



Norman Optimist Club

Baseball Rules 2025

MOST ASKED QUESTIONS:

BAT REGULATIONS: -3 & -5 FOR PREP / -8 & HIGHER 12U & UNDER

PITCHING LIMITS:

9/10U- 12outs/day ; 21/3days

11/12U- 15outs/day ; 24/3days

Prep- 18/day ; 27/3days

Section 1: Teams

1.1. Spring and Fall League

1.1.1. Spring and Fall are two separate baseball leagues.

1.2. Team Rosters

1.2.1. Once a player is assigned to a team (and the roster has been released) he/she cannot be removed from the roster unless it is by mutual decision by coach and player and has been approved by the League Director

1.2.2. Once league games begin any roster changes must be approved by the Norman Optimist Club Board.

1.2.3. No player can be on two baseball rosters in the same division.

1.2.4. A player cannot be added to a roster after 4 weeks into Spring or Fall season unless approved by NOC Board. They will be required to register through NOC and pay the late join fee.

1.2.5. Under no circumstance shall any player be allowed to transfer to a team that is ranked higher, at the time of the transfer, once league play begins (unless approved by the League Director and board).

1.3. Player Sign Up and Team Assignment

1.3.1. The deadline for the Spring and Fall baseball seasons will be determined by the Board of Directors and posted on the website.

1.3.2. All signups will be done through the NOC league website.

1.3.2. Rosters are first created from the initial registration with parent and coach requests (coach supplied roster).

1.3.4. Individual registrations are assigned by age, buddy, school/location in order to fill teams or create new teams. It is possible that a player will not be playing with other players from his/her school due to the number of teams needing players. It is also possible that there are no additional roster spots on any of the teams at which case a refund will be made.

1.3.5. Established teams are not obligated to take on new players as they are volunteers and can set up their teams how they see fit.

1.3.6. Coaches are VOLUNTEERS and are not paid.

1.3.1. Grade Exception

4U Division - Players who turn 5 prior to Jan 1 of the current season are not eligible unless they are in Pre-Kindergarten-4.

5U Division - Players who turn 6 prior to Jan 1 of the current season are not eligible unless they are in Pre-Kindergarten.

6U Division - Players who turn 7 prior to Jan 1 of the current season are not eligible unless they are in Kindergarten,

7U Division - Players who turn 8 prior to Jan 1 of the current season are not eligible unless they are in 1st grade.

8u Division - Players who turn 9 prior to Jan 1 of the current season are not eligible unless they are in 2nd grade.

9U Division - Players who turn 10 prior to Jan 1 of the current season are not eligible unless they are in the 3rd grade.

10U Division - Players who turn 11 prior to Jan 1 of the current season are not eligible unless they are in the 4th grade.

11U Division - Players who turn 12 prior to Jan 1 of the current season are not eligible unless they are in the 5th grade.

12U Division - Players who turn 13 prior to Jan 1 of the current season are not eligible unless they are in the 6th grade.

Prep (13/14U) - Players who turn 15 prior to Jan 1 of the current season are not eligible unless they are in the 8th grade.

Section 2: Games

2.1. General

2.1.1. All players in every group must wear batting helmets with ear protectors. Helmets must remain on while the player is on the playing field beginning when the player leaves the dugout and until they reenter the dugout. This rule also applies to any bat girl / boy used by the team.

2.1.2. All catchers must wear chest protectors, leg guards, catcher's mask that covers both ears (Hockey Style), and protective cups. In T-ball a helmet with facemask and chest protector are mandatory but not leg guards. The catcher's helmet and mask combination shall meet the NOCSAE standard. Any helmet or helmet and mask combination shall have full ear protection (dual ear flaps).

2.1.3. Steel cleats are allowed only in the Prep (13u/14u) age group and are prohibited in all other age groups. No Metal cleats will be allowed on portable pitching mounds.

2.1.4. Only players participating in the game (any player listed on the team's roster), one bat girl / boy, and four (4) certified Coaches will be permitted in the dugout during the game.

2.1.5. When a team is on offense (batting) one (1) Coach is allowed in the first base Coaches box, one (1) Coach is allowed in the third base Coaches box, and one (1) may position him / herself in front of the dugout, if so desired. These Coaches must confine themselves to the Coaches' box or immediately in front of the dugout. No seating of any kind allowed outside of the dugout.

2.1.5.1. In 4 year old T-ball, 3 Coaches will be allowed on the field when their team is playing defense. 1 Coach on the infield and the other 2 behind the runners baseline.

2.1.5.2. In 5 year old T-ball, 2 Coaches will be allowed to assist players, when their team is playing defense. 1 Coach may be in the outfield but the other Coach must position himself outside the Foul Lines.

