

DENVER POLICE ATHLETIC LEAGUE

2010 YOUTH BASEBALL RULES

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The PAL Director or his Designee is the sole authority in any matter that comes to PAL for review, approval or interpretation. All decisions made by PAL are final and there is ***NO APPEAL PROCESS***.

The PAL Staff will attempt to be fair in all cases; however, violations of **unsportsmanlike conduct and cheating** will not be tolerated and will be dealt with appropriately and severely.

The PAL Director or his Designee has the authority to alter game format in any lopsided game to allow for fair play for both teams.

The Director's Designee can or may consist of:

Deputy Director, Program Director, Field Supervisor, Umpire, or anyone else so designated by the PAL Director.

Rule 1.00 – Player Participation and Attendance Records

- 1.01** All registered youth organization members, who indicate by their attendance at practice, games, and by their general attitude toward the Club, that they are doing their best for the organization, shall play in every league game irrespective of their athletic ability. This rule is basic to the operation of the Denver Police Activities League (PAL).
- 1.02** Nothing in this rule shall be construed to prevent management from keeping any player out of a game as a disciplinary measure, provided, in their opinion, the player is not complying with the spirit hereof.
- 1.03** The PAL staff strongly recommends that coaches keep attendance records at practice making note of excused and non-excused absences from practice.

Rule 2.00 – Practice and Field Permits

- 2.01** Field permits will be available after March 9th, 2009. Teams may practice and condition prior to that date, however they will be responsible for obtaining a field permit at their own cost in accordance with Parks and Recreation rules.
- 2.02** League play will begin on Saturday April 4th, 2009.

Rule 3.00 - Age and Eligibility

- 3.01** The cutoff date is Sept. 1st of the current year, except for the T-Ball Division.

T-Ball Division	Ages 4–6 (must turn 4 by December 31 st of the current year)
Pee Wee Division	Ages 7-8
Bantam Division	Ages 9-10
Intermediate Division	Ages 11-12
Senior Division	Ages 13-14
- 3.02** Any division player may play up to the next Division at the discretion of the Team Manager and Coaches. The PAL Office must be notified of all players who moved up an age division.
- 3.03** **NO 9TH GRADE OR HIGH SCHOOL STUDENT IS ELIGIBLE TO PARTICIPATE IN PAL BASEBALL, REGARDLESS OF AGE.**
- 3.04** **Any player that is 15 years old but is not in enrolled in High School may participate with the approval of the PAL office.**

Rule 4.00 -Team Rosters and Registration

- 4.01** Each team will be issued a USB flash drive that will contain several forms: roster, coaches' information sheet, registration form and a scholarship form.
- 4.01.a** The scholarships form if for use by PAL teams only.
- 4.02** A refundable \$20 deposit will be required to check out the USB flash drive to cover the cost of lost, not turned back in or damaged flash drives.
- 4.03** The roster on the flash drive will be completed with all player information and payment information.
- 4.03.a** Only players that have paid will be allowed on the roster.
- 4.03.b** Payment information will consist of Cash, Scholarship or PayPal.
- 4.03.c** If a player pays by PayPal a transaction number will be required.
- 4.03.d** Players (PAL only) who are on a scholarship must complete the scholarship form and turn it in to the coach in order to be eligible for a scholarship.
- 4.03.e** Players may pay by cash (no personal checks made out to PAL will be accepted, no exceptions), which will be collected by the coach or team mom and turned into PAL on registration day.
- 4.04** Every player on the roster must have a completed registration form signed by a parent or guardian. Please make copies of the registration form that is on the flash drive.
- 4.05** If all required information is filled in then there will be a green "Complete" next to the player's, name. If there is any information missing it will have an explanation in red next to the players name.
- 4.06** The Coaches Information Sheet must be completed with all required information. Please print of copy of the roster and Coaches Information Sheet for your records.
- 4.07** On registration day (Saturday March 28th) the USB flash drive must be turned in to PAL.
- 4.07.a** If required information is complete the \$20 will be refunded.
- 4.08** The USB drive should contain a completed roster and Coaches Information Sheet.
- 4.09** The coach must have a completed registration form for each player on the roster regardless of how payment was made.
- 4.10** The coach must have a completed scholarship form for any players listed as on a scholarship.
- 4.10.a** Each PAL organization is allowed a limited number of scholarships. Please contact the manager of the organization for approval.
- 4.11** PAL staff will check all information on registration day and accept payment for scholarship and cash payees.
- 4.11.a** Players that are not paid on registration day or do not have a complete registration form will be taken off the roster.
- 4.12** Only teams that have turned in a completed USB flash drive on registration day will be put on the season schedule
- 4.13** PAL staff will be available prior to registration day to assist with the typing of rosters and Coaches Information Sheets for a cost of **\$50**.
- 4.14** Maximum roster size: 15 players
Minimum roster size: 12 players.

