



I. GENERAL RULES - UPL Recreational Baseball League

The mission of the Union Pacific League (UPL) is to provide programs that help children grow physically, mentally, and emotionally through participation in baseball. The organization will strive to produce well-rounded baseball players both on and off the field developing baseball skills in accordance with the age level and ability of each participant and training in good sportsmanship. The principle of good sportsmanship includes everyone: coaches, umpires, parents, and spectators. All adults and children should conduct themselves at league functions in such a manner that they are good examples for everyone in the league to emulate. The head coaches for each team are responsible for the coaches, players, parents, and spectators. All coaches must be proactive in keeping the UPL facilities a safe, fun place for the kids to play and for the spectators to watch.

NOTE: The official playing rules, with the exceptions and variations contained in these association rules, shall be the same as "Official Baseball Rules" also known as the Major League Baseball Rules.

UPL FIELDS AND LIGHTS

1. At no time is alcohol allowed at any UPL fields. At no time is tobacco, in any form, which includes cigarettes, chew, snuff, etc., or drugs allowed on the UPL fields.
2. Should a team be found not following these rules, the coaches will be subject to suspension and possible disbarment from the league.
3. All practice fields, at all locations will be considered a UPL field in regard to these rules.
4. All coaches must enforce these rules strictly. Any deviation or violation of these rules may warrant suspension, pending the decision of the board.
5. If available, lights will be used for games. The lights will be turned off automatically at 11:00pm every night. This cannot be changed for any reason.

EQUIPMENT & GAME BALLS

1. The UPL will issue all game balls for the league play and for UPL tournament games.
2. The home team shall provide two (2) game balls to the umpires at the start of each game.
3. The league shall provide baseballs during tournament play.

BASEBALL BATS

1. Wood, metal, or composite baseball bats may be used.
2. Wooden bats must have a rubber handle or a taped handle.
3. Modified or altered bats are not allowed.
4. For the 6-13 year old age groups, all bats must be USSSA BPF 1.15 or USA Baseball approved.
5. Barrel diameter for any bat may be no larger than 2 5/8"
6. Tee-Ball bats can only be used in Tee-Ball.

UNIFORMS AND SHOES

1. Uniforms will be provided by the UPL and must be worn by all players.
2. Shirts must be tucked into the pants and all sleeves are to be worn down, not rolled.
3. A baseball cap is part of the uniform and must be worn by a player when in the field. If a player loses their cap, another one can be purchased from the UPL.
4. Tennis shoes are legal for use in all age groups; however, cleats are strongly recommended.
5. All rubber soled, cleated shoes are legal for use in all age groups.

6. Metal spiked cleats are not legal and any player caught using them will be required to take them off.
7. No jewelry of any kind can be worn during a game, this includes necklaces, Livestrong wristbands, and religious knots. The only "jewelry" allowed would be that of a medical nature.

REQUIRED EQUIPMENT AND COMPLIANCE

1. All male players will be required to wear a protective cup.
2. All players will be required to wear a heart guard.
3. All players must have a baseball glove. It is highly recommended for all players to have their own batting helmet. Each team will have a few batting helmets available.
4. Prior to the start of each game, the head coach or assistant coach shall be responsible for verifying that all his/her players are equipped in compliance with the above rules.
5. Any questions regarding the legality of a player's equipment shall be determined by the umpire.
6. Helmets/Headgear:
 - a. All batters, base runners, and players in the on-deck circle must wear protective headgear, which gives the protection to the top of the head, temples, ears, and base of the skull.
 - b. Headgear may not have cracks or other defects.
 - c. Players will be given 1 warning for not wearing proper headgear and then will be called out on subsequent occurrences.
 - d. Any offensive player (batter, base runner, or on-deck batter) who deliberately removes his/her protective helmet will be given 1 warning, ensuing infractions from that player shall result in an out.
7. Catcher's Equipment:
 - a. The equipment to be worn by a catcher will be supplied by the UPL, including protective headgear, mask, chest protector, shin guards, and catcher's mitt.
 - b. A catcher may purchase and wear their own equipment if desired, as long as it meets the requirements of the league rules.

