



**Rules & Regulations**

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**Reviving Baseball in Inner Cities™**



Louisiana Youth Sports Network / Louisiana Youth Baseball / Louisiana Youth Sports Officials

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# code of conduct

Louisiana Youth Baseball promotes good sportsmanship by student-athletes, coaches, and spectators. Fans will conduct themselves with good sportsmanship to reflect the high standards of honor and dignity that characterize Louisiana Youth Baseball. Anyone associated with an athletic program or event should reflect respect, fairness, civility, responsibility, and courtesy to others. Profanity, vulgar cheers, intimidating actions, intoxication, belligerent or abusive behavior will not be tolerated. Fans attending Louisiana Youth Baseball events are expected to stay off the playing field, including after the game, and will not throw objects onto the field.

Positive support of the players, coaches, officials is strongly encouraged. Louisiana Youth Baseball expects positive behavior exhibited towards each other at every event. Please treat others with courtesy and respect. It is your responsibility to cheer your team on. You do this by performing cheers that UPLIFT your team & fans, NOT BELITTLE the other team & fans.

Any violation of this Code Of Conduct subjects you to removal from the venue, by Law Enforcement Agents.

Thank you for your cooperation.

putting our youth back into baseball

putting  
our  
youth  
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baseball



Louisiana Youth Baseball is a community service program that organizes and promotes youth baseball to perpetuate the interest, knowledge, history, and love of the game. Louisiana Youth Baseball will strive to build the true fundamental skills and knowledge of the sport. Louisiana Youth Baseball mission is to:

- Utilize safe, organized, and structured baseball competition as a tool to enlighten and cultivate the development of well rounded youth (ages 7 – 18) through establishing a foundation of the following life skills:
  - Responsibility; Goal Setting; Sportsmanship; Self Control; Smart Decisions; Teamwork; Leadership; Perseverance; Discipline
- Instill the values of education, by encouraging the student athletes to maintain satisfactory grades in school and emphasizing the importance of keeping a proper relationship-balance between scholastic & athletic endeavors
- Increase participation and interest in baseball
- Acquaint the players with the proper fundamentals of the overall game
- Provide a positive outlet for at risk urban youth
- Institute the values of good citizenship through community volunteerism
- Teach the value of teamwork

To continue the mission of the Louisiana Youth Sports Network to improve the quality of life in its' communities, Louisiana Youth Baseball has partnered with Major League Baseball to enhance the overall quality of the youth Baseball program offered to the East Baton Rouge Parish communities through the RBI (Reviving Baseball In Inner Cities) Program.

Louisiana Youth Baseball is an instructional league first and a competitive league second with a higher level of participation from its' volunteers and higher level of expectation from its' student athletes both on and off the field.

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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 1<sup>st</sup> of the current year
  - 'AAA: 11-12 (12U)' (Ages 11-12) Cannot turn 13 on or before January 1<sup>st</sup> of the current year
  - 'AAAA: 13-15 (15U)' (Ages 13-15) Cannot turn 16 on or before May 1<sup>st</sup> of the current year
  - 'AAAAA: 16-18 (18U)' (Ages 16-18) Cannot turn 19 on or before May 1<sup>st</sup> of the current year
- 2.2. A team registration or a pay at the plate system fee shall be charged to participate in the Louisiana Youth Baseball program. The team registration fee, per team, must be turned in with the roster by the date established yearly. The pay at the plate system fee, per team, must be turned in before the start of each scheduled game during the established team check-in timey.
  - 2.3. Upon completing registration, 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.
  - 2.4. 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.
  - 2.5. A team must be composed of not more than eighteen (18) eligible players for "League Participation" & fifteen (15) eligible players for "MLB RBI Activities" and not less than twelve (12) eligible players for both.
  - 2.6. 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.
  - 2.7. 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.
    - 2.7.1. All players added to qualified rosters must meet the following requirements:
      - 2.7.1.1. Players cannot be on another qualified team's roster.
      - 2.7.1.2. 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.
      - 2.7.1.3. 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.
      - 2.7.1.4. The Director has authority to approve or reject all roster additions.

