

The National Federation of State High School Athletic Association baseball playing rules are the basic Louisiana Youth Baseball rules. Louisiana Youth Baseball modifies these rules to adjust to the ages and psychology of the student athletes participating in its' program. Louisiana Youth Baseball will be a competitive but instructional league. All rules and regulations will be enforced and governed by the Louisiana Youth Baseball Directors.

These rules are designed to provide a framework for the proper administration of the Louisiana Youth Baseball program. Louisiana Youth Baseball reserves the right to apply these rules or to alter these rules in a particular situation as it determines to be in the best interest of the program as a whole and most importantly the student athletes. Louisiana Youth Baseball is an official affiliate of Major League Baseball and the Reviving Baseball In Inner Cities. When participating in any MLB RBI sanctioned events, Louisiana Youth Baseball shall follow the defined rules of the event by the RBI program, not excluding playing or age group rules.

Modifications are as follows:

1. Name and Objective

- 1.1. This organization shall be known as Louisiana Youth Baseball.
- 1.2. The objective of Louisiana Youth Baseball is to organize and promote youth baseball to perpetuate the interest, knowledge, and love of the game.

2. Player & Team Eligibility

2.1. Age Divisions

- 'AA: 9-10 (10U)' (Ages 9-10) Cannot turn 11 on or before January 1st of the current year
 - 'AAA: 11-12 (12U)' (Ages 11-12) Cannot turn 13 on or before January 1st of the current year
 - 'AAAA: 13-15 (15U)' (Ages 13-15) Cannot turn 16 on or before January 1st of the current year
 - 'AAAAA: 16-18 (18U)' (Ages 16-18) Cannot turn 19 on or before May 1st of the current year
- 2.2. A team registration fee shall be charged to participate in the Louisiana Youth Baseball program. The entry fee, per team, must also be turned in with the roster by the date established yearly.
 - 2.3. All teams must be registered online at www.LouisianaYouthBaseball.com
 - 2.4. A team/organization will be required to select a Negro League team and a Collegiate team that will be used as their alternate team name throughout the season during special events. Each team/organization will have a unique alternate historical & collegiate name assignment.
 - 2.5. All team players must be registered on the roster no later than the cut off date established yearly. Rosters should be turned in by date established yearly. A player is officially on the team that he/she plays their first game with. A player may compete with but one Louisiana Youth Baseball softball/baseball team.
 - 2.6. A team must be composed of not more than fifteen (15) eligible players and not less than twelve (12) eligible players.
 - 2.7. A player is eligible to compete in the Louisiana Youth Baseball program as long as he abides by the Louisiana Youth Baseball Rules and Regulations when listed as a member of an eligible team.
 - 2.8. When a team is eligible to compete in the Louisiana Youth Baseball program, the team roster will be frozen/qualified after the second week of official games.
 - 2.8.1. All players added to qualified rosters must meet the following requirements:
 - Players cannot be on another qualified team's roster.
 - Players who are added to a roster of a qualified team must not have played for a qualified team of higher classification during the current season.
 - Players who are added to a roster of a qualified team and played for a qualified team during the current season must have a written release from original team.
 - The Director has authority to approve or reject all roster additions.

- 2.9. The team's manager is responsible for all aspects of the eligibility of the players on his team and that they meet the Rules & Regulations set forth, including player additions. This includes but not limited to, age eligibility and classification of previous teams the players may have played. Director's approval of a team roster does not release the manager of the responsibility.
- 2.10. A player that is released from a qualified team's roster cannot return to that team during the current season.
- 2.11. Coaches must add and drop players from the roster in writing. The coach must write the date that player is added or dropped. A player is eligible to play the same day he/she is placed on the roster if he/she has not played on any other Louisiana Youth Baseball team. NO roster changes may be made over the phone or at the field.
- 2.12. HARDSHIP RULE: If a team drops below 12 players during the season, the team may add players to meet minimum roster requirements. Only five (5) players may be added per season. A team can only claim a hardship once during a season. Hardship Fee is an additional \$5.00 per player added.
- 2.13. A team with a qualified roster with less than nine (9) players, which has used all options for additions and releases, may apply for status of disbandment with the Director. If approval is given, the team forfeits all remaining games. A team may not disband after June 1st of the current season. Players from a disbanded team may be added to a qualified team whose roster is nearest the minimum eligible players limit. Players from a disband team may not be added to a lower class team. These players can only be added to teams whose records are below .500.
- 2.14. A player who is in violation of the League's regulations shall be considered an illegal player.
- 2.15. Anytime during a game or after, or after the completion of a game, if an illegal player is discovered up to the end of the season, penalties may be applied.
- 2.16. If a player is found to be an illegal player due to an age violation and is discovered during a game or tournament, this will result in the offending team losing the game and / or being ejected from the league or tournament, being placed last in the standings and forfeiting all awards and tournament berths that would have been awarded during the season. Other penalties may apply.
- 2.17. All players participating in Louisiana Youth Baseball shall have photocopies of their original birth certificates in the possession of the team manager. Failure to have a copy of the birth certificate available upon demand will result in the offending team losing the game, being ejected from the tournament, being placed last in the standings and forfeiting all awards and tournament berths that would have been awarded during the season.