PRACTICE

1. Prior to the start of the season, coaches will be assigned (2) practice times (at least 1 field practice) under the UPL control. Weekend practices are available on a first-come, first-served basis.
2. A team may meet for games or practices no more than 3 times a week.
 - a. The calendar week starts at 12:01 am on Monday and ends at midnight on the following Sunday.
 - b. The calendar day is from 12:01 am to 12:00 midnight.

FORFEITURE OF GAME

1. Each team must show up within 15 minutes of scheduled game time. Failure to do so will result in the forfeiture of that game.
2. The exception to this is if the team is playing a double-header the 15 minutes will not start until the other game has finished.

ILLEGAL PLAYERS

1. All team players must be legally registered with the UPL and must appear on the team's official roster as maintained by the UPL.
2. The penalty for use of an illegal player shall be forfeiture of all games in which the illegal player has participated.

MISSING/LATE TEAM PLAYERS, PLAYER EARLY DEPARTURE, AND SUBS

1. During the regular season, teams may add additional players (up to the 9th player) if they are short of players. Players can be taken from any other team in the division, or a player may be brought up from the division below.
 - a. All "Guest" players cannot play infield positions and must be placed at the bottom of the batting lineup.

- b. All guest players should be declared prior to the start of the game.
2. Subs will not be allowed during Tournament play.
3. The following guidelines apply for missing or late players:
 - a. If a team is short players at game time, that coach must agree to play the game with less than the authorized number of players or forfeit the game. That same coach cannot protest a loss due to not having enough players.
 - b. If players arrive late to the game, they will be inserted at the end of the batting order.
 - c. A vacant position will not be considered an automatic out.
 - d. Players added after the first batting rotation may still be added at the end of the batting order.
 - e. Teams and players will not be penalized for players who must leave a game early due to certain personal functions related to school, church, family, etc.
 - f. The player that has left is not permitted to return to the game.
 - g. Once the player leaves, the team cannot be penalized with an automatic out due to the vacant position in the batting order.

TEAM MEMBER PLAYING TIME

1. NOTE: The objective of the following rule is to ensure that all players on a team play a substantial amount of time. Violations will be handled by the board.
2. No player may play more than 2 consecutive innings in the infield or outfield. This does not include pitchers in the Kid Pitch divisions as they may pitch 3 innings in a game.
3. In all age groups and divisions, no player may sit on the bench for more than 1 consecutive inning. Exceptions to this are injuries or sickness.

BATTING LINEUP AND SUBSTITUTION

1. All teams, in all age groups, will use a bat-through lineup. All players attending the game must be in the batting lineup and bat in the order listed in the score book. If an error is made in the lineup, it must be corrected.
2. Free substitution is allowed, with the following exceptions:
 - a. A player that has been removed from the game for disciplinary reasons may not return during the same game.
 - b. A pitcher who is removed from that position may not pitch again for at least three batters unless that pitcher has reached the maximum number of innings/pitches allowed. That player may occupy other positions in the field.
 - c. A catcher may not be switched during the middle of an inning unless injured.

PITCHER MANAGEMENT

1. A coach may not approach the mound and talk with the pitcher more than once in an inning.
2. The second conference with the pitcher requires that the pitcher is removed from that position for at least three batters unless that pitcher has pitched his maximum number of pitches/innings allowed.
3. The player may still play another position.
4. A pitch count will be maintained by every team for each game and each pitcher (see chart for pitch count rules).
5. The pitch counts will need to be verified by both coaches after the game.

DUGOUT RULES

1. No more than a total of 3 (4 for 8U) coaches, assistant coaches, or parent helpers may be in the dugout during a game.
2. When a team is batting, there may be a coach helper in each coach's box and the others must be in the dugout to supervise the players.
3. Absolutely no siblings or friends are allowed in the dugout during the game or practice time.
4. The defensive coach must be in the dugout or within 10 feet from the dugout entrance.

5. For 8U teams, there may be a coach on each foul line to help get the younger kids in the correct position.

WEATHER DELAYS

1. The umpire or local rec director will make the decision regarding the delay of a game.
2. All calls will be determined based on the safety of the players.
3. Games will stop when lightning is 10 miles or less away.
4. A maximum of two 30-minute delays can be called before a decision is made to play or postpone a game in progress.
5. If a team leaves before the umpire or director calls the game, that team will forfeit the game.
6. In the event of rain or stormy weather, all coaches and players should look for a notification through Teamsideline for notice of cancelation of game.

