



AYBA RULES

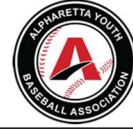
16/19U REC

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 – 16/19U REC



AYBA 16/19U REC RULES

All AYBA recreation league play shall be governed by the current Official Major League Baseball rules, modified by the NFHS high school rules, modified by the current Brave Country Rules Book, modified by the current Alpharetta Youth Baseball Association rules.

During team selection, teams may lock up to 9 players (coach and assistant coaches' kids are included in the 9). No more than two 19 year-old players may lock onto the same team unless all teams have at least two 19 year old players. The League Rep and VP of Rec will oversee the draft and draft order of all unfrozen players to ensure pitching depth is spread across teams.

CONDUCT & SPORTSMANSHIP

1. It is the Head Coach's responsibility to manage and control their teams 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 conduct rules.
4. Any player, coach, parent, or spectator ejected from a game must leave the field 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.
 - 4.1. First ejection – Leave game immediately; suspended from attending/participating in the next scheduled game.
 - 4.2. Second ejection – Same as above, but with 2 game suspension.
 - 4.3. Third ejection – Suspended for rest of season including tournament.
5. Physical contact or violence involving a player, coach, or parent will result in automatic ejection from the game, a one game automatic suspension, and possible suspension from the league.
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 AYBA Commissioner.
7. No Tolerance Policy on Cursing, Any cursing by player or coach is an immediate ejection and one game suspension.

PLAYING FIELD

1. The pitching distance is 60' 6", measured from the front of the pitching rubber to the back apex of home plate.
2. The base paths are 90' between bases.

EQUIPMENT

1. AYBA aligns with Dizzy Dean Baseball rules for recreational play, including bat rules. For league ages 16-19, BBCOR certified and wood bats are allowed in fall and spring leagues. The 16-19 summer league is wood bat only. There are no restrictions on bat length, weight, or barrel size.
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 game and only 1 substitute player in a tournament game. A minimum of 7 players are required to make it an official game.
 - 1.1. In a regular season game, you can add 1 sub if you have 8 regular players and 2 subs if you have 7 regular players. You cannot add a sub for a regular season game if you already have 9 regular players.

AYBA RULES – 16/19U REC



- 1.2. In a tournament game, you can add 1 sub if you have 7 regular players. You cannot add a sub for a game if you already have 8 regular players.
- 1.3. Substitute players for regular season and tournament games must be registered rec players from the current season from the same age group.
- 1.4. Substitute players must play outfield and bat last.
2. 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 defensive lineup after completing pitching to one batter.
4. Teams must bat all players in a continuous order. No DH or EH allowed. 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 this plate meeting.
2. One (1) and only one (1) defensive coach is allowed on the field outside the dugouts. Any violation of 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.
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, pitchers of record and pitch counts to the League Rep ensuring the coach for the opposing team is copied. Once pitch counts are emailed to the League Rep, all pitch counts are final.
5. Games are 7 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. Mercy rule – 15 runs after 3, and 10 runs after 5.
6. Run Limit – There are no run limits per inning.
7. During tournament play, ties will be broken with each team starting their half of the inning with the last batter from the previous inning on second base and no outs.

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. Sliding head first is allowed at all bases except home plate.

AYBA RULES – 16/19U REC



5. 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.
6. 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.
7. 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.
8. When the catcher or pitcher of record is on base, regardless of the number of outs, a team may pinch run for the catcher or pitcher with the player who recorded last batted out. Catcher or pitcher of record means they played catcher or pitcher in the prior inning.

DEFENSE

1. Drop third strike is in play. If catcher does not make an attempt to 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 will be required to throw the 4 pitches and the ball is in play.

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. Any player who toes the rubber and takes a warm up pitch to begin an inning will be the pitcher of record for that inning and must face a batter to completion before he can be substituted.
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 – 50 pitches – no rest, pitcher eligible to pitch the next day
 - 51 – 70 pitches – 1 day rest. Pitches on Monday, eligible to pitch Wednesday
 - 71 - 80 pitches – 2 days rest. Pitches on Monday, eligible to pitch Thursday
 - 81 – 90 pitches – 3 days rest. Pitches on Monday, eligible to pitch on Friday
 - One day max 90 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. High School rules allow for 3 mound visits per game. Upon the 4th trip to the mound and upon each mound visit thereafter the pitcher must be removed. If you remove a pitcher from the game on a mound visit it does not count as one of your 3 visits.
5. VIOLATING THE PITCHING RULES WILL LEAD TO SUSPENSION OF THE HEAD COACH.

AYBA 2025 / <https://leagues.bluesombrero.com/alpharettayba>

AYBA may revise/ alter rules at any time during a season if needed to enhance the program. Any questions regarding the rules should be raised to the AYBA Board.