3. Season

- 3.1. The season for Louisiana Youth Baseball is May 1st - July 31st.
- 3.2. The regular season shall consist of a minimum of fifteen (15) games.
- 3.3. A playoff system and a championship series, for each division, will be incorporated into the regular season schedule and will be considered as post season. The top four teams of each division will advance to the playoffs.
- 3.4. The Director or directors appointed by the Director shall conduct all regular season sites and tournaments to assure that Louisiana Youth Baseball Rules & Regulations are being followed at all times.
- 3.5. No team will be allowed to compete in the regular season or any tournament unless they are registered with the league or approved by Director.
- 3.6. The number of trophies and awards to be awarded will be left up to the discretion of the Director.
- 3.7. Tournaments shall be scheduled to provide each team at least two games of participation. This can be changed at the site of the tournament, by the Tournament Director with approval of the Director after the starting date of the tournament has begun and it is determined that it would not be feasible to attempt to continue the original format due to weather conditions or other acts of God. A substitute format will be decided upon at the tournament site.
- 3.8. No change to a team's roster will be allowed after the team has begun play in its first game during a tournament.

3.9. Any team in the Championship Series that forfeits a game by virtue of not having enough players to start a game, shall not be eligible for championship play regardless of record.

4. Acts of Disbarment / Suspension

4.1. Acts of disbarment include:

- 4.1.1. Physical attack on an umpire or Association Officer during a game or immediately following a game, played under the administration of the Association.
- 4.1.2. Player, coaches, manager, or sponsor threatening an umpire, Association Director, or Association Officer.
- 4.1.3. Any officer, director, umpire, player, coach, manager, or sponsor fighting, using unsportsmanlike conduct or abusive tactics or derogatory or unbecoming acts that could be detrimental to the Association and not in the best interests of Louisiana Youth Baseball.

5. Playing Rules

5.1. Recommended Field Dimensions

Division	Bases	Pitching	Foul Lines	Center Field
AA: 9-10 (10U)	65'	46'	180'	210'
AAA: 11-12 (12U)	70'	50'	230'	275'
AAAA: 13-15 (15U)	90'	60'6"	320'	375'
AAAAA: 16-18 (18U)	90'	60'6"	320'	375'

5.2. Equipment:

- 5.2.1. All players must be fully uniformed, which includes the following: baseball pants, socks, baseball cap, and team jersey with numbers that are non-duplicating at least three inches (3") in height.
- 5.2.2. Managers and coaches must wear a baseball cap with team insignia and will be properly dressed (coaches may wear coaches' shorts).
- 5.2.3. While in the field, as a defensive player, baseball caps must be worn.
- 5.2.4. Metal spikes are prohibited in Division AAA: 11-12 (12U) and under.
- 5.2.5. All bat boys / girls must wear a double-ear batting helmet when outside the dugout.
- 5.2.6. The catcher must wear all appropriate protective gear: protective catcher's helmet with face mask and throat guard, chest protector, shin guards and protective cup.
- 5.2.7. **NEW for Season IV - 2018: Season Game Balls** - Competing teams will be responsible for providing three (3) game ready baseballs to the Game Officials before their scheduled game. Competing teams will be responsible for managing game balls during their game. Upon completion of the game, the remaining game balls supplied by the competing teams will be divided and returned to the competing teams.
 - Balls must meet the following standard: Leather covered, must weigh between 5 and 5.25 ounces, must have a circumference of between 8.95 and 9.25 inches, have a COR of between .5 and .555 and have an ASTM standard compression of between 200 and 350 pounds.

Championship Game Balls will be provided by Louisiana Youth Baseball.

- 5.2.8. The official bat shall be round in cross section for the entire length of the bat, straight in length from end to end, and smooth surfaced in the hitting area. The maximum diameter is two and three quarters inches (2 3/4") and the maximum length is thirty-six inches (36"). Any material to improve the grip may be used for a distance not to exceed eighteen inches (18") from the handle end. The bat shall be constructed of wood, aluminum, or any other material or combination of materials.

All bats for Division AAAA: 13-15 (15U) and above must conform to the National Federation of High School Associations' bat limitations. The maximum diameter is two and three quarters inches (2 5/8") and the maximum length is thirty-six inches (36"). A bat shall not weigh, numerically, more than 3 ounces less than the length of the bat. Any material to improve the grip may be used for a distance not to exceed eighteen inches (18") from the handle end.