2.1.5.3. In 6 year old T-ball 1 Coach will be allowed to position themselves directly in front of the dugout, while their team is playing defense. These Coaches must confine themselves to the area immediately in front of the dugout.

2.1.5.4. In 7 and 8 year old coach pitch, 1 coach will be allowed to position themselves directly in front of the dugout,

while their team is playing defense. These Coaches must confine themselves to the area immediately in front of the dugout.

2.1.5.5. In 9 through Prep age groups, 1 coach will be allowed directly in front of the dugout, while their team is on defense and must confine themselves in front of the dugout.

2.1.5.6. If in the judgment of the home plate Umpire, a coach has violated these rules, the Umpire will warn the Coach on the first offense. If a second offense occurs, the Umpire will direct the offending Coach to the dugout.

2.1.5.6.1. If the violation is committed by the first or third base Coach, on the second offense the Coach will be directed to the dugout, and a different background verified Coach can assume their position.

2.1.6. Players will be automatically ejected from a game if caught throwing equipment or committing flagrant, unsportsmanlike conduct and/or contact. Players may remain in the dugout after an ejection and during suspensions.

2.1.6.1. Following ejection from a game for violation of 2.1.6, the player can be suspended from the next league game.

2.1.6.2. Any player suspended twice during a season for violation of rule 2.1.6 can be suspended for the remainder of the season.

2.1.6.3. The player must appear before the Board of Directors, with their Parents and Head Coach, before the end of the current season, to determine if the player will be allowed to return the following year.

2.1.6.4. A Coach caught playing a suspended player will forfeit any game in which the suspended player participated. Taking the field in any capacity constitutes participation. The Coach will be suspended until a Board of Directors meeting is held to review the matter.

2.1.7. Head Coaches only will be allowed to discuss decision calls with Umpires; any deviation from this will result in a Coach's Warning.

2.1.9. Game Balls & Bat Regulations

2.1.9.1 Baseball, A 9", 5 ounce, cork or cork/rubber center, and must have a cowhide leather cover, baseball will be used in 5 year old through Prep baseball.

2.1.9.2. A soft T-ball or Incrediball will be used in 4 year old T-ball.

2.1.10. 5U -12U may use any bat (-8 or greater) as long as it is stamped in accordance with current USSSA or USA baseball bat rules.

Prep must use a -3 or -5 bat that are stamped USSSA or USA baseball baseball bat rules.

2.1.10.1. If a player is caught using an illegal bat (either by umpire or opposing coach), the first offense will be the player being called out. The second offense will be the player being called out and the Head Coach being ejected from the game. For the third offense, the player will be called out and the Head Coach will be suspended for the current season. An illegal bat will be recognized as per NOC rules and the current list on USSSA or USA baseball of illegal bats.

2.1.10.2. Wooden bats are allowed in all age groups.

2.2. Playing Field Regulations

2.2.1. T-ball

2.2.1.1. Will play on diamonds with sixty (60) feet between bases.

2.2.1.2. There will be an invisible thirty-five (35) foot safety arc from the 1st base line to the 3rd base line

2.2.1.3. The pitching plates are 40' from the front edge of home plate.

2.2.1.4. An invisible foul / fair arc sits at the edge of the dirt circle in front of home plate, from 1st base line to the 3rd base line.

2.2.2. 7u and 8u Coach Pitch

2.2.2.1. Will play on diamonds with sixty (60) feet between bases

2.2.2.2. There will be an invisible thirty (30) foot safety arc from the 1st base line to the 3rd base line.

2.2.2.3. The pitching plates are 40'(baseball), from the front edge of home plate. The pitching coach must address the center plate during his delivery. The player playing the pitcher position must stand to either the left or right of the pitching coach.

2.2.3. 9u through Prep

2.2.3.1. Baseball 9u and 10u will play on diamonds with 65 feet between the bases. The front edge of the pitchers' plate shall be 46 feet from the back of home plate.

2.2.3.2. Baseball 11u and 12u teams will play on a diamond with 70 feet between bases. The front edge of the pitchers' plate 50 feet from the back of home plate.

2.2.3.3. Baseball Prep (13u and 14u) will play on a diamond with 90 feet between bases. The front edge of the pitchers' plate shall be 60 feet from the back of home plate.

2.3. Game Length, Run Limits, Ending, and Forfeiture

2.3.1. For all age groups, game time will begin and be announced immediately after the plate meeting.

2.3.1.1. During league play for all ages, a 5 minute buffer will be given for start time if teams are not all present. If after the 5 minute buffer, a team or both teams are not ready for play, game will be ruled a forfeit. If both teams are not ready, the game will be recorded as 0-0 tie.