OFFICIAL GAME

1. If a game has been called for any reason, it is an official game if four innings have been completed or if the home team has scored more runs after 3½ innings have been completed.
2. All games ended because of the time limit will be considered official, regardless of the number of innings completed.
3. If a game is called for any reason before it is an official game, it shall be considered a suspended game. If rescheduled, it is to be resumed from the point at which it was suspended (base runners, pitch count, inning and time). Both coaches and umpires must agree on all points and must sign each score book prior to departure from the fields.
4. If a team is leading its opponent by at least ten runs after 4 or more innings have been played, the game shall be terminated and the team with the 10-run lead will be declared the winner.
5. Games postponed due to weather, field conditions, or any other reason will be rescheduled prior to the start of tournament play at the League's earliest convenience.
6. Any game, in any age division, may end in a tie during the regular season.

SCOREKEEPERS

1. Both teams during a game will provide a scorekeeper.
2. The scorekeeper for the home team will be the official scorekeeper.

UMPIRES

1. UPL approved umpires will be scheduled for each game at the coach pitch and kid pitch level.
2. At least 1 UPL approved umpire MUST be present for each game.
3. If the UPL umpire does not show up another volunteer may be used upon agreement by the opposing coaches to ump the game.
4. The umpire's decision is final, unless it is a clear violation and then can only be changed by the league president or umpire director. These must be submitted in the form of a protest. (See: Protests)

COACHING

1. Adult coaches must be used in the coaching boxes at first and third bases.
2. Players and coaching staff must remain in the designated areas throughout the game.
3. Only the team and the coaching staff are allowed on the field and in the dugout.
4. Coaches are responsible for controlling the behavior of their parents. Failure to do so may cause coaches and/or parents to be ejected from the game field.
5. Coaches and/or parents may ask a board member to assist in removing a parent from the fields.

PROTESTS

1. A protest based on a play which involves an umpire's judgment is NOT permitted.
2. If a protest is based on an interpretation of the rules, the objecting coach must, at the time the play occurs, notify the home plate umpire. The umpire will notify the opposing coach and the official

scorekeeper immediately that the game is being played under protest. Umpires will then make a public announcement to the crowd that the game is being played under protest.

3. The protesting coach must submit the protest in writing to the BYBSA President within 24 hours of the completion of the game. A \$35 fee must be included with the written protest. The fee will be refunded if the protest is upheld. When a protest based on the interpretation of a rule is upheld by the protest committee, the game concerned shall be replayed from the point of the protest.
4. If a coach, assistant coach, or other team staff member withdraws a team from the playing field under any circumstances prior to the official completion of the game, the team that left the field shall forfeit all rights to protest as described in this section.
5. The protest committee will be the Board of Directors. All board members are eligible to vote, unless he or she has officiated, coached or had a child playing on a team involved in this protest. There is a 7-day time limit to settle protests.
6. IT IS MANDATORY THAT PROTESTS AND/OR DISPUTES BE SETTLED AT THE TIME OF QUESTION IF AT ALL POSSIBLE. PROTESTS SHOULD ONLY BE SUBMITTED IN WRITING AS A LAST RESORT.

II. T-BALL GAME RULES & REGULATIONS

Player Age: 4-6 year olds (3 year olds are not allowed to play up)

Playing Field:

- Distance between bases is 60 feet
- A foul strike area is a drawn arc between the baselines, 10 feet out from the batting tee.

General Rules

1. The length of the game is 3 innings or 45 minutes, whichever comes first.
2. Every player will bat every inning.
3. Each team will have the same number of times at bat and in the field.
4. Scores are not kept, there are no winners or losers.
5. The infield shall have no more than 6 players including the pitcher. The outfield may have up to 6 players. There is no catcher position in T-ball.
6. Only players and coaches are allowed on the playing field before and during the game. Coaches may be on the field to instruct defensive players but cannot touch a ball in play. Coaches for the offensive team may give batting instructions but cannot physically help runners on base.
7. When a team is in the field, all players will be used in the field.