5.3. Game Rules:

5.3.1. Game times:

AA: 9-10 (10U):	1:20 / 5 Innings
AAA: 11-12 (12U):	1:20 / 5 Innings
AAAA: 13-15 (15U):	1:30 / 6 Innings
AAAAA: 16-18 (18U):	2:00 / 7 Innings

5.3.2. Run rules are:

5-inning game: 12 after 3, 8 after 4

6-inning game: 12 after 4, 8 after 5

7-inning game: 12 after 5, 8 after 6

5.3.3. In ALL age divisions (except Division A: 7-8 Machine Pitch), every player present must be listed on the line-up card and must play at least one (1) full inning.

5.3.4. EH (extra hitter) is allowed in all age groups. The EH shall be considered a starter. A team using an EH will have 10 players in their lineup at all times. Teams wishing to use the EH must declare so before the game. The re-entry rule applies for the EH.

5.3.5. If a team begins with 9 or 10 players, they can continue play with one less than they started with if they are short due to injury. If a player is ejected, an eligible player must fill that spot in the lineup, or the game will be a forfeit.

5.3.6. Once a pitcher is removed from the mound during a game, he/she cannot return to the mound during that game.

5.3.7. Whenever a tag play is evident, runners must slide or seek to avoid contact with the fielder. Malicious contact shall supersede all obstruction penalties.

PENALTY: Runner shall be declared out and may be ejected from the game at the umpire's discretion.

NOTE: When enforcing this rule, the umpire should judge the runner's intent. If the umpire feels that the contact was unintentional, then the runner should only be declared out. If the umpire feels that the contact was intentional and / or malicious, then the runner should be declared out and ejected.

5.3.8. In ALL age divisions if a batter slings a bat while batting, batter and team shall be warned on first (1st) offense. It shall be noted in the score book. All offenses after the warning shall be declared an out. A second (2nd) offense by the same batter will cause the batter to be out and removed from the batting order for the rest of the game and that spot in the batting order will remain an out for the rest of the game.

5.3.9. In age divisions 12U and under, a batter may be intentionally walked by announcing to the umpire your intention.

5.3.10. In all age divisions starting players may re-enter once, but must re-enter in their original position in the batting order. Non-starters are not allowed to re-enter. When a starter re-enters, the player in the starter's batting position in the batting order must be removed from the game and is ineligible for the remainder of the game.

5.3.11. Courtesy runners are allowed for the pitcher and catcher. Must be last out.

5.3.12. Eight (8) Run Rule: In ALL age divisions, the Eight (8) Run Rule will be in effect for each inning.

Scenario: Team A scores 8 runs top of first (1st) inning, top of the inning is over. Team B can score up to 16 runs to lead by 8 before inning is retired provided three (3) outs have not been attained by that time.

In the event 7 runs have already been scored and the batter hits a home run with runners on base, all runs will be counted.

5.3.13. Base runners may advance at their own risk once play is declared LIVE by umpires.

5.3.14. AA: 9-10 (10U) Only:

Base Running -

Play is considered DEAD during the exchange from Catcher to Pitcher, as long as the Pitcher is in the circumference of the Pitcher's mound. Any base runner(s) on base during this timeframe will NOT be allowed to advance or take a lead. Once the Pitcher engages with the Pitching rubber, play is considered LIVE and any base runners are allowed to advance and take a lead at their own risk. If the exchange from Catcher to Pitcher causes the Pitcher to leave the circumference of the Pitcher's mound, play is then considered LIVE and any base runners may advance at their own risk.

5.4. Pitching:

5.4.1. Division A: 7-8 (8U) ONLY will be a Machine Pitch age division and ALL other age divisions shall follow the remainder of this section in regards to pitching.

5.4.2. CURVE BALLS are prohibited pitches in Division AAA: 11-12 and below. CURVE BALLS are allowed in Division AAAA: 13-15 and above, but are strongly NOT recommended pitches due to the high risk of injury to an athlete's body.

5.4.3. Limitations:

- Column A represents the number of innings a player can throw in one (1) day and still pitch the next game day in same week.
- For purposes of this rule in the columns listed, a pitcher is in violation of this rule if he makes any appearance above the pitching limits.
- For all cumulative totals in this rule, one (1) out equals one third (1/3) of an inning, two (2) outs equal two-thirds (2/3) of an inning and three (3) outs equal a full inning.
- In age divisions 12U and below, a player that pitches two (2) consecutive days must rest the third (3rd) day regardless of the number of innings pitched.
- Exceeding the maximum innings allowed in the case of a double or triple play will not be counted against the pitcher.
- It is the responsibility of each team's manager to challenge pitching violations by notifying the umpire and then the Director.
- Any innings pitched or outs recorded during a game that is forfeited shall count towards the pitchers' allotted innings.

