



AYBA RULES

7U 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

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All AYBA recreation league play shall be governed by the current Official Major League Baseball Rules, modified by the current National Federation of State High School Association, modified by the Alpharetta Youth Baseball Association rules.

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.

PLAYING FIELD

1. The base paths are 60' between bases.

EQUIPMENT

1. AYBA aligns with Braves Country rules for recreational play, including bat rules. For league ages 6-15, legal bats include all USSSA BPF 1.15 certified bats, USABAT certified bats, and BBCOR certified bats. There are no restrictions on bat length, weight, or barrel size. Wood bats are allowed.
2. Any player playing the pitcher position must wear a protective and/or caged helmet. (Mandatory)
3. The catcher must wear protective catching equipment (Helmet, Chest Protector).

PLAYER SUBSTITUTION

1. You are allowed no more than 1 substitute player in a regular season game and tournament game. A minimum of 8 players is required to make it an official game.
 - 1.1 In a regular season and tournament game you are allowed 1 substitute player if you have 8 players from your team. You cannot add a substitute player if you have 9 players.
 - 1.2 Substitute players for rec season and tournament games must be registered rec players from the current season from the same age group.
 - 1.3 Substitute players must play outfield and bat last.

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2. Every player must play at least one inning on the infield, other than catcher, prior to the conclusion of the 4th inning. The only exception to this rule is if prior agreement between both the manager and parent(s) has been made for the safety of the player, and the opposing manager shall be notified at the plate meeting. Every player must play at least one inning in the outfield prior to the conclusion of the 4th inning.
3. 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.
4. 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.
5. 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 this plate meeting.
2. Two (2) defensive coaches are allowed in the playing field, behind the outfielders in foul territory and cannot touch the players or the ball. 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. The head coach for the home team must email the official game score to the League Rep.
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 Fifteen Minutes (1:15). 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 five (5) runs

OFFENSE

1. No leading off or base stealing.
2. No bunting.
3. A player may slide into any base. 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.
4. 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.
5. 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.
6. 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.

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- 7.1. A coach-pitcher must throw overhand from anywhere outside the foul arc in a direct line to the pitcher's mound.
- 7.2. A batter is allowed up to five pitches. The batter must swing at the 5th pitch. If the 5th swing results in a foul ball the batter will continue to bat. If the batter does not hit or make contact on the 5th pitch they will be called out.
- 7.3. For recreation play only (not tournament play) the batter will receive one extra pitch if they did not make an attempt on their 5th swing. This additional pitch will only be awarded if the umpire deems that the pitch was unhittable.
- 7.4. A batted ball that does not travel on or outside a marked 20-foot radius of home plate is a foul ball.
- 7.5. A batted ball that hits the coach is ruled dead by the umpire and the pitch does not count; it is as if the pitch never happened.
8. A batter will receive one warning for slinging a bat. On the second occurrence, the same batter will be called out.
9. The coach-pitcher cannot coach from the field of play and must immediately get off the field. The coach-pitcher must pick up the batter's bat if it is in play. At the umpire's discretion, if the bat is left as an obstruction for the base runner, the base runner will be called out.

DEFENSE

1. On defense, each team must play a four (4) player regular baseball infield, a pitcher, and a catcher with four (4) players in the outfield. When playing with less than 10 players, a team must maintain the four (4) infielders, pitcher and catcher positions.
 - 1.1. The player playing the pitcher position must have one foot inside the pitching circle before an at bat begins and may not leave the circle until the ball crosses home plate.
 - 1.2. The catcher must stand 10 feet behind the batter/plate.
 - 1.3. Outfielders must be positioned on the grass 20 feet behind the base path when play starts.
 - 1.4. Defensive standing on bases is not allowed.
2. A defensive player must throw, not roll, the baseball to another defensive player. If a thrown ball bounces and/or rolls to the first baseman, it is up to the umpire's discretion whether the player intended to "roll" the ball. If the intent was to throw the ball, and it is caught on the bounce or roll before the runner reaches the base, then the base runner may be called out. If the ball is clearly rolled, then the base runner must be called safe. NOTE: if a player is consistently throwing a ball that bounces or rolls to first base, then the umpire may use this observation to conclude that the intent is NOT to throw the ball, and suggest to the manager that the player needs to be replaced in the next inning or the base runners will be called safe. The intent is NOT to let coaches abuse this rule by putting the same player at key positions (eg, pitcher) who consistently throws it halfway to first base and it rolls the rest of the way.
3. Outfielders shall not be permitted to run with the ball into the infield to make an out. If an outfielder runs the ball in and tags a runner or a base, the runner shall be awarded the base.
4. Play shall not be stopped by the defensive team heading off or stopping the front runner.
 - 4.1. Any other runner may continue at his own risk.
 - 4.2. Any play made on a runner other than the front-runner will release the front-runner.
 - 4.3. Other runners may continue.
 - 4.4. Runners must commit to proceeding to the next base or returning to the previous base. An umpire may call time whenever all runners have stopped progressing towards the next base.

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5. A base runner(s) may advance one and only one base regardless of the number of overthrows on a play, before the next batter hits. The reason for this rule is to encourage and teach defensive players to throw to a base, and not to just “hold the ball”.
 - 5.1. Example One: if the ball is overthrown to first base, the base runner may only advance to second base (at his/her own risk), even if a defensive player picks up the ball and throws it into left field, overthrowing second base, in which case the base runner simply must stay on second base.
 - 5.2. Example Two: a base runner is on second base with a double, and the outfielder overthrows to the infield after the base runner has already reached second base, the base runner may advance one base to third base at his/her own risk, even if another defensive player picks up the ball and throws it back out to the outfield.
 6. The “Infield Fly Rule” does NOT apply.

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.