Rule 5.00 -Line-up Cards

- 5.01** Completed Line-up Cards must be exchanged by coaches prior to each game, along with the original to the Field Supervisor. Failure to do so could constitute a forfeit. The League supplies line-up Cards.
- 5.02** Line-up cards must list the player's first and last name and his/her jersey number. The player's jersey number, which was listed on the official roster at registration and on the line-up card after the first game must be the same and must remain the same for the remainder of the season. Any discrepancies could constitute a forfeit.
- 5.03** Once the game has started no changes can be made to the line-up card. Late players will be added to the end of the line-up card. *T-BALL DIVISION WILL NOT USE LINE-UP CARDS.*

Rule 6.00 - Manager Responsibilities

- 6.01** The managers of each club is responsible for the selection of and conduct of all coaches, including Head Coaches and Assistant Coaches that are chosen. Coaching selections must meet the approval of the League Office. Any Manager who approves a coach who has been barred from a PAL League must explain his actions or be subjected to removal from their position and the PAL League.
- 6.02** Managers will be responsible to make sure all players in their organization have properly registered with all required information, have paid all registration fees and are listed on the Official PAL Roster. You will be required to check eligibility of all players in your organization and will be responsible for the accuracy of this information. If a player's birth certificate is already on file the player will have a PAL ID#. Managers will also be responsible to make sure that all coaches in their organization have completed the Coaches Information Sheet. Coaches not listed on the Coaches Information Sheet will not be permitted to coach in the PAL league.
- 6.03** Equipment issued to coaches and players must be collected at the end of each season, inventoried and returned to Denver PAL office. If the Coach and Manager, through their efforts, cannot obtain uniforms or equipment from a player, they are to contact the League Office for assistance. Violations by the responsible player and parent will result in ineligibility of further participation in the PAL League, and replacement cost of equipment to the parent or guardian for items not owned by the player.
- 6.04** Managers can act on behalf of their club at all league meetings or hearings that pertain to the teams, players, coaches, parents or fans.
- 6.05** Managers are responsible for all PAL League fees of the current year. **All fees are due at the time of registration.** Clubs who fail to meet these obligations will not be scheduled for the season. Outright neglect or avoidance of financial obligations will cause legal action to be taken against offending club and its officers.
- 6.06** Managers must keep accurate records of any money collected that pertain to his organization and make them available to the League Office, if and when necessary.
- 6.07** Managers are responsible to distribute all information from the PAL office to their coaches and make sure the coaches distribute the information to their players, parents and spectators.

Rule 7.00 – Coach Requirements and Responsibilities

- 7.01** The Coaching Staff of a team is in complete charge of the team whenever it is together on the practice field, whether traveling as a group to and from practice sessions and games, or whenever together for any team function, such as a banquet. The Coaching Staff is under the direction of the Head Coach. Other coaches are called Assistant Coaches.
- 7.02** Head Coach must be at least 21 years of age
- 7.03** Assistant Coaches must be at least 18 years of age or a High School graduate. A team may have a maximum of 3 Assistant Coaches.
- 7.04** The Head Coach will determine the responsibilities of the Assistant Coaches. **One coach must be First Aid certified. All coaches must be NYSCA or CHSAA certified to coach in PAL. All coaches must complete a background check (NCIC) at their own expense their first year as a coach and can set this up with the PAL office. Coaches will then complete a CCIC check at their own expense every year thereafter. Coaches who coached baseball or football in 2008 and any new baseball or football coaches for 2009 will not have to pay for their initial background check as long as they complete the check within the timeline set down by PAL.**
- 7.05** Coaches are selected by the Organization’s Manager and may be retained or released prior to the next season.
- 7.06** Coaches may be dismissed or banished for conduct detrimental to the PAL League or violation of League rules and regulations.
- 7.07** **Coaches do not make PAL League Policy; rather they carry out PAL League Policy.** However, on the playing field, the coaching staff is in complete charge and shall not be interfered with except in the case of rule violations, and any other conduct deemed by a higher authority to be detrimental to the welfare of the youth participants.
- 7.08** The Head Coach has the final responsibility for his actions and those of his assistant coaches, staff and spectators.
- 7.09** The heart of PAL Baseball is what happens between player and coach. It is the coach, more than any other single individual, who makes our program a success or failure. He controls the situation in which the players may be benefited or harmed.
- 7.10** We must teach proper respect for authority, therefore a coach must act with proper restraint and set a positive example for his players when dealing with opposing teams and game officials.
- 7.11** Coaches are responsible for selecting a team Mother or Father to assist them in relaying team information to other parents, such as schedules, game sites, arranging for drivers to games, and refreshments for teams.
- 7.12** Coaches will be required to attend any meeting and or/clinics when notified by their organization manager or PAL League Office.
- 7.13** Coaches are to verify eligibility of all players on his team. Make certain each player on your team has had his birth certificate checked, paid his fee and had his/her parent sign the release form before you allow them to participate. You could be held liable if the above was not completed and an injury occurred.
- 7.14** You, as the Head Coach, are responsible for the dissemination of information from the League. **When you get information from the League or your Manager, you must see that it is passed on to your team and parents.** You are

the best means by which information can be passed on to the parents and spectators effectively during the season.

