



AYBA RULES

11/12U REC

AYBA MISSION:

To provide families with the best baseball experience possible. To accomplish this we focus on skills development, sportsmanship, teamwork, and fun!

UPDATED NOVEMBER 2025

AYBA RULES – 11/12U REC (AMERICAN LEAGUE)



AYBA 11/12U REC (AMERICAN LEAGUE) RULES

All AYBA recreation league play shall be governed by the current NFHS High School rules, modified by the current Alpharetta Youth Baseball Association rules.

CONDUCT & SPORTSMANSHIP

1. It is the Head Coach's responsibility to manage and control their teams and spectators and to lead by example.
2. Inappropriate, obscene, or abusive language or behavior may result in a player, coach, parent or spectator being ejected from the game/park. This includes arguing with umpires and unsportsmanlike conduct.
3. All umpires and AYBA board members have the authority to eject anyone violating the Code of Conduct rules found on the AYBA website. [ayba code of conduct.pdf](#)
4. Any coach, parent or spectator ejected from a game must leave the field area immediately and are not allowed to stay near the field or sit in the stands but are allowed to wait in the parking lot if needed out of sight and out of sound. Any player ejected from a game will be allowed to sit in the dugout for liability reasons but not allowed to enter the field area. If ejected player remains disruptive and unsportsmanlike from the dugout, any umpire and any AYBA board member has the authority to eject the coach as well for lack of control of team.
 - 4.1 First ejection - Leave game immediately or player sits in dugout; suspended from attending/participating in the next scheduled game.
 - 4.2 Second ejection - Same as above, but with a 2-game suspension
 - 4.3 Third ejection – Suspended for the rest of the season, including the tournament.
5. Physical contact or violence involving a player, coach, spectator or parent will result in automatic ejection from the game, a one game automatic suspension and possible suspension from the AYBA league. This rule is in effect before games, during games and after games, at any time on the AYBA premises. All umpires are not responsible for dissolution of physical altercations or dissolving any kind of violence. City Authorities will be called.
6. If a player demonstrates actions which are detrimental and or abusive to the team, the player will be suspended from the team immediately and will not participate in any games or practices until the suspension is reviewed by the AYBA Commissioner and AYBA Board members.
7. Any cursing by player, coach, parent or spectator is immediate automatic ejection and one game suspension.

PLAYING FIELD

1. The pitching distance is 50', measured from the front of the pitching rubber to the back apex of home plate.
2. The base paths are 70' between bases.

EQUIPMENT

1. For league ages 11/12u, legal bats include all USSSA BPF 1.15 certified bats, USABAT certified bats, and BBCOR certified bats. Metal bats must meet all defined standards. Wood bats are allowed. There are no restrictions on bat length, weight, or barrel size for wood bats only.

AYBA RULES – 11/12U REC (AMERICAN LEAGUE)



AYBA 11/12U REC (AMERICAN LEAGUE) RULES

2. Male catchers only must be properly equipped with a protective cup.
3. Any player warming up a pitcher in the bullpen in the squatting catcher position must wear a helmet/mask, chest protector, and protective cup.

PLAYER SUBSTITUTION

1. You are allowed no more than 2 substitute players in a regular season and tournament game. A minimum of 7 players are required to make it an official game.
 - 1.1 In a regular season and tournament game you can add 1 substitute player if you have 8 or 2 substitute players if you have 7 to make 9 players. You cannot add a substitute player if you already have 9 available players.
 - 1.2 Substitute players for regular season and tournament games must be registered rec players from the current season from the same age group.
 - 1.3 Substitute players must bat last and play outfield.
2. No player shall be omitted from the defensive lineup in two innings until everyone on the team has been omitted from the defensive lineup in one inning. No player shall be omitted from the defensive lineup in any two-consecutive innings. This includes substitute players.
3. A player who starts an inning in the defensive lineup shall complete the inning in the defensive lineup, unless prevented from continuing by injury or illness. Exception: Pitchers may be removed from the game after completing pitching to one batter.
4. Teams must bat all players in a continuous order. Defensive substitutions are unlimited.

GAME PLAY

1. The head coach must attend the plate meeting at the beginning of the game. The official start time will be declared at the end of the plate meeting. If an assistant coach attends the plate meeting instead of the head coach, the assistant coach becomes the head coach for the game. Only exception is if the head coach is attending to injury care or delayed arrival. Warming up the players is not a valid reason. Once the head coach arrives, he/ she may immediately resume head coaching duties. The assistant coach should clearly state this at the plate meeting.
2. One(1) and only one(1) defensive coach is allowed outside of the dugout within arms distance of the dugout gate. No buckets allowed outside of the dugout. Any violation to this rule will lead to a possible ejection of any coaches in violation of this rule.
3. The home team keeps the official score book for the game. Visiting team controls the scoreboard.
4. Head coaches of the same game should verify game score and pitch counts after the game. The Head Coach for the home team must email the official game score, pitcher of record and pitch counts to the league rep, all pitch counts are final.