2.3.2. Game lengths

2.3.2.1. T-ball (4u) will have a one (1) hour game time or three (3) complete innings, whichever occurs first.

2.3.2.2. T-ball (5u and 6u) games will be one (1) hour or six (6) innings, whichever occurs first.

2.3.2.3. 7u and 8u games will be one (1) hour or six (6) innings, whichever occurs first.

2.3.2.4. 9u and 10u games will be one (1) hour ten (10) minutes or six (6) innings, whichever occurs first.

2.3.2.5. 11u and 12u games will be one (1) hour twenty (20) minutes or six (6) innings whichever occurs first.

2.3.2.6. Prep (13u and 14u) games will be one (1) hour thirty (30) minutes or seven innings (7), whichever occurs first.

2.3.2.7. League games can end in a tie.

2.3.2.8. For age groups T-ball through 8u Coach Pitch, a game ending by forfeit or run rule, before the inning rule or time limit have been reached, will be continued as a scrimmage from that point on (providing both Coaches agree), until either the inning

rule or time limit rule is reached. The Umpires will continue officiating when a game is continued as a scrimmage.

2.3.2.9. No new inning will begin with less than five (5) minutes remaining in game time for pitched games in league.

60minute games will run the full time for league.

2.3.3. Inning run limits

2.3.3.1. Baseball, T-ball (4u) through 12u, each team is limited to scoring seven (7) runs per at bat. Prep will have a ten (10) runs per at bat limit.

2.3.4. Game Ending Run Rules

2.3.4.2 Baseball, T-ball (4u) through Prep will have a run rule limit of eleven (11) runs after 3 innings or eight (8) runs after 4 innings.

2.3.5. Rain Out Games

2.3.5.1. T-ball (4u) through 12u baseball: 2 1/2 innings will constitute a full game if the home team is ahead. Prep 3 1/2 innings will constitute a full game if the home team is ahead.

2.3.5.2. In the event a game is called before the inning rule 2.3.5.1 is reached, the game will be rescheduled for a later date and continue from the same point at which the game was called. The home plate Umpire will annotate time remaining in

the home team score book and verify statistics are properly annotated.

2.3.6. All NOC league games will be official and played as long as a team begins with (8) players.

2.3.6.1. Any team starting with eight (8) players will NOT have an automatic out charged in the ninth (9th) position of the official batting order. (LEAGUE RULE ONLY)

2.3.6.2. Any player on the roster may be inserted at the bottom of the lineup upon arrival.

2.4. Team Lineup and Fielders

2.4.1. No age group will be allowed to use designated hitters.

2.4.2. League Only, For all age groups, a continuous lineup of all available players will be used.

2.4.3. For all age groups, players arriving late will be inserted as the last batter in the lineup.

2.4.4. 5u through 6u T-ball can use either nine (9) or ten (10) defensive players. One must play in the pitching position. If 10 players are present, one player must play the catching position as well. All four (4) outfielders must stay behind the baseline. The baseline is defined as the dirt area, in an arc from first base to third base.

2.4.5. 7u through 8u Coach Pitch can use either nine (9) or ten (10) defensive players. One must play in the pitching position, and one player must play the catching position. All four (4) outfielders must stay 15 feet behind the infield dirt. The infield dirt is defined as the dirt area, in an arc from first base to third base.

2.4.6. Both teams will provide line up cards to the home plate Umpire and opposing team's scorekeeper prior to the start of play, to establish a formal team lineup. Lineup must include player's roster name (no nicknames) and number.

2.4.7. TOURNAMENT: Rosters must be turned in to the tournament director before the teams first game of the weekend. Can be sent by text or physical copy turned into the concession stand.

2.5. Co-Ed T-ball (4u) Rules of Play

2.5.1. T-ball (4u) will have 1 umpire.

2.5.2. When "play ball" is called by the Coach/Umpire, the Coach shall then position him / herself against the backstop out of play. And the batter may swing at the ball.

2.5.3. There will be no strikeouts. Each player will get 6 swings to hit the ball from the Tee. If the player has not hit the ball after the 6th swing they will automatically advance to first base to have an opportunity to run the bases.

2.5.3.1. To count as a hit the ball must travel outside the dirt or 5 feet from the tee.

2.5.4. Pitcher must start with one foot in the circle until the ball is hit. If no circle is present, the dirt area designated for the pitcher will be used as a circle. Infielders must stay behind the thirty (30) foot safety arc until the ball is hit. Pitchers must wear a face mask or helmet with a faceguard.

2.5.5. A batted ball thrown to the first or third baseman that rolls into foul territory will stop play. Runners may advance one base.