- 7.15 All Coaches are required to wear like clothing or uniforms during games.
- 7.16 Coaches not listed on the Coaches Information Sheet with complete information will not be eligible to coach.
- 7.17 The head coach is responsible to make sure that all players on his team have properly registered with complete information, paid all registration fees and are listed on the Official PAL Roster with correct information.

Rule 8.00 - Coaches Code of Conduct

All Coaches associated with the team will abide by a Code of Conduct, which includes but is not limited to the following provisions:

- 8.01 No Smoking on the field
- 8.02 Do not criticize players in front of spectators but reserve constructive criticism for private or in the presence of the team members if others might benefit.
- 8.03 Accept decision of game officials on the field as being fair and called to the best of the ability of said official.
- 8.04 Don't criticize opposing coaches, players or fans by gestures or comments.
- 8.05 Emphasize that winning is the result of hard work and team play.
- 8.06 Coaches and game officials are jointly responsible for the conduct of the team, fans and spectators, any fan that becomes a nuisance should be asked to leave.
- 8.07 Profanity and abusive language will not be tolerated.
- 8.08 Refrain from "running up the score". A team that gets a commanding lead should attempt to play all of the players on the bench.
- 8.09 Do not permit ineligible players to participate in practice or games.
- 8.10 Do not deliberately incite unsportsmanship-like conduct.
- 8.11 Absolutely no drinking of any type of alcoholic beverages on the field at games or at practice,
- 8.12 Remove any player from a game or a practice whenever the slightest doubt occurs concerning a player's health is in danger, until he can be examined or competent medical advice is available.
- 8.13 Control your fans. Remember you are responsible for your team and fan reaction, which will usually be in step with your conduct as coach.
- 8.14 Uphold all rules and regulations of Denver PAL Youth Baseball. **IF A COACH ATTACKS OR HARASSES ANY GAME OFFICIAL THEY WILL BE SUBJECT TO ARREST AT THAT TIME AND WILL NOT BE ALLOWED TO COACH AGAIN IN ANY PAL SPORTS.**
- 8.15 Only players in uniform and coaches (a maximum of 4 coaches; 1 Head Coach and 3 Assistant Coaches) are allowed in the dugout. **NO EXCEPTIONS!**

Rule 9.00 – Player Transfers

- 9.01 **Transfer from one organization to another requires approval of both managers and the PAL office.** Any protest of a transferred player must be done in writing and submitted to PAL.

Rule 10.00 – Protests

- 10.01 Protests will only be considered for suspected ineligibility of a player.
- 10.02 Managers and coaches will be responsible for violations of eligibility by members of their organization.

- 10.03** An organization that wishes to protest a suspected ineligible player or players must file a protest letter, with the required information on the suspected violator(s). A protest fee must accompany the protest letter, which is to be delivered to the PAL Office by noon of the next business day. PAL will notify the manager of the opposing organization that a protest has been filed.
- 10.03.a** The **protest fee** is **\$50.00** and must accompany each protested player in regards to their eligibility. Two players equals **\$100.00** protest fee.
- 10.03.b** The protest fee will not be refunded and will be put in the scholarship fund.
- 10.04** Any organization found in violation of the eligibility rule could be fined \$50.00 for each player found to be ineligible and the entire organization will not be allowed to participate in League play until the fee is paid.
- 10.05** A second violation of the eligibility rule could cause the entire organization (all age divisions) to be suspended from the League and the season terminated.
- 10.06** Game officials and Field Supervisors will not handle protests or rule interpretations at the game site.
- 10.06.a** Only coaches may submit a protest or complaint to the PAL office.
- 10.06.b** Complaints on game officials must be submitted in writing to the office along with a **non-refundable \$25 fee**.
- 10.07** Ruling on all protests will be issued prior to the next League game when possible and all rulings of the PAL Office are final.

Rule 11.00 - Forfeited Game/Unsportsmanlike Conduct

- 11.01** Forfeits will be divided into two categories, approved and unapproved.
- 11.02** Approved forfeits are defined as follows:
Any team that advises the PAL office by email (denverpalforfeit.com) with an explanation of circumstances or contacts a PAL staff member in person by phone no later than 24 hours prior to their scheduled game that their team will not be able to play. If the PAL staff has time to contact and cancel the game officials and the other team then the team will forfeit their game and the offending team will be awarded the win. The forfeiting team must get an email response from PAL staff or talk to a PAL staff member in person; leaving a phone message is not acceptable.
- 11.03** A game shall be forfeited (unapproved) to the offended team by the umpire/league office when a team:
- 11.03.a** Is fifteen (15) minutes late in appearing or in beginning play after the umpire calls "play ball" at scheduled game time. This may be set aside if the umpire considers the delay unavoidable. Second scheduled games may start earlier if both teams are in agreement.
- 11.03.b** Unnecessary or willful delays of more than one minute in resuming play after the umpire calls "play ball" or in obeying the umpire's order to remove a player for violation of the rules.
- 11.03.c** Player/coach willfully and persistently uses profane or obscene language after being warned by the umpire.
- 11.03.d** Cannot provide eight (8) **players** to start the game. **A game can start with eight (8) players; players can be added to the roster as they arrive.** If at any time a team drops to seven (7) players due to injury or ejection the game will be a forfeit.