PENALTY: Any violation of pitching limitations shall result in immediate forfeiture of the game. This may be done at any point after an illegal out has been made while the pitcher in violation is in the game and in the pitching position.

5.4.4. Balks:

- In age divisions 12U and below, pitchers will be allowed some leniency in regard to balks. Pitchers will be called for all major violations and warned for minor violations that do not affect the outcome of a play. In all other divisions, balks will be strictly enforced without warning.

5.4.5. Trips (Visits) To the Mound:

- When a team is charged with its second trip to the mound in the same inning to the same pitcher, the pitcher must be removed from the pitching position for the remainder of the game. The pitcher may be moved to another defensive position.

5.4.6. Pitching Chart:

- Column A – The number in this column represents the most innings a pitcher can pitch in one (1) day and still pitch the next game day in same week.
Example: In the 10U division, a pitcher may throw up to three (3) innings in one (1) day and throw again the next day; but if that pitcher throws three and one-third (3 1/3) innings or more in one (1) day, he cannot pitch the next game day in same week.
- Column B – The number in this column represents the most innings a pitcher can pitch in one (1) day.
Example: In the 10U division, a pitcher may throw a maximum of five (5) innings in one (1) day. The pitcher would not be allowed to pitch the next game day in same week.

- Column C – The number in this column represents the most innings a pitcher can pitch in two (2) consecutive game days in same week.
Example: In the 10U division, a pitcher may throw a maximum of seven (7) innings in two (2) consecutive game days in same week.
NOTE: This is to be interpreted as a pitcher would be able to throw any combination of innings that equal seven (7) as long as the first (1st) day does not equal more than three (3) innings due to Column A requirements.

Age Group	A	B	C
AA (10U)	3	5	7
AAA (12U)	3	5	7
AAAA (15U)	4	6	9
AAAAA (18U)	4	6	9

NOTE: It is important to remember that in age divisions 12U and below, pitchers that pitch two (2) consecutive days must rest the third (3rd) day regardless of innings pitched.

6. Division A: 7-8 (8U) MACHINE PITCH Specific Rules:

- 6.1. Pitching Circle: There shall be a ten (10) foot diameter circle with the front edge set at forty-two (42) feet from the rear point of home plate.
- 6.2. Pitching Machine: The front leg(s) shall be set at a distance of forty-two (42) feet from the rear point of home plate.
- 6.3. Pitching Machine Speeds: 36 mph – 42 mph for the 8U age division.
- 6.4. The defensive player listed as pitcher shall not leave the pitching circle until the ball is hit.
 - 6.4.1. **Penalty:** The play continues. After the play has ended, the offensive team has the option of taking the result of the play or non-pitch.
 - 6.4.2. **Additional Penalty:** First Offense: Warning; Second Offense: Removal of player from the pitching position for the remainder of the game.
- 6.5. The Infield Fly Rule shall not be in effect at any time.
- 6.6. Every player present must be listed on the line-up card and must play at least six (6) outs / two (2) full innings.
- 6.7. The batting order shall constitute all present players on the team roster at the beginning of the game. Late arrivals shall be inserted at the bottom of the batting order. All players on the roster shall bat before returning to the top of the batting order.
- 6.8. Teams may use free substitution on defense but the batting order shall remain the same.
- 6.9. Each team will be given at least one (1) machine adjustment pitch for each batter that will not be considered in that batter's pitch count.
- 6.10. The batter shall receive a maximum of six (6) pitches or three (3) swinging strikes.
 - 6.10.1. **NOTE:** A batter that has received less than six (6) pitches and has a count of two swinging strikes shall have his turn at bat extended on foul balls up to the six (6) pitch limit.
- 6.11. Runners shall not steal bases. A runner is out for leaving the base before the ball is hit or reaches home plate.
- 6.12. A courtesy runner for catcher of record only the previous inning may be used. The courtesy runner shall be the player that made the previous out. If no outs have been recorded in the game, the courtesy runner shall be the previous batter not on base.
- 6.13. There must be four (4) defensive outs to end an inning.
- 6.14. A team may score a maximum of seven (7) runs per inning, including the last inning or record four (4) outs.
- 6.15. Umpires shall call "Time" after every play and declare the ball dead. "Time" shall be called as soon as the lead runner is not attempting to advance. "Time" does not have to be called by the defense for the purpose of this rule.
 - 6.15.1. **NOTE:** When a runner stands off a base and "jukes" or "flinches" back & forth, this is to be interpreted as "not attempting to advance" and "Time" shall be called.

