

BASEBALL

1. FORMAT OF COMPETITION

- 1.1.** The league shall be divided into three divisions Bay, Ocean, and Lake. The divisions shall be determined by strength of program, recommended by the coaches and approved by the Board of Managers. The determination of league placement shall be reviewed every year.

2. RULES

- 2.1.** National Federation Rules must be used.

3. NUMBER OF CONTESTS

- 3.1.** Varsity & JV: 27 game total, not including CCS Playoffs.
- 3.2.** Varsity & JV: two (2) scrimmages are allowed and do not count toward the maximum game limit.

4. STARTING DATES

- 4.1.** Starting practice dates will be determined by the CCS.

5. DEFINITION OF PRACTICE/SCRIMMAGE

- 5.1.** See PAL Bylaws, Article IV, Section 2 and Section 3.

6. STARTING TIME FOR CONTESTS

- 6.1.** Afternoon contests shall commonly be scheduled at 4:00 PM and night contests at 7:00 PM unless otherwise noted and authorized by the Board of Managers or the principals involved.
- 6.2.** By mutual consent of principals, place or time of playing games may be changed.
 - 6.2.1.** If the principals involved can reach no mutual agreement on the changing of game times and/or sites the schedule stands as approved.

7. REQUIRED SCORING AND/OR TIMING PERSONNEL

- 7.1.** The home book will be the official book.

8. CHAMPIONSHIPS AWARDED IN DIVISIONS

- 8.1.** For the purposes of CCS playoff team representation, the PAL will give automatic qualifiers to the top five finishers from the Bay, the top two finishers from the Ocean, and the winner of the Lake Division.
- 8.2.** Teams tied at the conclusion of league play shall be declared co-champions.

9. TIE CONTEST/LEAGUE STANDINGS - All ties must be broken and standing set prior to the CCS tournament. The procedures listed below will be followed in order until the tie situation is resolved.

- 9.1.** Win and loss record within the tie.
- 9.2.** Won-lost versus teams above in the standing in order of finish.
- 9.3.** Won-lost versus team(s) below in the standing in order of finish.
- 9.4.** Total CCS points for each team.
- 9.5.** If still a tie, coin flip by commissioner.

10. VARSITY ALL-LEAGUE SELECTION PROCEDURE - All-league selection will be made by the coaches at the regular meeting held at the conclusion of the season.

- 10.1.** Each division, Bay, Ocean, and Lake will select their own individual all-league baseball teams.
- 10.2.** The first and second all PAL teams will consist of the following: two (2) pitchers, one (1) catcher,

four (4) infielders, three (3) outfielders, one (1) utility player, and one (1) designated hitter.

10.2.1. Each coach will nominate players from his own team.

10.2.2. Each coach will have as many votes as a position requires, 3 pitchers = 3 votes.

10.2.3. A coach cannot vote for his own player.

10.2.4. In case of a tie vote for the last place at a position, both players will be selected to that team.

10.2.5. The players not named to first or second team that receive votes from the coaches shall be named honorable mention.

11. AWARDS - Authorized Peninsula Athletic League awards include:

11.1. Certificates recognizing "all-league selections", to be made available by the Peninsula Athletic League Commissioner's office, in addition perpetual trophies that existed prior to the formation of the PAL or were purchased since its inception will be awarded to division champions.

12. SPECIAL RULINGS

12.1. The Peninsula Athletic League is an "open roster" league. Athletes may move between rosters throughout the season of sport. Athletes may not exceed 27 total games. Athletes may not participate in two levels of play on the same day.

13. SPORTS CHAIRPERSONS

13.1. The baseball chairpersons shall serve for a minimum of two (2) years.

13.2. The baseball chairpersons shall be selected or appointed from each division.

13.3. The duties of the chairpersons:

13.3.1. Shall notify the commissioner of all sport committee meetings.

13.3.2. Shall call a meeting of all the league baseball coaches prior to the beginning of the season to go over schedules, bylaws, rule changes, and anything pertaining to their sport for their season. This meeting shall include all coaches from both divisions.

13.3.3. Shall call a meeting of all league baseball coaches at the end of the season to review the bylaws, make revisions in the bylaws, set up schedules for the next season, and select all-league players. At this meeting, they shall also discuss problems that came up during the season and make recommendations to resolve the problems.

13.3.4. Will coordinate the evaluation of team placements and will give the new division assignments to the league commissioner.

13.3.5. Shall represent their division on the CCS Baseball Committee.

14. MISCELLANEOUS

14.1. No batting practice on game day prior to a league game. Whiffle balls and pepper are allowed.

14.2. There shall be two umpires. When there is only one umpire, he shall work behind the plate and the game shall proceed as scheduled.

14.3. Games that are rained out will be made up in the same week or during the following week if possible. It must be recognized that circumstances may not always make this possible (ex. availability of umpires). No more than three league games in one week.

14.4. The visiting team shall have no less than fifteen minutes of infield practice.

14.5. Any National Federation High Schools approved baseball shall be used in PAL games.

14.6. The PAL will follow the suggested speed-up rules as outlined in the National High School

Federation Rulebook. A coach does not have to use the speed-up rule.

14.7. There is no ten run rule in Varsity competition. The ten run rule is mandatory on the JV level.

14.8. The home team is to begin infield 35 minutes prior to game time. It is required that the visiting team is allowed to take infield 20 minutes prior to game time.

15. LEGAL BATS FOR PAL PLAY

15.1. Beginning with the 2011 season, PAL shall use BBCOR certified bats or wooden bats of one piece construction. No composite bats of any kind shall be used.

16. Pitching Limitation Rule - Sections shall adopt the following baseball pitching limitation rule: 30 outs and/or three appearances in a calendar week through the season.

16.1. The calendar week begins on Monday.

16.2. Innings pitched in a no game (i.e., rainout, power failure, etc.) shall count toward the total.

16.3. If the 30th out involves a double or triple play, the team will not be penalized

16.4. An appearance is defined as a pitcher pitching at least one pitch. If a pitcher is removed from the mound to another position and later returns to pitch in the same game, the pitcher will be charged with a second appearance.

16.5. Any violation constitutes a forfeit of the contest.

17. Pitching Limitation Rule – Pitch Count - In addition to 1500 above, Sections shall adopt the following baseball pitching limitation rule with respect to pitch count and required days of rest.

| Pitch count limits and required rest | | | | | |
|---|------------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| Level | Maximum Contest Pitch Limit | 0 Days Rest Required | 1 Days Rest Required | 2 Days Rest Required | 3 Days Rest Required |
| Varsity | 110 Pitches | 1-30 Pitches | 31-50 Pitches | 51-75 Pitches | 76+ Pitches |
| Sub Varsity | 90 Pitches | 1-30 Pitches | 31-50 Pitches | 51-75 Pitches | 76+ Pitches |

17.1. A pitcher may finish the current batter if the Maximum Contest Pitch Limit is reached during that at bat.

17.2. Pitches thrown and appearances made in a no game (i.e., rainout, power failure, etc.) shall count toward the totals.

17.3. At the end of each half inning, the head coaches will confirm and both team books will record the pitch count for all pitchers who threw in that half inning. In the case of a discrepancy, the home book is considered the official book.

17.4. Each school must keep a record of all pitches thrown by each of their players in each game and make this available to their respective Section Office upon request.

17.5. Any violation constitutes a forfeit of the contest.