2.5.6. Any Coach helping in the field is considered part of the field. If a live ball should hit a Coach it is considered a live ball and play should continue.

2.5.7. When an infielder has stopped the lead runner from advancing to the next base, the play is dead. A runner standing off a base that “jukes” or “feints” back and forth, is not attempting to advance to the next base, and time will be called.

2.5.8. Once a team has batted through their lineup the teams will exchange offensive and defensive sides. Batting lineups shall alternate from batter 1 – 12 to batter 12 – 1. This allows two different batters to be the leadoff batter.

2.5.8.1. The last batter of each lineup should be allowed to run through the bases until home plate is reached.

2.5.9. Players who are thrown out or tagged out will be out but may remain on base if the coach chooses.

2.5.10. No stealing. A runner must keep one foot on the base until the ball is hit. The player will receive one warning, and then they have to go sit in the dugout.

2.5.11. Defense will be situated in the infield only. A ball that rolls out of the infield (past the bases will be declared a ground-rule double. A ball that leaves the infield by crossing the infield base path in the air will be declared a home run.

2.5.12. There is no scorekeeping in 4u Tball league games.

2.6. T-ball (5u and 6u) Baseball

2.6.1. The batting team will have a Coach responsible for placing the ball on the tee and removing the tee after the ball is put into play.

2.6.1.1. The tee will be placed on top of home plate.

2.6.1.2. When “play ball” is called by the Umpire, the Coach will position him / herself against the backstop and out of play. After the ball is batted fair the Coach will remove the tee from home plate and position him/herself so that they will not interfere with play.

2.6.1.3. The Umpire will handle interference by the Coach just as they would any other interference call. This is a judgment call by the Umpire.

2.6.2. The batter cannot swing at the ball on the tee until the Umpire calls “play ball”

2.6.2.1. Before the Umpire calls “play ball” the batter may line up with the ball and take practice swings, which may knock the ball off the tee without penalty. After “play ball”

is called a practice swing or accidentally hitting the ball will be considered a strike.

2.6.2.2. The batter will have 6 swings to put the ball in play. If on the third swing, which would be the 3rd strike, the ball is hit into foul territory the batter will have three (3) remaining swings to put the ball in play. If the ball is not put into play after the 6th swing the batter will be retired and an out recorded.

2.6.2.3. The batter is not allowed to “bunt” or swing easy at the ball (penalty – strike). This is a judgment call by the Umpire.

2.6.2.4. If the batter hits the ball less than six (6) feet in fair territory, it is considered a strike.

2.6.2.5 The batter must hit the ball and not the tee for it to be considered a hit ball.

2.6.2.6. A play will be considered over and the Umpire shall call time, as soon as all runners are stopped at the base they occupy and the ball is in possession of a defensive player in the infield. A runner standing off a base that “juke” or “feints” back and forth, is not attempting to advance to the next base, and time will be called.

2.6.2.7. If a batter throws their bat and the bat does not hit a player, Coach or Umpire, the Manager will receive a “team” warning from the Umpire.

2.6.2.8. If the thrown bat hits a player, Coach or Umpire, the batter is automatically called out and the Coach receives a “team” warning.

2.6.2.9. All subsequent thrown bats will result in the batter being called out.

2.6.3. While the ball is in play, the ball will not be touched by anyone other than the Umpire, the Coach of the batting team, or a player on the field. If anyone other than those listed in the rule touched the ball, play will be called dead.

2.6.4. Pitcher must start with one foot on the pitcher’s plate until the ball is hit. Pitchers must wear a face mask or helmet with a faceguard.

2.6.5. Infielders must stay behind the 30 foot safety arc until the ball is hit.

2.6.5.1. First offense will be a warning by the Umpire. Second offense the batter will be awarded first base.

2.6.5.2. If the ball is hit, all runners will be safe and the ball declared Dead.

2.6.6. Players are not allowed to steal or lead off (penalty – called out).

2.6.7. Infield fly rules do not apply.

2.6.8. Players cannot intentionally roll the baseball when a play is being made; the ball must be thrown to a defensive player.

2.6.9. No intentional walks allowed.

2.6.10. No courtesy runners allowed.

2.6.11. For 5U only: A batted ball thrown to the first or third baseman that rolls into foul territory will stop play. Runners may advance one base

2.7. 7u and 8u Coach Pitch Baseball

2.7.1. A regulation team consists of at least nine players.

2.7.2. Teams can use either nine or 10 defensive players. One player must play the pitching position, and one player must play the catching position. For teams using 10 defensive players, four players must play outfield positions.