- 6.16. Play is considered DEAD when the defensive team throws the ball to the occupied base or the base ahead of the lead base runner. Running into the infield and holding the ball up does not stop play. Throwing the ball to the pitcher does not stop play.
- 6.17. When a batted ball hits the pitching machine, the ball is dead, the batter is awarded first (1st) base and all runners shall advance (1) base.

7. Pre Season

7.1. Fan Day

A registration day presented before the season begins for ALL Divisions. This is a mandatory event and ALL teams must attend.

7.2. Buck O'Neil Coaching Clinic

A coaching clinic will be presented before the season begins for ALL Divisions. The clinic will be open only to registered teams. This is a mandatory event and ALL coaches must attend.

7.3. Satchel Paige Pitching Clinic

A pitching clinic will be presented before the season begins for Divisions AA, AAA, & AAAA. The clinic will be open only to registered teams & players. Each team will only be allowed to send two (2) pitchers and two (2) coaches to participate in the clinic due to space & instructors' limitations.

7.4. Jackie Robinson Jamboree

A jamboree will be played the weekend before the season begins for all age divisions. The jamboree will be a round robin format and will be open only to registered teams. Seeding will be done prior to the start of the jamboree based on the registered participating League teams. The jamboree will be played at all participating fields. Teams will not be limited to one location during this jamboree weekend.

8. Mid Season

8.1. Urban All Star (U A Star) Weekend

At the midpoint of the season, a weekend will be set aside to celebrate our heritage and the role baseball played in it. Throughout this weekend, special events surrounding baseball will be presented. These events will include all star baseball skill challenges and Negro Baseball League educational sessions.

9. Post Season

9.1. League Championship Series

A playoff system and a championship game, for each division, will be incorporated into the regular season schedule and will be considered as post season. The top four (4) teams of each division will advance to the playoff system (see * below). First (1st) place will play fourth (4th) place and second (2nd) place will play third (3rd) place. The two (2) teams in the championship games will be decided based on the results of the playoff games. The champion of each division will be decided based on the winner of their championship game. The loser of the championship game will be in second (2nd) place.

* - At the end of the regular season, the teams that qualify for the playoffs in each division (based on won-loss records) will advance to the playoffs. In the event of identical standings/records, the selection of qualifying teams will be based upon:

- i. Head to Head competition
- ii. Average points allowed per game not to include forfeits
- iii. Coin flip

9.2. Major League Baseball RBI Event Participation

Any and ALL Louisiana Youth Baseball sponsored and/or registered team's participation in the Major League Baseball (MLB) Reviving Baseball In Inner Cities (RBI) Tournament play or events will be processed and regulated by Louisiana Youth Baseball. No team registered with Louisiana Youth Baseball will be allowed to participate in any RBI event without written consent from Louisiana Youth Baseball and its' Director. No exceptions!!!

9.3. Major League Baseball RBI Events

9.3.1. **RBI Regional Tournament:** July – Division AAAA: 13-15.

9.3.2. **RBI World Series:** August – Division AAAA: 13-15.

9.4. Major League Baseball RBI Event Participation - REQUIRED DOCUMENTS

ALL DOCUMENTS MUST BE SUBMITTED TO LOUISIANA YOUTH BASEBALL AND ARE DUE UPON REQUEST. (Please make copies before submitting to LYB)

9.4.1. **RBI Tournament Roster form:** Complete fully for each player on Tournament Roster per division along with proper parent/guardian signature, and attach a copy of player's birth certificate.

9.4.2. **RBI Medical Waiver/Application:** Complete fully for each player on Tournament Roster per division along with proper parent/guardian signature, and attach 2 head shots of player.

9.4.3. **RBI Program and Release Waiver form:** Complete fully for each player on Tournament Roster per division along with proper parent/guardian signature.

9.4.4. **RBI Medical form:** Players' doctor must complete fully for each player on Tournament Roster per division along with proper signature.

9.4.5. **RBI Code of Conduct form:** Complete fully for each team entering Tournament play with proper signature.

9.4.6. **RBI Background Check Authorization form:** Must be completed fully by Manager and Coaches of each Tournament team.

10. Sportsmanship

10.1. All players and coaches will be expected to behave in a sportsmanlike manner at all times.

10.2. Any player, coach, or parent / fan whose conduct is unbecoming or abusive will, at minimum, be warned and may be removed from the playing field and/or stands at the discretion of the tournament officials and / or umpires.

