

Article I – Baseball

100: Practice

- a) Interscholastic practice during the school year is defined as:
 - a. any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
 - b. any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
 - c. any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
 - d. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.
- b) Any single practice session shall be no longer than 3 hours in length.
- c) There shall be a minimum of 2 hours between any two practice sessions in a single day.
- d) Conditions for Optional, Non-Mandatory Off Season Individual & Small Groups Skill Development: Coaches are allowed to work with their athletes in a designated off season 8 week program individually or in a small group of no more than 4 athletes, no more than one hour a day and no more than twice a week for an athlete.

101: Schedule

- a) A double round robin schedule shall be played each year by the varsity team.
- b) Teams are allowed a maximum of 27 contests (game for game, including tournaments), not including CCS and League Play-offs
- c) Two scrimmages are allowed, they do not apply to the 27 game limit
- d) Individual schools have the option of fielding a Junior Varsity team.
- e) All games shall be played according to the current official baseball rulebook of the National Federation.

102: Games

- a) Starting Time for league games will be 4 pm.
- b) All games will be 7 innings; there will be no 10 run rule.
- c) In the event of weather, darkness or some other event that does not allow the game to be a complete 7 innings, the contest is considered a suspended game and must be completed in its entirety, unless both teams mutually agree to call it a completed game. If a suspended game happens in the first round it will be completed on the same day as the second round game, with the suspended game to be completed before the regularly scheduled game. If such a situation

occurs during the second round the teams will schedule a date and time to complete the game at the earliest possible mutually agreeable date.

- d) Games that are rained out will be made up in the same week or during the following week if possible. No more than three league games should take place in one week
- e) There shall be two umpires. When there is only one umpire he shall work behind the plate. If there is only one umpire for a varsity game, the game shall proceed as scheduled.
- f) There will be no live on field batting practice before games.
- g) The visiting shall have no less than 15 minutes of pre game infield practice. The home team should begin infield practice no later than 30 minutes before the scheduled start time. The visiting team should begin infield practice no later than 15 minutes before the scheduled start time. By mutual consent the visiting team may take infield first.
- h) The WBAL will **not** use the speed up rules. (i.e. – **no** courtesy runners for the pitcher and or catcher)
- i) Pitchers are limited to 30 outs in a week, Monday through Saturday. (double and triple plays which take a pitcher over the limit are not penalized) – CIF rule.
- j) Protests are allowed and must be filed with the league commissioner with 24 hours of the completion of the protested game. The league commissioner has the final say in all protests.

103: Equipment

- a) Any National Federation High School ball may be used in league play although it is recommended that the CCS tournament ball be used (Rawlings)

104: Score keeping

- a) The Home Team is the official book.

105: Crowd control

- a) The home school has every right to ask any home or visiting spectator to leave due to inappropriate behavior.
- b) If an incident does occur, fill out the CCS incident form and send it to the league Commissioner.

106: Tie Breaking Procedure (**For CCS Advancement only**):

- a. Head to Head competition
- b. Second round record
- c. Head to Head competition with the next highest finishing team (2nd, 3rd, 4th etc.)
- d. Fewest Runs allowed in League Contests
- e. Coin toss