2.7.3. Teams must have a minimum of eight players to start and finish a game. If the lineup drops below eight players, the game is declared a suspended game and is not rescheduled. The suspended game is then ruled a forfeit by the board member on duty. Umpires have no authority to forfeit a game.

2.7.4. There is a 30-foot safety arc from the back tip of home plate and from the first-base line to the third-base line.

2.7.4.1. Fielder must stay beyond the arc until the ball is hit.

2.7.5. There is a pitching plate 40 feet from the tip of home plate from which the coach must pitch.

2.7.5.1. Pitching Coach must pitch overhand.

2.7.6. The pitching coach must address the center plate during his delivery. The player playing the pitcher position must start on either the left or right side of the pitching coach until the ball is hit.

2.7.7. Each batter is allowed six pitches or three strikes. If a batter hits a foul ball on the sixth pitch, he or she is allowed to continue batting until he or she either does not make contact with the ball or puts the ball in play. On dropped 3rd strike, batter is out.

2.7.8. There are a maximum of seven runs or three outs per inning.

2.7.9. A batted ball hitting a coach pitcher is declared a dead ball. The batter will be awarded first base and all other runners advance one base. If in the umpire's judgment, a coach pitcher intentionally makes contact with a batted ball, the batter is out, and no runner can advance. (Intentionally meaning "ill will", not as in to protect themselves or the pitcher from a direct hit) In addition, any time a player runs into the pitching coach while attempting to make play on batted ball, play will be stopped and batter will be awarded first base. All runners on base will be awarded next base.

2.7.10. A play will be considered over and the Umpire shall call time, as soon as all runners are stopped at the base they occupy and the ball is in possession of a defensive player in the infield. A runner standing off a base that "jukes" or "feints" back and forth, is not attempting to advance to the next base, and time will be called.

2.7.11. All teams must roster bat all players for all games. (League Only)

2.7.12. Because teams are roster batting, there is free substitution on defense. The batting order must remain the same.

2.7.13. The catcher must be located in the catcher's box, no more than four feet behind home plate.

2.7.14. Infield fly rule is in effect for 8u only. 7u will not use infield fly rule.

2.7.14.1. An **INFIELD FLY** is a fair fly ball (not including a line drive nor an attempted bunt) which can be caught by an infielder with ordinary effort, when first and second, or first, second and third bases are occupied, before two are out. The pitcher, catcher and any outfielder who stations himself in the infield on the play shall be considered infielders for the purpose of this rule.

When it seems apparent that a batted ball will be an Infield Fly, the umpire shall immediately declare "Infield Fly" for the benefit of the runners. If the ball is near the baselines, the umpire shall declare "Infield Fly", if Fair.

The ball is live and runners may advance at the risk of the ball being caught, or retouch and advance after the ball is touched, the same as on any fly ball. If the hit becomes a foul ball, it is treated the same as any foul. If a declared Infield Fly is allowed to fall untouched to the ground, and bounces foul before passing first or third base, it is a foul ball. If a declared Infield Fly falls untouched to the ground outside the baseline, and bounces fair before passing first or third base, it is an Infield Fly.

2.7.15. Bunting is not allowed in 7U coach pitch. In 8U coach pitch each team is allowed one (1) successful bunt per inning. A bunt is

deemed successful if the ball is put in play. It does not mean the batter-runner reaches base without being put out.

2.7.15.1. No fake bunts allowed in any age division, except Prep. If a player “shows” bunt, they are committed to attempt to bunt or take the pitch. The penalty for swinging after “showing” bunt: the batter is declared out and no runners will advance.

2.7.16. Base stealing is not allowed in 7U & 8U coach pitch.

2.7.17. Runners cannot leave their bases until the ball is batted into play. A runner who leaves early is declared out, and the pitch is declared a no pitch.

2.7.18. While a ball is in play, the coach who is pitching is prohibited from coaching; either physically or verbally.

2.7.19. Courtesy runners are only allowed for the catcher. The courtesy runner must be the player who is the last recorded out. If in the first inning and no outs have been recorded, the courtesy runner is the player farthest away from the catcher.

2.7.20 There are no intentional walks in 7U or 8U coach pitch.

2.8. 9u Through Prep Baseball

2.8.1. All NOC league and tournament game pitching rules and limitations will be followed.

2.8.1.1. Limitations of pitching are based upon recorded outs while the pitcher is on the mound.

2.8.1.1.1. In 9u/10u age groups that are scheduled for six innings, a pitcher cannot pitch more than 12 outs in any given day and cannot pitch more than 21 outs in three consecutive days, regardless of game guarantee.

2.8.1.1.2. In 11u/12u age groups that are scheduled for six innings, a pitcher cannot pitch more than 15 outs in any given day and cannot pitch more than 24 outs in three consecutive days, regardless of game guarantee.