10.3. Foul or abusive language will not be tolerated under any circumstances.

10.4. Cursing or throwing equipment will be an automatic ejection.

10.5. A team may be forced to forfeit and / or be removed from the league, if necessary.

All fans and spectators are there to enjoy the games and govern themselves accordingly. Unruly behavior will be dealt with swiftly and immediately. If any individual continually refuses to abide by these rules, the individual will be removed from the premises by game officials or law enforcement agents. The goal of the games is to promote a safe and wholesome environment for the kids. Each head coach or team representative is ultimately responsible for his fans' conduct and behavior. Unless a player is hurt, parents and other supporters should remain in the stands. Only the head coach may question an official.

Each head coach should briefly describe rules of play that are unique to Louisiana Youth Baseball and their teams with their spectators & fans.

11. Coach or Player Ejections

- 11.1. If a coach is ejected from a game, they must sit out the remainder of that game. Additional penalties may be assessed as deemed by the Director.
- 11.2. A player ejected must sit out the remainder of that game.
- 11.3. Anyone ejected may be asked to leave the park at the discretion of the Director. As these rules indicate, the matter of disorderly conduct will be taken seriously. The tournaments your team will be participating in will include some of the finest baseball teams in the world. The level of competition will be high and at times fierce. Because of this, please remind your team and parents to be extra aware of good sportsmanship.

12. Protests

- 12.1. Umpires will work to settle all situations on the field. Protests will be allowed for age and pitching violations or rule interpretations only. Protests must be declared to the Umpire-in-Chief and then to the Field Director before the next pitch following the dispute. No protest will be allowed following the game. Head Umpire will rule on all protests and their decision will be final.

13. Awards

13.1. Final Standings

First (1st) and Second (2nd) Place team trophies will be awarded at an end of the season ceremony following the championship games. First (1st) and Second (2nd) Place individual trophies will be awarded at the same ceremony.

13.2. Individual Academic Awards

Any student athlete who receives a 3.0 or better GPA at the end of their school year (Spring semester) before the season will be named to the Louisiana Academy All State Academic Team for each division. These student athletes will be nominated by their coach for consideration. An official report card must accompany the nomination. These All State Academic Teams will be recognized during the Championship Games.

13.3. Sportsmanship Awards

The Hats Off Sportsmanship Award will be a sportsmanship award given by the officials and league administrators to teams who have displayed the most sportsmanship throughout the season. This sportsmanship award will include the sportsmanship of the fans, coaches, & ultimately the players. *The Hats Off Sportsmanship Award* Teams will be recognized during the Championship Games.

14. League Information

All league information will be disseminated through the league's website, Facebook, Twitter pages:

www.LouisianaYouthBaseball.com,
Facebook.com/LouisianaYouthSportsNetwork
Instagram.com/LAYouthSportsNetwork
Twitter.com/LAYouthSports

via emails from:

Info@LouisianaYouthBaseball.com,

and newspaper listing in the Fun & Fitness Section of The Advocate newspaper and The Weekly Press.

All teams will be required to have access to the Internet, a valid (active) email account, and an active cellphone number.

15. Items Not Specifically Covered

- 15.1. Team and player eligibility and other rules not specifically covered herein shall be referred to the Louisiana Youth Baseball Director with guidance from the Directors of Louisiana Youth Baseball.

EXCEPTIONS

These rules, hopefully, are designed for the general attitudes that prevail with Louisiana Youth Baseball. However, exceptions do arise that must be addressed. If, during the course of the season, the need arise for rule modifications that are beneficial to the league in general and/or the safety of it's participants, Louisiana Youth Baseball shall document the proposed changes in writing and submit them to the team managers and officials.

APPENDIX A

Information on Pitching Recommendations for Youth Baseball Players

**Information from USA Baseball Medical & Safety Advisory Committee with help by the American Sports Medicine Institute, USA Baseball News, Journal of Biomechanics, and The American Journal of Sports Medicine (2006)*

**Information also from an article on WebMD.com titled “Baseball Pitching Compared in Children and Pros” (2000)*

**The following recommendations are not specifically from Louisiana Youth Baseball. We simply compiled the information and encourage each coach/parent to conduct further research and make the best decisions for their player. Always consult a physician if you have a concern.*

One of the missions of the USA Baseball Medical & Safety Advisory Committee is to provide scientifically based information to youth baseball members decreasing the chance of injury and maximizing their ability to play at a higher level.