- 11.03.e Refuses to continue play after the game has started.
- 11.03.f Keeping Order-Grounds for forfeiture is in umpire's judgment. Both Clubs are responsible for keeping order of their teams and respective. If in the judgment of the umpire, their actions are interfering with the players in the course of the game, the game becomes subject to forfeiture.
- 11.03.g Unsportsmanlike Conduct - No player or coach shall act in an unsportsmanlike manner during the game or either before the game starts or after the game has ended. This includes any act the official deems poor sportsmanship
- 11.03.h Player has different jersey # other than what is on the official roster.
- 11.03.i Fails to show up for a rescheduled game that was posted on the web site or mentioned in the weekly newsletter.

11.04 Unapproved forfeits will be dealt with in the following manner: Once a team has forfeited (unapproved) a second game of the current season they will be fined the cost of all game officials plus \$50 for each forfeited game. If the fine is not paid before their next scheduled game then they will not be allowed to play and the game will be forfeited to the offending team. This will be considered their third unapproved forfeit and they will be removed from the schedule for the remainder of the season. This fine will carry over to all baseball and football seasons until paid in full.

Rule 12.00 – Ejections/Suspensions

Coaches:

- 12.01 Coaches who are ejected by an official during a scheduled PAL league game will remain suspended until a written explanation of their actions is received in the PAL office. The PAL office will review the ejection and the facts surrounding the ejection. The written letter to the PAL office will be part of the appeal process.
- 12.02 The penalty for the ejection could include one or more of the following: an oral reprimand, written reprimand, \$25.00 fine, suspension (one or more games) or dismissal from coaching in the PAL league. All penalties are final.
- 12.03 Once a coach is ejected from a scheduled PAL league game his/her status will be one-year probation. If a coach is ejected during the probation period, the coach will immediately become suspended for one (1) to three (3) years, at the discretion of the Director of PAL and cannot coach in any capacity in the PAL organization. The coach may re-apply for a coaching position after the one-year is completed.

Players:

- 12.04 If a player is ejected from a game for any reason, it will be noted on the Field Supervisors game sheet that is submitted to the PAL office. The player will be suspended from participating in the next scheduled game; this includes any post-season games. During this suspension, the coach has the option of allowing the player in the dugout area wearing only his game jersey and hat but can't be in full uniform or sit in the stands with the fans. If the player participates in a scheduled game before the suspension is over the game will be recorded as a forfeit. The player will remain suspended until the player submits a written Letter of Apology following all criteria set in the guidelines.

Guidelines for PAL Letters of Apology for ejected players

- Reasons for being suspended from a game:
 - ⇒ Disrespectful to players, coaches, parents, umpires, referees, or other P.A.L. personnel
 - ⇒ Unsportsmanship like conduct
 - ⇒ Angry or otherwise out-of-control behavior (i.e. bad temper, foul language, punching, kicking, throwing of equipment, etc.)

- Guidelines that must be followed for the apology letter:
 - ⇒ The apology letter must be at least one page long.
 - ⇒ The letter can be hand written or typed.
 - If it is typed, it needs to be 12 point font and double spaced.
 - If it is hand-written, it needs to be legible.
 - ⇒ There needs to be at least three paragraphs.
 - Each paragraph needs to be four to six sentences long.
 - ⇒ The entire letter needs to cover each point and answer every question that is included in the directions.

- ⇒ In the first paragraph you need to answer each question below:
 - What is your name?
 - What team are you on?
 - How old are you?
 - Why did you get suspended from your game?
 - What do you think you did wrong?
 - Why did you do what you did?
 - What could you have done different?

- ⇒ In the second paragraph you need to answer each question below:
 - Why do you think P.A.L. requires players and coaches to write letters of apology before they can participate in any more games?
 - Why is it important to recognize your mistakes?
 - Why is it important to learn from your mistakes?
 - What have you learned about yourself since you got suspended from your last P.A.L. game?
 - What is the definition of consequence?
 - What was the consequence of your actions?

- ⇒ In the third paragraph you need to follow the directions below:
 - *Write a about one of the research topics listed below)*

- Research topics:
 - ⇒ What is the definition of sportsmanship? Give examples of sportsmanship conduct.
 - ⇒ Give an example of a professional athlete who is a good role model for young athletes such as yourself. Why? Give examples.
 - ⇒ Research the dangers and risks involved in losing control of one's temper. Give examples.
 - ⇒ What is the definition of respect? Give at least three examples of respectful behavior. Why is important to be respectful to people?