- 2.8. 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.
- 2.9. A player that is released from a qualified team's roster cannot return to that team during the current season.
- 2.10. 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.
- 2.11. **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.
- 2.12. 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.
- 2.13. **A player** who is in violation of the League's regulations shall be considered an illegal player.
- 2.14. 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.
- 2.15. 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.
- 2.16. 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 program, 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. All bat boys / girls must wear a double-ear batting helmet when outside the dugout.
- 5.2.5. 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.
- 5.2.6. 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 five eighths 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):	1:20 / 5 Innings
AAAAA: 16-18 (18U):	1:30 / 6 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
- 5.3.3. In ALL age divisions, 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. A team may start a game with eight (8) players. A team starting a game with eight (8) players may not continue a game with one less player than it started with, whenever a player leaves the game for any reason.
- 5.3.6.1. When the player who is scheduled to bat in the ninth (9th) spot in the lineup, an out shall be declared for each turn at bat.
- 5.3.6.2. If the missing/ninth (9th) player arrives during the game, the player will be allowed to enter the game being placed in the last/ninth (9th) spot in the lineup
- 5.3.7. Once a pitcher is removed from the mound during a game, he/she cannot return during that game.
- 5.3.8. 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.
- 5.3.9. In ALL age divisions if a batter slings a bat while batting, batter and team shall be warned on first (1<sup>st</sup>) offense. It shall be noted in the score book. All offenses after the warning shall be declared an out. A second (2<sup>nd</sup>) 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.
- 5.3.10. In age divisions 12U and under, a batter may be intentionally walked by announcing to the umpire your intention.
- 5.3.11. 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.
- 5.3.12. Courtesy runners are allowed for the pitcher and catcher. Must be last out.
- 5.3.13. 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 (1<sup>st</sup>) 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.

#### 5.4. Pitching:

- 5.4.1. 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.

5.4.2. Limitations:

- 5.4.2.1. 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.
- 5.4.2.2. 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.
- 5.4.2.3. 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.
- 5.4.2.4. 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.
- 5.4.2.5. Exceeding the maximum innings allowed in the case of a double or triple play will not be counted against the pitcher.
- 5.4.2.6. It is the responsibility of each team's manager to challenge pitching violations by notifying the umpire and then the Director.
- 5.4.2.7. 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.

5.4.3. Balks:

- 5.4.3.1. 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.

5.4.4. Trips (Visits) To the Mound:

- 5.4.4.1. When a team is charged with its second trip to the mound 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.

5.4.5. Pitching Chart:

- 5.4.5.1. 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.*
- 5.4.5.2. 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.*
- 5.4.5.3. 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.

<b>Age Group</b>	<b>A</b>	<b>B</b>	<b>C</b>
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 (3<sup>rd</sup>) day regardless of innings pitched.

## 6. Pre Season

### 6.1. 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.

### 6.2. 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.

## 7. Mid Season

### 7.1. 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.

## 8. Post Season

### 8.1. League Championship Series (College World 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. All teams of each division will advance to the playoff system (see \* below). 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 (2<sup>nd</sup>) place.

\* - At the end of the regular season, the teams that qualify for the playoffs in each division (Seedings will be 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 runs allowed per game not to include forfeits
- iii. Coin flip

### 8.2. 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!!!

### 8.3. Major League Baseball RBI Events

- 8.3.1. **Jr RBI Classic:** MLB All Star Week - TBA – Division AAA: 11-12.
- 8.3.2. **RBI Regional Tournament:** TBA – Division AAAA: 13-15.
- 8.3.3. **RBI World Series:** TBA – Division AAAA: 13-15.

## **8.4. 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)*

- 8.4.1. **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.
- 8.4.2. **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.
- 8.4.3. **RBI Program and Release Waiver form:** Complete fully for each player on Tournament Roster per division along with proper parent/guardian signature.
- 8.4.4. **RBI Medical form:** Players' doctor must complete fully for each player on Tournament Roster per division along with proper signature.
- 8.4.5. **RBI Code of Conduct form:** Complete fully for each team entering Tournament play with proper signature.
- 8.4.6. **RBI Background Check Authorization form:** Must be completed fully by Manager and Coaches of each Tournament team.