- ✓ Pitchers should be taken out of the game immediately if their arm is fatigued.
- ✓ If a pitcher complains about arm pain and it does not go away after 4 days or the same pain happens immediately when they pitch again, the parent should take their son/daughter to a physician.
- ✓ Pitchers who competitively pitch more than 85 pitches per game, more than 8 months out of a year, or with arm fatigue are several times more likely to require elbow surgery.
- ✓ Injuries that occur when pitchers are adults may have begun to develop during their youth level of baseball.
- ✓ Once a pitcher leaves the game they should not come back in to pitch later in that game. The pitcher’s tendons, muscles, and ligaments need time to “cool down” just as they needed time to “warm-up.”
- ✓ The day after a start should be for rest, not participating in any drills that use an overhand movement.
- ✓ Throwing curveballs and sliders increase the chance of elbow and shoulder pain. If breaking balls are thrown, it is very important for the pitcher to have the proper mechanics.
- ✓ Developing the skills needed to play at a higher level is done through repetition, but a pitcher should not throw for more than one team per season. Performing drills to build strength and consistency is good, but the pitcher must find time to rest between starts. We encourage the player to only pitch for one team during the year.
- ✓ A pitcher should not compete in baseball for more than 9 months out of the year. The pitcher will need those 3 other months for “active rest.” Other physical activities are encouraged, but no other overhand activities should be done in these 3 months. (Javelin Throw, Football Quarterback, Swimming)
- ✓ Players should be taught proper pitching mechanics from an early age, and their pitches will get faster over time as joint force increases.
- ✓ A great way to prevent injury to a pitcher is to improve overall fitness. Athletes as a whole injure themselves much more frequently when they are fatigued. (WebMD)
- ✓ To prevent injuries to a pitcher’s arm, have them work on strength and flexibility of their shoulder, wrist, and elbow. (WebMD)
- ✓ Parents should get to know their child’s coach to ensure that they are teaching their child the proper mechanics of pitching. It is the coach and parent’s responsibility to make sure the player is using the proper equipment, taking enough time to warm-up, and also enough time with stretching exercises. (WebMD)

USA Baseball Medical & Safety Advisory Committee Recommendations for Limits with Youth Pitchers				
Age Group	Pitches Per Game	Pitches Per Week	Pitches Per Season	Pitches Per Year
9-10	50	75	1000	2000
11-12	75	100	1000	3000
13-14	75	125	1000	3000
15-16	90	2 Games/Week	---	---
17-18	105	2 Games/Week	---	---

USA Baseball Medical & Safety Advisory Committee Recommendations for Days of Rest After a Start				
Age Group	1 Day Rest	2 Days Rest	3 Days Rest	4 Days Rest
9-10	21-33 Pitches	34-42 Pitches	43-50 Pitches	50+ Pitches
11-12	27-34 Pitches	35-54 Pitches	55-57 Pitches	58+ Pitches
13-14	30-35 Pitches	36-55 Pitches	56-69 Pitches	70+ Pitches
15-16	30-39 Pitches	40-59 Pitches	60-79 Pitches	80+ Pitches
17-18	30-39 Pitches	40-59 Pitches	60-89 Pitches	90+ Pitches

Louisiana Youth Baseball

2018 AGE GROUP ELIGIBILITY CHART

<u>Division</u>	<u>Birthday Range</u>		
AAAAA: 16-18	May 1, 1999	to	December 31, 1999
	January 1, 2000	to	December 31, 2000
	January 1, 2001	to	December 31, 2001
	January 1, 2002	to	December 31, 2002
AAAA: 13-15	January 2, 2002	to	December 31, 2002
	January 1, 2003	to	December 31, 2003
	January 1, 2004	to	December 31, 2004
	January 1, 2005	to	December 31, 2005
AAA: 11-12	January 2, 2005	to	December 31, 2005
	January 1, 2006	to	December 31, 2006
	January 1, 2007	to	December 31, 2007
AA: 9-10	January 2, 2007	to	December 31, 2007
	January 1, 2008	to	December 31, 2008
	January 1, 2009	to	December 31, 2009

NEGRO LEAGUE BASEBALL

From the 1880s to 1950 literally hundreds of all-black, professional and semi-professional baseball teams played throughout the United States. While at times black baseball at its top levels enjoyed the benefits of organized circuits or as independents. In common parlance all are referred to as “Negro League” teams.

The list below is by no means a complete list of all the teams who competed in the 70 year history of Negro League baseball, but are the most notable.

Atlanta Black Crackers
Baltimore Black Sox
Birmingham Black Barons
Chicago American Giants
Cleveland Buckeyes
Cuban Stars – East
Detroit Stars
Indianapolis ABCs
Kansas City Monarchs
New York Black Yankees
Newark Eagles
Pittsburgh Crawfords

Austin Black Senators
Baltimore Elite Giants
Brooklyn Royal Giants
Cincinnati Tigers
Cleveland Cubs
Dayton Marcos
Homestead Grays
Indianapolis Clowns
Memphis Red Sox
New York Cubans
Philadelphia Stars
St Louis Stars