- ⇒ Research a story or find an example of someone who has an anger problem (i.e. gets in fights a lot, yells a lot, punches and kicks things, is angry a lot). This can be a personal story, a made up story or one you have researched. If it is a personal story, do not use any real names. After you have described the story in a few sentences, explain the consequences of this person's actions and why it is important to control one's temper.
- ⇒ Give an example of an athlete being disrespectful to his coach. Next explain how the athlete could have been respectful or handled the situation differently.
- ⇒ What is the definition of anger? Give an example of someone losing his or her temper. Next, give example of how this person can control his anger.

12.05 The ejected player will remain suspended from play until the letter of apology is received at the PAL office and meets all criteria set in the guidelines.

Rule 13.00 - Miscellaneous Rules

13.01 Batting Order - The coach for each team will be required to establish a batting order prior to the game, which will include every player on his official roster in attendance at the game.

13.01.a This line-up will remain unchanged for the entire game. Free substitution in the field would be permitted, which would allow any player to replace any other player in the field at any time during the game without restriction except where it would violate the rules governing pitching limitations.

13.01.b If a player starts the game and is injured or ejected from the game, that player's position in the batting order will be skipped without penalty, however he/she is no longer eligible to play in that game.

13.01.c Once the game has started any player that arrives late must be added to the end of the batting order.

13.02 Protective Gear - Coaches are required to have their teams properly equipped with necessary protective equipment, which includes batting helmets for all batters, runners, and players coaching bases. **Catchers must wear helmets, mask, and throat protector, shin guards and protective cups. THIS RULE APPLIES TO ALL DIVISIONS. PAL strongly recommends that all players wear protective cups and heart guards.**

13.03 Official Ball - PAL at each game location provides official game balls.

13.03.a Bantam, Intermediate, and Senior Division shall use an approved ball nine (9) inches in circumference. T-Ball and Pee Wee Division will use the approved Safe T-Ball.

13.04 Uniforms - The first official league game, irrespective of postponement, the umpire shall not permit any player to take part in a game unless he/she is uniformed to conformity with other members of the team. Uniform is understood to include knee length pants and jersey or baseball shirt with numbers. **No tank tops, cut off sleeve or rolled up sleeves will be permitted.**

13.05 Cleats - **No player is permitted to wear metal baseball cleats on any field. Shoes can be made of canvas or leather and may have cleats, which are part of the original sole of the shoes.**

13.05.a Players should wear 1” grass cleats (hard plastic or rubber) when playing on FieldTurf fields. Cleats over 2” will not be allowed on FieldTurf fields.

Rule 14.00 –Base and Mound Dimensions

T-Ball Division	Bases 50’ -----	Mound 40’
Pee Wee Division	Bases 50’ -----	Mound 40’
Bantam Division	Bases 65’ -----	Mound 46’
Intermediate Division	Bases 70’ -----	Mound 50’
Senior Division	Bases 80’/90’ -----	Mound 54’/60’6”

14.01 Due to the variety of fields used in the Senior Division base and mound distances may vary.

Rule 15.00 - Coaching Boxes

15.01 One Coach, Assistant Coach, and/or the youth members of the particular team shall be permitted in the Coaching Boxes. Youth participants must wear a batting helmet while in the coach’s box.

15.02 If the umpire allows coaches to be out of the dugout during the game while not in the coaches’ box then they must stay within a 2-3 foot distance from the dugout while the ball is in play. Any violation of this rule could result in the base runner being called out or an ejection from the game.

Rule 16.00 – Dropped 3rd Strike

16.01 Senior and Intermediate Divisions – The 3rd strike must be held in accordance with C.H.S.S.A baseball rules.

16.02 Pee Wee Division and Bantam Division – The 3rd Strike shall be considered out even if catcher fails to hold the pitch or drops the ball.

Rule 17.00 - T-Ball Division (ages 4-6)

17.01 A completed game will be 1 hour and 15 minutes. No inning will start after that time span.

17.02 The infield of the defensive team shall be limited to a pitcher (field only), catcher, first baseman, second baseman, shortstop and third baseman. All the remaining players on the defensive team shall be positioned in the outfield at least ten (10) feet behind the baselines and remain in that position until the ball is batted.

17.03 Three (3) coaches will be allowed on the field provided they do not interfere with the players.

17.04 To be played on Baseball Diamond 50' based distance, 40' to pitcher's mound and 30' radius from home plate to 1st and 3rd base, respectively. This radius will be considered a foul ball area. Balls hit off the tee must carry in the air or on the ground beyond this area or they are to be considered foul.

17.05 Three (3) swings at the ball and you are out. This includes missed contact with the ball or fouling the ball. Hitting the tee itself with the bat will be considered a strike. Players must adjust the batting tee to the desired height prior to standing in the batter's box.