Batting

1. The batter is not to touch the tee (a coach may adjust the tee to a player's height).
2. There are no strikeouts.
3. The batter continues until a fair ball is hit by the batter.
4. A fair ball is a batted ball that:
 - a. Lands in or is touched by a player in fair territory (infield or outfield).
 - b. First lands in foul territory, then rolls fair into the infield.
5. A foul ball is a batted ball that:
 - a. Lands in or is touched by a player in foul territory
 - b. Rolls into foul territory before reaching first or third base and comes to rest there
 - c. A batted ball that travels less than 10 feet or if the batter hits the tee and knocks the ball off the tee.
6. All batters must wear a batting helmet.
7. If the batter throws the bat in a dangerous manner, the batter is out, and any base runners must return to their base.
8. The team at bat will announce when their last batter is up and all base runners will advance home.

Base Running

1. After all base runners have moved ahead on the bases as far as possible, or after an out, a "time out" is called and the ball is put on the tee for the next batter.
2. A runner must remain on base until the ball is hit.
3. Runners can only advance one base on hits in the infield. Runners can advance two bases on hits to the outfield.
4. Runners may not advance on an overthrow.
5. All runners must wear a batting helmet while on base.
6. If a runner is thrown out or tagged out, they will be out and must return to their bench.

III. 8U COACH/MODIFIED KID PITCH RULES & REGULATIONS

Player Age: 6-8 year olds

Playing Field:

- Distance between bases is 60 feet
- Pitching coach or kid pitcher will be 40 feet from back tip of home plate.
- Maximum number of players to be on the field while playing a game is 10.
- There may be (8) adults on the field during the game. The hitting team can have (1) coach pitching, (1) coach in third base coaches box, (1) coach in first base coaches box, and (1) coach supervising players in dugout. The fielding team can have (1) coach in third base outfield foul territory, (1) coach in first base outfield foul territory, and (2) coaches supervising players in dugout. All coaches on the field must not interfere with play.

Length of Game:

1. Regulation games shall be 6 innings.
2. Game length is 1:30
3. No new inning shall start after 1:25 of beginning of game
4. Once the offensive team has scored 5 runs or 3 outs, their half of the inning is over.
5. There will be (1) umpire that will call the game from behind the pitcher.
6. The first half of the season will be coach pitch and the second half will be modified kid pitch.

Batting

1. **Coach Pitch (First half of season)** - Each batter receives seven (7) pitches or three (3) strikes (as a result of swings and misses or foul balls) to put the ball in play. After 7 pitches, the batter is out if the ball is not put in play. If the ball is fouled off on the seventh pitch, the batter will continue until the ball is hit fair or does not make contact. No walks are allowed.
2. **Modified Kid Pitch (second half of season)** – Each batter receives (7) pitches. If the batter get 3 strikes before 7 pitches are thrown they are out. If the batter gets 4 balls, a coach from the batter's team will come in and throw up to 2 pitches. If the batter does not put the ball in play, they are out.
3. Batters will not be awarded first base as a result of a player being hit by a pitch.
4. Bunting is NOT permitted. An attempted bunt will result in a strike being called even if the bunt was successful.
5. If a batted ball hits the pitching coach, it will be a dead ball and the batter/runners may only advance 1 base.

Pitching

1. Offensive coaches will pitch to their own players and must be an adult on the official roster as a coach

2. If the coach interferes with the fielding or throwing of a ball by the defensive team, the batter will be called out and the runners will return to the base(s) at which they started before the ball was hit.
3. All pitches must be delivered overhand while kneeling, and the coach should make every effort to simulate a "flat pitch".
4. The coach pitcher is allowed to talk to or coach the batter before the ball is pitched but is not allowed to coach a base runner or the batter once the pitch is delivered. The coach will receive a warning for the first infraction. The second time it occurs, the batter will be called out and all runners will return to the previous base.
5. **Modified Kid Pitch** - The MLB Pitch Smart guidelines will be followed, pitchers at this age group shall not be allowed to pitch more than 50 pitches per day and/or 2 innings per game.
<https://www.mlb.com/pitch-smart/pitching-guidelines/ages-8-and-under>