2.8.1.1.3. In Prep, scheduled for seven innings, a pitcher cannot pitch more than 18 outs in any given day and cannot pitch more than 27 outs in three consecutive days, regardless of game guarantee.

2.8.1.2. Any pitcher in the Prep or younger divisions that has pitched two days in a row must rest the 3rd day, regardless of outs recorded. (League Only)

2.8.1.3. Any pitcher in the Prep or younger divisions that has pitched 10 or more outs in a single day must rest the following day, regardless of outs recorded.

2.8.1.4. Pitching limitations stop for the day when the park is shut down for the night and the teams leave.

2.8.1.5. When games are suspended and continued the next day, pitching limitations are split between the two days. **Note: Outs recorded count for the day that are recorded. When the game resumes from suspension, all outs recorded count for the current day.**

2.8.1.6. In the case of a double or triple play, there is no penalty for exceeding outs recorded at the time of the play.

2.8.1.7. It is the duty of each team's Coach on both sides to make sure recommended pitching guidelines are being followed.

2.8.1.8. Any outs recorded during a game once it is ruled a forfeit count toward the pitcher's recorded outs.

2.8.1.9. Any violation of pitching limitations will result in the immediate correction for the violation and follow-up from the league to the offending coach regarding following recommended pitching guidelines.

2.8.2. Balks – 9u and 10u

2.8.2.1. When a balk occurs, a warning will be given then balks will be enforced.

2.8.2.2. 9u-each pitcher per game is given a warning before enforcing balks.

2.8.2.3. 10u-each team per game is given a warning before enforcing balks.

2.8.2.4. Tournament play: Balks shall be strictly enforced without warning.

2.8.3. In age groups 11U through Prep, balks shall be strictly enforced without warning.

2.8.4. If a pitcher balks with no runners on it shall be recorded as a "ball".

2.8.5. When a balk is called, it will be considered an immediate dead ball.

2.8.6. When a team is charged with its second visit in the same inning, to the same pitcher, the pitcher must be removed from the pitching position for the remainder of the game (unless rule 2.8.6.2. applies). The pitcher may be moved to another defensive position.

2.8.6.1. A visit is recorded when a coach calls time, enters the playing field and addresses the team.

2.8.6.2. When a starting pitcher is pulled from a game he is not allowed to re-enter as a pitcher.

2.8.7. Once a player has “addressed” the mound, i.e. a player standing on any part of the dirt mound who picks up the baseball and throws one (1) warm up pitch to the catcher, must throw at least one (1) pitch to the batter, before being removed from the position.

2.8.8. Slap & Fake bunts allowed in Prep Division only.

2.8.8.1 No fake bunts allowed in any age division, except Prep. If a player “shows” bunt, they are committed to attempt to bunt or take the pitch. The penalty for swinging after “showing” bunt: the batter is declared out and no runners will advance.

2.8.9. If eligible, a courtesy runner can be used any time for the pitcher and/or catcher of record only. The courtesy runner is the last batter not on base. The courtesy runner does not have to be a legal substitute, but must be on the roster and should be listed on the lineup card. The courtesy runner can only run for one player per inning.

2.8.10. In all kid pitch divisions, an intentional walk is granted upon request. No pitches will need to be thrown.

2.9. Protests

2.13.1. There will be NO protests in league play.

2.13.2. \$100 cash non refundable protest fee in tournaments.
Director on duty and/or UIC will rule on protest.

Section 3: Administrative

3.1. Age Classification

3.1.1. The age group of a player will be determined by the player's age on January 1st. The season runs from Fall to Spring. The January 1st used to determine age group is between the Fall and Spring seasons.

3.1.2. Players have the option of playing up in a higher age group, but only (1) year at the Coach's discretion and with consent of a Parent or legal guardian.

3.1.3. Players will not be allowed to play down in lower age groups.

3.2. Insurance Coverage

3.2.1. The NOC Secretary must be notified within 48 hours of an accident, for the claim to be processed. Any incident must be recorded on an incident form that will be kept on file in the office.

3.3. Uniforms

3.3.1. All uniforms will consist of a jersey, pants, socks, and a hat. These are not included in the registration cost. Each team will contact their supplier of choice to order team uniforms.

3.3.1.1. Each player's uniform must have a number on the game jersey prior to the first league game. Each number must be unique for that team; no duplicate numbers are allowed.

3.3.1.2. Cold weather attire can be worn as long as the jersey underneath, with the player's number can be shown for verification.

3.3.1.3. Pitchers may not have anything white on their arms, hands, wrists. If present, those must be removed before they are allowed to pitch.