17.06 No score will be kept. Coaches will keep track of the teams batting order.

17.07 Leading off and base stealing is not allowed

17.08 An inning is over after each player in the batting line-up for each team has batted.

17.09 Home team to supply batting tee for game.

Rule 18.00 - Pee Wee Division (ages 7-8)

- 18.01** A completed game will be 5 innings or 1 hour and 30 minutes. No new inning shall start after that time span.
- 18.02** If darkness, rain or other causes interfere with play so that a game is called (ended) by the umpire, it is a regulation game if three (3) full innings have been played or 2 ½ innings if home team, second at bat, scored a greater number of runs.
- 18.03** No ten (10) run game-ending rule will be in effect in the Pee Wee Division.
- 18.04** Base Stealing is **NOT PERMITTED** in the Pee Wee Division.
- 18.04.a** Runners cannot take a lead.
- 18.04.b** Runners cannot advance on passed ball.
- 18.04.c** No “Hidden Ball” trick allowed.
- 18.04.d** After dropped third strike, the batter cannot advance to first base.
- 18.05** The infield fly rule will not be enforced.
- 18.06** Pitching Machine
- 18.06.a** The ball will be considered dead at home plate and in the pitchers circle
- 18.06.b** The batters will receive 5 pitches or three (3) swings unless the ball is fouled on the last swing, the batter will then receive another pitch. If the batter continues to foul the ball there will be no limit to the number of pitches he is entitled if he continues to hit foul balls. There will be no walks. A batter struck by a pitch will not be awarded first base.
- 18.06.c** The batter will be out on a swing and miss of the 3rd strike or 5 pitches, whichever occurs first.
- 18.06.d** The head coach or an assistant coach will operate the pitching machine for their own team when they are up to bat. The coach that is operating the pitching machine is the only coach allowed on the field of play.
- 18.06.e** The safety of the players is priority. The machine must be set at a speed of approximately 30 mph.
- 18.06.f** If a hit pitch strikes the coach-pitcher or the pitching machine, the ball will be considered a “no-pitch”. If a thrown ball strikes the pitching machine, the ball will be declared dead and any runners will be awarded the base to which they were advancing when the ball was declared dead. The coach-pitcher will make every effort not to interfere with the ball while it is in play. If in the judgment of the umpire, the coach-pitcher intentionally interferes with a batted or thrown ball, the batter shall be called out and all runners will return to their original base.
- 18.06.g** The pitcher-fielder (youth player) must play even with or behind the coach-pitcher and the pitching machine. The coach-pitcher will not interfere with defensive play. The pitcher-fielder must have at least one foot within the pitching circle until the ball is hit.
- 18.06.h** Each team pitcher-coach will be allowed to adjust the machine prior to the start of their teams at bat (except for the speed). This must be done within 5 practice pitches. Adjustments during the

inning are allowed at the discretion of the umpire and only if he perceives that there are difficulties with the machine.

- 18.06.i** The ball is considered dead when any fielder returns it to any other fielder standing within the pitchers circle or on home plate when no attempt is being made to continue the play.
- 18.06.j** A team may place 4 defensive players in the outfield.
- 18.06.k** When the ball is throw back to the pitching area the ball is to be thrown to the pitcher-fielder and not the coach.
- 18.06.l** If a team is ahead of the opposing team by 10 or more runs then they will take the field after batting thru their lineup regardless of the number of outs.

Rule 19.00 - Bantam Division (ages 9-10)

- 19.01** A completed game will be 6 innings or 1 hour and 45 minutes. No inning will start after that time span.
- 19.02** If darkness, rain or dangerous conditions interfere with play so that the game is called (ended) by the umpire, it is declared a complete game if four (4) innings are played or 3 1/2 innings if the home team (second at bat) scored a greater number of runs.
- 19.03** The ten run rule will come into effect after four (4) innings, or 3 1/2 if the home team is leading by ten (10) or more runs.
- 19.04** Base stealing shall not be permitted.
 - 19.04.a** Runners cannot take a lead.
 - 19.04.b** Runners may advance on a passed ball, expect from 3rd base to home.
 - 19.04.c** When a defensive player makes a play on the runner at or going to 3rd base during live play, the runner may advance to home if the ball gets past the 3rd baseman.
- 19.05** Pitching Limitations
 - 19.05.a** 6 innings in one day
 - 19.05.b** 8 innings in two (2) consecutive days
 - 19.05.c** Cannot pitch a 3rd consecutive day.
 - 19.05.d** If a pitcher pitches 6 innings on Saturday he may pitch 6 innings on Monday. If he pitches 6 innings on Monday he can pitch 6 innings on Wednesday. If he pitches 6 innings on Wednesday he can pitch 6 innings on Saturday.
 - 19.05.e** There is no limit to the number of innings pitched in a week.

Rule 20.00 - Intermediate Division (ages 11-12)

- 20.01** A completed game will be 7 innings or 2 hours. No inning shall start after that time span.
- 20.02** If darkness, rain or dangerous condition interfere with play so that the game is called (ended) by the umpire, it is declared a complete game if five (5) innings are played or 4 1/2 innings if the home team (second at bat) scored a greater number of runs.
- 20.03** Pitching Limitations
 - 20.03.a** 7 innings in one day
 - 20.03.b** 9 innings in two (2) consecutive days
 - 20.03.c** Cannot pitch a 3rd consecutive day.
 - 20.03.d** If a pitcher pitches 7 innings on Saturday he may pitch 7 innings on Monday. If he pitches 7 innings on Monday he can pitch 7

innings on Wednesday. If he pitches 7 innings on Wednesday he can pitch 7 innings on Saturday.

