risk individuals, including those with respiratory or cardiovascular conditions, should not participate in outdoor baseball activities during High-Risk conditions.
 - **Very High Risk (10+):** Play is not permissible for a Baseball Alberta Event. Very unhealthy; outdoor activities are to be rescheduled if possible, and individuals with health concerns should avoid prolonged exertion.
- Parents and families, especially those with athletes with medical considerations, are encouraged to be vigilant and **make decisions for themselves** if they believe additional precautions or modifications are necessary.