Base Running

1. First base will be a double base, consisting of a white base in fair territory and an orange base in foul territory. If a ball is hit to the infield, the hitter must run and touch the orange base. The fielder must touch the white while in control of the ball prior to the runner reaching the orange base. When no play is at first base, the runner may touch the white base.
2. Once any infield player has control of the ball in the infield area, official play is stopped. If a base runner is proceeding to the next base when time is called, that runner will be allowed to continue to the next base. If the base runner's progress has stopped, that base runner will return to the previous base unless it is already occupied. The umpire will call time as soon as the lead runner is not attempting to advance.
3. Base runners may not steal. No runners will leave the base until the batter hits the ball, the runner will be called out if they leave prior to the ball being hit.
4. Runners can not advance on an overthrow.
5. An offensive player must slide at any base except first base if the play is close. The batter may be called out at the discretion of the umpire if he does not attempt to slide in the event of a close play.

Defense

1. The maximum number of players to be on the field while playing a game is 10, 6 infielders and 4 outfielders.
2. Outfield players may not be brought in any closer to the batter than the edge of the infield and the outfield grass.
3. Teams must always play a catcher even if they don't have enough players in the field.
4. Catcher's mitts are recommended but not required.
5. The infield fly rule is not in effect.

IV. UPL REC 10U KID PITCH BASEBALL RULES & REGULATIONS

Player Age: 9 and 10 year olds

Playing Field:

- Distance between bases is 65 feet
- Pitching mound will be 44 feet from back tip of home plate.
- Maximum number of players to be on the field while playing a game is 9.
- No adults or coaches are allowed in the playing area other than the dugout and the coach's boxes.

Length of game:

- Regulation games shall be 6 innings or 1hr 30 minutes.
- No new inning shall start after 1:25 of beginning of game.

- Once the offensive team has scored 5 runs or 3 outs, their half of the inning is over.
- No player may sit more than 1 consecutive inning in the dugout.
- There will be 1-2 umpires per game.

Pitching/Catching:

1. The MLB Pitch Smart guidelines will be followed, pitchers at this age group shall not be allowed to pitch more than 75 pitches per day and/or 3 innings per game. <https://www.mlb.com/pitch-smart/pitching-guidelines/ages-9-12>
2. One pitch in an inning will constitute one inning pitched toward the pitcher's inning count.
3. Pitching rules remain the same even if make up games are added into a week.
4. If a pitcher hits 3 batters with a pitch during the pitchers allotted number of innings, the pitcher will be removed from the pitching position for the remainder of the game. The pitcher may continue playing in any field position.
5. A pitcher who has been withdrawn from the mound may return to the mound after 3 batters only if the pitcher has not pitched the maximum number of pitches allowed or has been previously removed for hitting batters.
6. A pitcher is allowed 8 warm-up pitches at the beginning of the game. Relief pitchers are also allowed 8 warm-up pitches. A returning pitcher is allowed 5 warm-up pitches at the start of a new inning.
7. Pitchers and coaches who violate the pitching rules will be suspended for one game, and the game being played will be forfeited.
8. There will be 2 balk warnings for each pitcher. After that, the balk rule is in effect for that pitcher. The EOS tournament will reduce this to a single balk warning.
9. Pitchers are discouraged from playing catcher when not pitching.

Batting

1. The batter is out on a dropped third strike.
2. If a pitcher hits a batter with the pitched ball, the batter is issued a walk to first base.
3. Bunting is permitted.
4. The infield fly rule is in effect.

Base Running/Defense

1. Leading off base and stealing is allowed.
2. Base runners may NOT steal home.
3. Runners from third may only advance home by a walk or hit ball. Runners may advance home on an over-throw as long as the play started with a hit.
4. Once the pitcher has control of the ball in the pitching area, official play is stopped. If a base runner is proceeding to the next base when time is called, that runner will be allowed to continue to the next base as long as that runner is more than half-way. If the base runner's progress has stopped, that base runner will return to the previous base.