- 20.03.e There is no limit to the number of innings pitched in a week.
- 20.04 Base Stealing
 - 20.04.a Base stealing is permitted in accordance with CHSAA rules.
- 20.05 The ten run rule will come into effect after five (5) innings or 4^{1/2} innings if the home team is leading by ten (10) or more runs.

Rule 21.00 - Senior Division (ages 13-14)

- 21.01 A completed game will be 7 innings or 2 hours. No inning will start after that time span.
- 21.02 If darkness, rain or dangerous condition interfere with play so that the game is called (ended) by the umpire, it is declared a complete game if five (5) innings are played or 4 ½ innings if the home team (second at bat) scored a greater number of runs.
- 21.03 The ten run rule will come into effect after five (5) innings or 4 ½ innings if the home team is leading by ten (10) or more runs.
- 21.04 Pitching Limitations
 - 21.04.a **7 innings in one day**
 - 21.04.b 11 innings in two (2) consecutive days
 - 21.04.c When a player pitches on two (2) consecutive days he may pitch a 3rd consecutive day in accordance with USSSA Rules.
 - 21.04.d If a pitcher pitches 7 innings on Saturday he may pitch 7 innings on Monday. If he pitches 7 innings on Monday he can pitch 7 innings on Wednesday. If he pitches 7 innings on Wednesday he can pitch 7 innings on Saturday.
 - 21.04.e There is no limit to the number of innings pitched in a week.

Rule 22.00 - Time Limit

In all games, the time limit not the number of innings played shall have priority in determining a completed game.

Rule 23.00 - Tie Games

Tie games will be continued until one team has scored more runs than the other team in an equal number of full innings. If the game is tied and must be called due to darkness, rain or other dangerous conditions determined by the umpire: the game will be rescheduled by the League at a later date, resuming the game at the exact point it was suspended. The line-up and batting order of each team shall be exactly the same as the line-up and batting order at the time the game was suspended. Example: Play will resume with the pitcher and batter who were in place and game situation (base runners, balls and strikes) if any.

Rule 24.00 – Base Stealing Exception

No stealing after a team is 15 runs ahead. A team cannot steal again until the score is within 10 runs. Runners may advance on a passed ball, except from 3rd base to home.

Rule 25.00 - Spectator Control

- 25.01 Each club has the responsibility for maintaining control and order of their respective spectators at each game.
- 25.02 **Spectators/parents are not allowed in the dugout or dugout area.**
- 25.03 Profanity or abusive language will not be tolerated.

- 25.04** Berating of game officials and such will cause the offending club to be penalized after initial violation.
- 25.05** Continued violations of behavior will be cause forfeiture of the game.

Rule 26.00 – Alcoholic Beverages Prohibited

- 26.01** No type of alcoholic beverages or their containers will be permitted at or near PAL games. Officials are instructed to stop any and all games where drinking of alcoholic beverages occur.
- 26.02** Managers and coaches of each club are responsible for distributing information to parents and spectators concerning the use of alcohol.

Rule 27.00 – Manager/Head Coach Web site

- 27.01** The Manager/Head Coach will be responsible for reading the weekly newsletter on the PAL web site (denverpal.com) and distribute any pertinent information on to coaches, players, parents and spectators.
- 27.02** The Manager/Head Coach my delegate this responsibility to another coach or team mom, but is still responsible that the information is distributed.
- 27.03** The Manager/Head Coach will also be responsible to check for any revisions to the schedule placed on the website.

Rule 28.00 - Organizations Financial Obligations

All League Fees and fines are to be kept current. Organizations who fail to meet these obligations will not be scheduled for the next season (football or baseball). Outright avoidance of these financial obligations will cause legal action to be taken against the offending Organization and its officers.

Rule 29.00 – No recruiting

No recruiting from one team to another is permitted. One game suspension if a violation occurs. Second violation will result in dismissal from the league.

Rule 30.00 – Coach Registration

- 30.01** All teams are required to submit a Coaches Information Sheet listing all coaches associated with the team.
- 30.01.a** Coaches must notify PAL of any change to the information listed on the Coaches Information Sheet.
- 30.02** The head coach/team mom is required to complete the form listing him and all assistant coaches.
- 30.02.a** If the information on file is not complete and the PAL office is unable to contact a coach for game changes (location or time) that game will be a forfeit.
- 30.03** Only coaches that listed on the Coaches Information Sheet will be allowed to coach and be in the dugout.
- 30.04** The Coaches Information Sheet will be one of the forms on the USB flash drive that will be issued to each team. The form must be completed in full and turned in on registration day when all USB flash drives are due.
- 30.05** All coaches must be NYSCA or CHSSA certified and have completed the required background check in order to coach in PAL.