3.3.2. Visible jewelry of any kind must be removed or tucked in.

3.3.3. No player will be allowed to use a cell phone or any electronic devices during the games on the field.

3.4. Game Schedules

3.4.1. League schedules are considered final once posted, if a reschedule must be made due to a team request a \$20 reschedule fee will be invoiced.

3.4.2. Each request to re-schedule must be approved by both Head Coaches of the teams involved. The agreed upon re-schedule must then be sent to the NOC scheduler at which time they will reschedule or offer alternate options.

3.5. Ejections

3.5.1. Any PERSON ejected from a game, must immediately leave the ballpark. Failure to leave the ballpark will cause their team to forfeit the ball game.

3.5.1.1. Players may stay in the dugout if controlled by a background clearance Coach.

3.5.2. At the completion of the ball game, all ejections from a game will be heard by the Umpire in Charge (UIC), Director, Board Member on duty and all Umpires. NOTE: Person ejected must leave the park at the time of ejection. They will be allowed to present their case to the UIC and Board Member/Director on duty.

3.5.2.1. The person ejected is suspended from attending any games at the ballpark until a final decision is reached. All decisions are final.

3.5.2.2. If the UIC, Board Member/Director and all Umpires on the field are unable to meet after the completion of the ball game, every attempt will be made to resolve the ejection within 24 hours of the incident.

3.6. Player Participation

3.6.1. Every player must play at least one inning in every league game unless they are not present at the game. An inning consists of being in the lineup for one offensive and one defensive inning. Each Coach should make every effort to see that all players participate in every game.

3.6.1.1. Tournaments sponsored by NOC are not considered league games, and are exempted under this rule.

3.6.1.2. Player disciplinary restrictions may reduce the amount of game playing time. Disciplinary restrictions are not related to player performance.

3.6.1.3. Failure to comply can result in the suspension of the Head Coach.

3.6.2. The Manager or Head Coach is required to maintain some form of documentation concerning player participation to be used to determine compliance with rule 3.6.1.

3.7. Field Maintenance

3.7.1. Coaches are responsible for cleaning their dugout after every game.

3.7.2. All field issues that are a potential safety concern should be shared with the age group coordinator and will be passed along to the grounds crew and board.

3.8. Continuous Improvement Process

3.8.1. If there are areas that are seen that need improvement, the observer can email to NOC with concerns. normansports@gmail.com

Section 4: Coaches, Parents, Spectators, Scorekeepers, and Umpires

4.1. Managers and Coaches

4.1.1. All Head Coaches, Assistant Coaches, and/or dugout Parents are required to have an annual background check on file with the Norman Optimist Club.

4.1.2. The use of tobacco and e-cigarette products by Coaches, Assistant Coaches & Spectators is prohibited anywhere in the ballpark.

4.1.2.1. A warning will be given on the first instance; further failure to comply with this rule will cause the Coach's team to forfeit the game being played.

4.1.3. The use of profanity, alcoholic beverages, non-prescription drugs, or illegal substances (i.e. marijuana, cocaine, etc.), is not allowed.

4.1.3.1. Any Coach or Assistant Coach under the influence of non-prescription drugs, or illegal substances, will be suspended from NOC activities for life.

4.1.4. All Managers and Coaches are expected to play fair and show good sportsmanship to their players through their example and conduct while on the practice field and during games.

4.1.4.1. A Head Coach or Assistant Coach will automatically be suspended for actions committed that would be damaging for their team or NOC in general.

- **4.1.5.** Coaches are responsible for complying with the following rules:

4.1.5.1. All Norman Optimist Club(NOC) Official League rules, NOC Tournament Rules, and all MLB Rules.

4.1.5.2. To conduct themselves in a sportsmanlike manner in dealing with Umpires, opposing Coaches, players, parents and spectators.

4.1.5.3. To control the conduct of their players, parents and spectators.

4.1.5.4. To comply with the NOC player participation rule.

4.1.5.5. To be knowledgeable of baseball rules and coaching methods.

4.1.5.6. To sign and uphold the Coaches Code of Conduct.

4.1.5.7. To wear a minimum of a team hat and appropriate attire (no tank tops, flip-flops, or clothing that advertises tobacco or alcohol products of any kind).

4.1.5.8. Violations concerning any of the rules could result in suspension of the Coach, and forfeiture of any games played, depending on the particular violation.

4.2. Parents or Spectators

4.2.1. All parents, having guardianship of a child playing in the NOC league, must sign and abide by the Parents Code and Parents and Coaches Behavior Policy. Not signing the Parents Code of Ethics does not exclude Parents or guardians from abiding by its policy.