V. UPL REC 13U KID PITCH BASEBALL RULES & REGULATIONS

Player Age: 11-13 year olds

Playing Field:

- Distance between bases is 70 feet
- Pitching mound will be 50 feet from back tip of home plate.
- Maximum number of players to be on the field while playing a game is 9.

Length of game:

- Regulation games shall be 6 innings or 1hr 30 minutes
- No new inning shall start after 1:25 of beginning of game.
- Once the offensive team has scored 6 runs or 3 outs, their half of the inning is over.
- No player may sit more than 1 consecutive inning in the dugout.
- There will be 1 umpire per game.

Pitching / Catching:

1. The MLB Pitch Smart guidelines will be followed, pitchers at this age group shall not be allowed to pitch more than 85 pitches per day and/or 4 innings per game or 7 innings per week.
<https://www.mlb.com/pitch-smart/pitching-guidelines/ages-9-12>
2. One pitch in an inning will constitute one inning pitched toward the pitcher's inning count.
3. Pitching rules remain the same even if make up games are added into a week.
4. If a pitcher hits 3 batters with a pitch during the pitchers allotted number of innings, the pitcher will be removed from the pitching position for the remainder of the game. The pitcher may continue playing in any field position.
5. A pitcher who has been withdrawn from the mound may return to the mound after 3 batters only if the pitcher has not pitched the maximum number of pitches allowed or has been previously removed for hitting batters.
6. A pitcher is allowed 8 warm-up pitches at the beginning of the game. Relief pitchers are also allowed 8 warm-up pitches. A returning pitcher is allowed 5 warm-up pitches at the start of a new inning.
7. Pitchers and coaches who violate the pitching rules will be suspended for one game, and the game being played will be forfeited.
8. There will be 1 balk warnings for each pitcher. After that, the balk rule is in effect for that pitcher.
9. Pitchers are discouraged from playing catcher when not pitching.

Batting / Catching:

- Drop third strike, swinging or called third strike is dropped, ball is live.
 - The batter can run to 1st if the base is unoccupied or there are 2 outs.
- If a pitcher hits a batter with the pitched ball, the batter is issued a walk to first base.
- Bunting is permitted.
- The infield fly rule is in effect.

Base running:

- Leading off base and stealing is allowed.
- Stealing home is Live.

UPL Baseball Rule Summary

	Peewee T-ball	T-ball	8U Coach Pitch	10U Kid Pitch	13U Kid Pitch
Age Group (as of 4/30/25)	2-4 years	4-5 years	6-8 years	9-10 years	11-12 years
Innings per Game	3	3	6	6	6
Regulation Innings	n/a	n/a	4	4	4
Time Limit	40 minutes	45 minutes	90 minutes	90 minutes	90 minutes
Max runs/Inning	n/a	n/a	5	5	6
Max number pitches/day	n/a	n/a	50	75	85
Max innings pitching	n/a	n/a	2/game	3/game	4/game or 7/week
Max Innings in infield or outfield in a row	n/a	1	2	2	2
Max innings sit in a row	0	0	1	1	1
Pitching Distance	n/a	n/a	40 ft	44 ft	50 ft
Number of pitches per at bat	No limit	No limit	7	3 strikes or 4 balls	3 strikes or 4 balls
Base Distance	60 ft	60 ft (10 ft foul arc)	60 ft	65 ft	70 ft
Bunting / Sliding	no	no	No/yes (required if play is close)	Yes/Yes	Yes/Yes
Stealing	no	no	no	Yes, but not home	Yes, including home
Advance on overthrow	no	no	no	yes	yes
Run on Dropped 3rd Strike	No strikeouts	No strikeouts	n/a	no	yes
Run When Ball is	hit	hit	hit	Can lead off	Can lead off
Infield Fly Rule	n/a	n/a	no	yes	yes
Batting Order	all	all	all	all	all
Players on Field	No limit	Up to 12 (6 infield, 6 outfield)	10 max	9	9
Umpires	None	1 field rep	1 behind pitcher	1-2	1-2

Pitch Count Limits and Rest Requirements

Age	Daily Max	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest
7-8	50	1-20	21-35	36-50	n/a	n/a
9-13	See above	1-20	21-35	36-50	51-65	66+