APPENDIX D



DIVISION I BASEBALL COLLEGES & UNIVERSITIES



Boston College
Clemson
Florida State
Maryland
North Carolina State
Wake Forest

Virginia Tech
Georgia Tech
Miami (FL)
Virginia
Duke
North Carolina



Stony Brook
Maine
Vermont
UMBC

Binghamton
Albany (NY)
Hartford



Rhode Island
Dayton
St Louis
Fordham
Richmond
George Washington
Duquesne

Xavier
Charlotte
Massachusetts
St Bonaventure
St Joseph's
La Salle



Florida Gulf Coast
Kennesaw State
Belmont
Stetson
East Tennessee State
SC Upstate

Jacksonville
North Florida
Mercer
Lipscomb
Campbell



Kansas State
Iowa State
Colorado
Kansas

Texas
Oklahoma State
Texas Tech
Oklahoma
Baylor



Cincinnati
Pittsburgh
West Virginia
Rutgers
Villanova

Connecticut
South Florida
Louisville
Syracuse
Georgetown



Ohio State
Iowa
Penn State
Northwestern
Wisconsin
Indiana

Michigan State
Purdue
Minnesota
Illinois
Michigan
Nebraska



Coastal Carolina
Liberty
High Point
VMI
Charleston Southern

Winthrop
Radford
Gardner-Webb
Presbyterian
UNC Asheville



Cal State Fullerton
UC Irvine
UC Santa Barbara
Cal St Northridge

Cal Poly
UC Riverside
Pacific
UC Davis



George Mason
 Georgia State
 Delaware
 Towson
 William & Mary
 Hofstra

UNC Wilmington
 James Madison
 Northeastern
 Old Dominion
 Virginia Commonwealth



East Carolina
 Central Florida
 Southern Mississippi
 Marshall
 Alabama Birmingham
 Memphis

Houston
 Southern Methodist
 Tulsa
 Texas El Paso
 Rice
 Tulane



Illinois-Chicago
 Milwaukee
 Cleveland State
 Butler

Wright State
 Valparaiso
 Youngstown State



Brown
 Harvard
 Columbia
 Penn

Princeton
 Cornell
 Yale



Canisius
 Marist
 Fairfield
 Niagara
 Iona

Manhattan
 Rider
 Siena
 St Peter's



Ohio
Temple
Bowling Green
Kent State
Buffalo
Akron
Miami (Ohio)

Central Michigan
Northern Illinois
Western Michigan
Toledo
Ball State
Eastern Michigan



Bethune-Cookman
North Carolina A&T
Florida A&M
Coppin State

Delaware State
Norfolk State
Maryland Eastern Shore



TCU
Brigham Young
Utah
Air Force
Wyoming

Nevada Las Vegas
San Diego State
New Mexico
Colorado State



Missouri State
Wichita State
Illinois State
UNI
Bradley

Indiana State
Creighton
Southern Illinois
Evansville



Monmouth
Wagner
Mt St Mary's
Fairleigh Dickinson

Sacred Heart
Central Connecticut
Quinnipiac
Long Island



Eastern Illinois
Tennessee Tech
Eastern Kentucky
Austin Peay

Jacksonville State
Murray State
Southeast Missouri State
Tennessee Martin

Morehead State



Oregon
Arizona
Oregon State
Stanford
Southern California

California
Washington
California Los Angeles
Arizona State
Washington State



Army
Holy Cross
Navy

Bucknell
Lafayette
Lehigh



Florida
Georgia
Tennessee
Kentucky
South Carolina
Vanderbilt
Missouri

Alabama
Louisiana State
Mississippi
Arkansas
Auburn
Mississippi State
Texas A & M



Elon
Western Carolina
Citadel
Furman
UNC Greensboro
Wofford

Georgia Southern
College Of Charleston
Appalachian State
Samford
Davidson



Texas State
Sam Houston State
Texas Arlington
Northwestern State
McNeese State
Nicholls State

Southeastern Louisiana
Texas San Antonio
Lamar
Central Arkansas
Stephen F Austin
A&M Corpus Christi



Oral Roberts
 South Dakota State
 Oakland
 IPFW

Centenary (LA)
 Southern Utah
 North Dakota State
 Western Illinois



Troy
 Middle Tennessee
 Louisiana Monroe
 Florida Atlantic
 Louisiana Lafayette
 Arkansas Little Rock

Arkansas State
 Florida International
 North Texas
 Western Kentucky
 New Orleans



Southern
 Grambling State
 Jackson State
 Prairie View
 Alabama A&M

Arkansas Pine Bluff
 Mississippi Valley
 Alcorn State
 Texas Southern
 Alabama State



Boise State
 Nevada
 Fresno State
 Idaho
 Hawaii

Louisiana Tech
 Utah State
 New Mexico State
 San Jose State
 Sacramento State



Gonzaga
 Loyola Marymount
 St Mary's (Cal)
 Portland

San Diego
 San Francisco
 Pepperdine
 Santa Clara



Notre Dame