Rule 31.00 – Game Postponement

The Parks and Recreation Field Maintenance personnel will determine if games are cancelled on permitted fields. The PAL Staff will act on postponement of games due to weather and/or cancellation by Parks and Recreation.

Rule 32.00 – Team Fund Raising

TEAM FUND RAISING AND RESTRICTED ACCOUNT POLICY & PROCEDURE

The sole purpose of this policy is to insure the compliance with the federal tax laws and to maintain the legitimacy of the Denver Police Activities League (Denver PAL) solicitation for support. Failure to follow these rules could result in ejection and/or suspension of the team and/or coach from the PAL program and may result in criminal prosecution and/or civil actions taken. Denver PAL is not responsible for fund raising money collected if this procedure is not followed. The assigned authorized person(s) will be responsible for bringing donations/fund raising money to the PAL office, making purchases, requesting payment of an invoice or receipt and requesting reimbursement from the team-restricted account. Teams are only allowed to solicit in the name of PAL under the following procedure:

A TEAM RESTRICTED ACCOUNT INFORMATION SHEET must be completed and submitted to the PAL Office along with proper identification prior to being allowed to solicit funds. The PAL office will handle all issues pertaining to PAL's 501(c) (3) status. Only the person(s) listed on the form will be authorized access to the money in the account. The form can be downloaded from the denverpalsports.com web site, click on the Forms and Handouts tab.

A team-restricted account will be established for the team to hold the funds collected from fund raising and individual and corporate sponsorships. All checks collected should be made payable to Denver PAL.

The PAL office must be notified of all funds or merchandise donated to the team. Money donated to the team must be turned into the PAL office. Merchandise must be inventoried in the PAL office.

USE OF FUNDS:

For all purchases that need to be made by the authorized person(s) and reimbursement is requested from team funds, PAL will reimburse the purchases only if invoice(s) and/or receipt(s) are presented and funds are available.

If an item needs to be purchased, such as rental of a banquet room etc. the authorized person must submit a billing invoice from the vendor to the PAL office. PAL will pay the vendor from the team-restricted account. When a team is ready to order supplies or purchased banquet event items ONLY the authorized person(s) will be allowed to disburse funds from the team-restricted account.

For items purchased from a local sports vendor, the authorized person will place the order and advise the vendor to contact PAL office for authorization of payment from the restricted funds account. Once the funds are verified and the order authorized by PAL,

the vendor will place the order. PAL will issue a check directly to the vendor for the purchase from the team-restricted account for the purchase.

Rule 33.00 – Tie Breaker Criteria

33.01 Head to Head

33.02 Run Differential (Maximum +/- 8 runs per game) – USSSA rules

33.03 Strength of schedule (when previous criteria doesn't break the tie)

33.03 Coin flip

Rule 34.00 - Rules Not Covered

Any rules NOT covered herein, fall under Official Baseball Rules of C.H.S.A.A. (Colorado High School Athletic Association).



REMEMBER THE GAMES ARE FOR THE KIDS!!!

2010 PAL BASEBALL QUICK REFERENCE SHEET

DIVISION/AGE	T-BALL 5-6	PEE WEE 7-8	BANTAM 9-10	INTER 11-12	SENIOR 13-14
Innings	N/a	5	6	7	7
Time Limit	1:15	1:30	1:45	2:00	2:00
Base Distance	50'	50'	65'	70'	80'/90'
Pitch Distance	40'	40'	46'	50'	54'/60'6"
Mound Trips	N/A	N/A	3	3	3
Ten Run Rule	No	No	Yes/4	Yes/5	Yes/5
P.L. 1 day & Next Day	N/A	N/A	3	4	4
Pitch Limit/1 Day	N/A	N/A	6	7	7
Pitch 2 Consecutive Days	N/A	N/A	7	9	11
Pitch 3 Consecutive Days	N/A	N/A	No	No	Yes
Stealing Allowed	No	No	No	Yes	Yes
Advance on Passed Ball	N/A	No	Yes	Yes	Yes
Steal Home	No	No	No	Yes	Yes
Dropped 3 rd Strike	N/A	Out	Out	Safe	Safe
Steel Cleats Allowed	No	No	No	No	No
Line-up Cards	No	Yes	Yes	Yes	Yes
Bat all players	Yes	Yes	Yes	Yes	Yes

Refer to the 2009 PAL Baseball Rule Book for details

- * Pitch 3 Days – in accordance with USSSA Rules
- * Pitcher must be removed after 3rd trip to the mound
- * No new inning shall begin after the time limit has expired
- * Game Jersey numbers must stay the same all season
- * Home Team scorebook is the official game book
- * PAL scorebook is the official book of the game
- * No protest over judgment calls or rule interpretations
- * Rules not covered in the PAL Rule Book will fall under CHSAA rules
- * Only 1 Head coach and 3 assistant coaches in the dugout
- * No base stealing when 15 runs ahead, can't steal again until only 5 runs ahead; runner may advance on a passed ball, except third to home



Great Tasting Lunchmeat