AYBA RULES – 11/12U REC (AMERICAN LEAGUE)



5. Games are 6 innings.
 - 5.1. An official game is defined as 4 complete innings (or 3-1/2 innings if home team is ahead).
 - 5.2. Regular season games may end in a tie.
 - 5.3. Game time limit is One Hour Forty-Five Minutes (1:45). Note: A new inning begins at the instant that the last out is made in the previous inning.
 - 5.4. Mathematical Elimination - A game shall be called whenever a team has been mathematically eliminated from the possibility of at least tying the game in the last regulation inning.
6. Run Limit - An inning is over after the following three (3) outs, or eight (8) runs

7. **During tournament plays, ties will be broken with each team starting their half of the inning with their last batter from the previous inning on second base and one (1) out.**

OFFENSE

1. Stealing home on the pitch is not allowed. Stealing home on a pitch that passes the catcher or on the catcher's throw back to the pitcher or any other player is allowed.
2. Suicide squeezes are not allowed. Safety squeezes are allowed. A suicide squeeze is defined by the runner breaking hard towards home plate during the pitch. A safety squeeze is defined by a runner being stopped or getting his secondary lead, and not breaking hard towards home plate until after the ball is bunted. If it is determined by an umpire that the runner broke for home plate before the ball was bunted and the intent was a suicide squeeze, the runner will be called out.
3. Slash bunts are not allowed. A batter may not show bunt and then pull the bat back and take a swing. If the umpire determines that the batter did this, the batter will be called out. The batter may show bunt and then pull the bat back to take the pitch, but he may not swing.
4. No head first slides. A head first slide into any base is an illegal slide and the base runner is called out. A runner may dive head first if returning to a base.
5. A runner must slide at home if there is a 'play' at the plate. Whether there was a play at the plate is at the discretion of the home plate umpire. If the home plate umpire determines that a runner not sliding at home plate interfered or obstructed with the play at the plate, the runner will be called out.

6. Going over the top of the fielder (in possession of the ball) who is not lying on the ground, such as hurdling, jumping feet first, and diving is dangerous and, therefore, is illegal. The act of obstruction does not negate the runner's responsibility to avoid a fielder legally. The runner will be called out and the team receives a team warning. On the second team violation, the player is ejected.
7. Any runner is out when he does not slide or attempt to avoid the fielder who has the ball in the proximity of the base and is waiting to make the tag, or if he maliciously runs into a fielder.
8. When there are two outs and the catcher of record is on base, a team may pinch run for the catcher with the player who recorded last batted out. Catcher of record means they played catcher in the prior inning.

AYBA RULES – 11/12U REC (AMERICAN LEAGUE)



DEFENSE

1. **Drop 3rd strike is in play.** If a catcher does not make a throw to 1st base, the runner can only advance to 1st base. If the catcher makes a throw to 1st base the runner can advance one or more bases.
2. **The infield fly rule is in effect.**
3. **Intentional walks are allowed.** The pitcher does not have to throw the pitches. Batter can just advance. A coach may request a box, this aligns with NFHS rules.

PITCHING

1. **When a pitcher is turned in on a lineup card, he is the pitcher of record and must face a batter to completion before he can be substituted.** The pitcher is not designated to start until he has a foot on the rubber, the ball in hand with a batter in the box and the umpire begins play ball. Example: if an infielder grabs the ball off the mound and stands on the rubber he is not considered the pitcher unless there is a batter in the box and the umpire says go.
2. Pitch Count:
 - 2.1. Pitch count is based on Calendar Day, from Midnight (12:00 AM) to 11:59 PM.
 - 2.2. Pitch Count Limits
 - 0 – 29 pitches – no rest, pitcher eligible to pitch the next day
 - 30 – 44 pitches – 1 day rest. Pitches on Monday, eligible to pitch Wednesday
 - 45 - 54 pitches – 2 days rest. Pitches on Monday, eligible to pitch Thursday
 - 55 – 65 pitches – 3 days rest. Pitches on Monday, eligible to pitch on Friday
 - One day max 65 pitches. A pitcher that reaches his max pitches allowed for the day may continue to pitch to the current batter until he is put out or reaches base. A pitcher shall not be permitted to pitch to a NEW batter once their max pitches per day have been met.
 - All suspended / makeup games will adhere to the pitch count rules. A pitcher pitching in a suspended/makeup game must follow pitch count rules and status at the time when the game is made up.
 - Pitching rules related to days rest are contiguous from the end of the regular season into the tournament
3. Any pitcher playing in the same game may return to the mound one time.
4. A pitcher that hits a second batter in the same inning, an official visit to the mound by the coach is required. If the pitcher hits a third batter in the same inning a second visit from the coach is required and the removal of the pitcher from the mound is mandatory.
5. Warnings for balks will be given the first 3 games of the season. After that point, balks will be called without warning.
6. **Allowed one mound visit per pitcher per inning. Second visit requires removal.**
7. **VIOLATING PITCHING RULES WILL LEAD TO SUSPENSION OF THE HEAD COACH.**