## **9. Sportsmanship**

- 9.1. All players and coaches will be expected to behave in a sportsmanlike manner at all times.
- 9.2. 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 program officials and / or umpires.
- 9.3. Foul or abusive language will not be tolerated under any circumstances.
- 9.4. Cursing or throwing equipment will be an automatic ejection.
- 9.5. 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.

## **10. Coach or Player Ejections**

- 10.1. 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.
- 10.2. A player ejected must sit out the remainder of that game.
- 10.3. 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 program 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.

## **11. Protests**

- 11.1. 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.

## 12. Awards

### 12.1. Final Standings

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

### 12.2. 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.

### 12.3. The Director's Award For Academic Excellence

*The Director's Award For Academic Excellence* is an academic award is given to any student athlete who receives a 4.0 or better GPA at the end of their school year (Spring semester) before the season. ALL student athletes' official report cards must be submitted to LYB administration.

### 12.4. 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.

## 13. League Information

All league information will be disseminated through the league's website:

[www.LouisianaYouthBaseball.com](http://www.LouisianaYouthBaseball.com),

via emails from:

[Info@LouisianaYouthBaseball.com](mailto:Info@LouisianaYouthBaseball.com),

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

***All teams will be required to have access to the website and a valid (active) email account.***

## 14. Items Not Specifically Covered

- 14.1. 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 its' 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

## 2011 AGE GROUP ELIGIBILITY CHART

<u>Division</u>	<u>Birthday Range</u>		
AAAAA: 16-18	May 2, 1992	to	December 31, 1992
	January 1, 1993	to	December 31, 1993
	January 1, 1994	to	December 31, 1994
	January 1, 1995	to	December 31, 1995
AAAA: 13-15	May 2, 1995	to	December 31, 1995
	January 1, 1996	to	December 31, 1996
	January 1, 1997	to	December 31, 1997
	January 1, 1998	to	December 31, 1998
AAA: 11-12	January 2, 1998	to	December 31, 1998
	January 1, 1999	to	December 31, 1999
	January 1, 2000	to	December 31, 2000
AA: 9-10	January 2, 2000	to	December 31, 2000
	January 1, 2001	to	December 31, 2001
	January 1, 2002	to	December 31, 2002

## APPENDIX C

2011 RBI Events Age Chart  
**For RBI Baseball Divisions Events Only**  
 Match month (top line) and box with year of birth. League age indicated at right.

MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	AGE
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	6
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	7
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	8
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	9
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	10
1999	1999	1999	1999	1999	1999	1999	1999	2000	2000	2000	2000	11
1998	1998	1998	1998	1998	1998	1998	1998	1999	1999	1999	1999	12
1997	1997	1997	1997	1997	1997	1997	1997	1998	1998	1998	1998	13
1996	1996	1996	1996	1996	1996	1996	1996	1997	1997	1997	1997	14
1995	1995	1995	1995	1995	1995	1995	1995	1996	1996	1996	1996	15
1994	1994	1994	1994	1994	1994	1994	1994	1995	1995	1995	1995	16
1993	1993	1993	1993	1993	1993	1993	1993	1994	1994	1994	1994	17
1992	1992	1992	1992	1992	1992	1992	1992	1993	1993	1993	1993	18



**Reviving Baseball in Inner Cities™**

# 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	Austin Black Senators
Baltimore Black Sox	Baltimore Elite Giants
Birmingham Black Barons	Brooklyn Royal Giants
Chicago American Giants	Cincinnati Tigers
Cleveland Buckeyes	Cleveland Cubs
Cuban Stars – East	Dayton Marcos
Detroit Stars	Homestead Grays
Indianapolis ABCs	Indianapolis Clowns
Kansas City Monarchs	Memphis Red Sox
New York Black Yankees	New York Cubans
Newark Eagles	Philadelphia Stars
Pittsburgh Crawfords	St Louis Stars

**APPENDIX E**



**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



Nebraska  
 Missouri  
 Kansas State  
 Iowa State  
 Colorado  
 Kansas

Texas  
 Oklahoma State  
 Texas Tech  
 Oklahoma  
 Texas A & M  
 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



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  
 Morehead State

Jacksonville State  
 Murray State  
 Southeast Missouri State  
 Tennessee Martin



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

Alabama  
 Louisiana State  
 Mississippi  
 Arkansas  
 Auburn  
 Mississippi State



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