4.2.2. Every individual, whether a non-guardian relative, family friend, etc. (spectators) attending an event at Reaves will abide by the Parents Code of Ethics and Parents and Coaches Behavior Policy.

4.2.3. Parents and spectators will not interfere with the opposing teams players by shouting comments like, he can't hit, don't worry he can't run, or countermanding a Coaches instruction. *Example:* a Coach yells for a player to throw the ball to second, and opposing team's spectators yell throw to third.

4.2.3.1. If a team believes this has occurred, the Head Coach will notify the Home Plate Umpire. The Home Plate Umpire will attempt to monitor these outbursts.

4.2.3.2. A second violation will result in a team warning to the offending team's Head Coach.

4.2.3.3. A third violation will result in forfeiture of the ball game by the offending team.

4.2.3.4. Any parent or spectator caught violating this rule will be ejected from the ballpark and must leave the premises immediately.

4.2.4. The use of tobacco and e-cigarette products by any person is prohibited anywhere in the ballpark.

4.2.5. Music will be allowed at ballpark provided following conditions are met:

- Music must be kid friendly and contain no vulgarity or disparaging remarks.
- Volume must be at a respectable level as to not disrupt other teams or other fields.
- Music cannot be played during live ball action. May be played as walk up music as long as music is turned off prior to at bat play starting.
- Umpires on field, UIC and the Director have the authority to ask a team to turn music down or off. First offense will be a warning; Second offense will be termination of music rights for that game; third offense will be termination of music and ejection of Head Coach.

4.3. Scorekeepers

4.3.1. All Scorekeepers are expected to be knowledgeable of the score keeping procedures.

4.3.1.1. When players are substituted, the inning must be annotated by the player's name, since the score book will be used in reference to the one inning per game rule.

4.3.2. The home team score book is the official record of the game.

4.3.3. All Scorekeepers must sit where the umpire can easily find them.

4.4. Umpires

4.4.1. All Umpires will be coordinated by and responsible to the Norman Optimist Club appointed UIC. The UIC is directly responsible to the NOC League Director and Board of Directors.

4.4.2. Umpires shall wear approved attire including gray pants / shorts; collared shirts as instructed by the UIC, and navy blue baseball or umpire cap. For baseball (ages 9 through Prep) all home plate Umpires shall wear facemasks, chest protectors, and shin guards.

4.4.3. Umpires will be expected to have a good working knowledge of baseball rules, Ball Parks of Norman park rules and the mechanics of good umpiring.

4.4.4. Umpires can be expected to receive fair treatment from Coaches, Players and Spectators. They shall have support from the Board of Directors when enforcing the rules set forth by the NOC or MLB.

4.4.5. Umpires will have full charge of the game 15 minutes prior to the scheduled starting time. They shall make judgements concerning field of play conditions, equipment and questions regarding play of the game.

4.4.5.1. After games have started, the UIC will make all decisions concerning games affected by weather.

4.4.6. Umpires are expected to conduct themselves in a sportsmanlike manner that will display their knowledge of baseball rules and fair play.

4.4.7. The use of profanity, alcoholic beverages, non-prescription drugs or illegal substances (i.e. marijuana, cocaine, etc), is not allowed.

4.4.7.1. The UIC and/or League Director will automatically suspend any Umpires suspected of being under the influence of alcoholic beverages, pending investigation.

4.4.8. The use of cell phones or other electronic devices during the game, will not be permitted unless communicating directly with the UIC regarding the game.

4.4.9. While officiating a game, if an Umpire is involved in a physical altercation with a Coach, Player, Parent or Spectator, the Umpire will not complete the game, nor will the Umpire be allowed to officiate another game until the UIC, the Executive Board Member, and Board Member on duty have reviewed the altercation.

4.4.9.1. Upon review it will be determined if the Umpire involved will be suspended or allowed to return to their schedule.

4.4.10. Umpires shall report any major disturbances, protest by Coaches, or questions regarding their duties to the UIC. The UIC shall in turn report to the Executive Board Member and Board Member on duty.

4.4.10.1. All complaints concerning an Umpire's ability to officiate a game must be submitted in writing to the Board of Directors. The UIC and the Board of Directors shall handle any questions regarding the abilities of any Umpire.

4.4.11. If a forfeit occurs, the Umpire will only be paid if they are assigned to the field where the forfeit occurred. Umpires must stay and officiate scrimmages, if necessary (full game time).

4.4.12. If the UIC has been notified in advance that a game(s) has / have been canceled, no Umpire fee(s) will be paid for the game(s).

The MLB rulebook will govern all other rules not specifically addressed above.

The USSSA Fastpitch rulebook will govern all other rules not specifically addressed above.

Updated 2/3/25