

FBSA Baseball Quick-Reference Guide (7U–18U)



1. Equipment & Safety

- Helmets required for all batters/runners.
- Catchers must wear full gear; catcher's mitt required in 10U+.
- No metal cleats in any division; molded cleats only.
- Approved bats:
- 7U–12U: USSSA/USA, max drop –12
- 13U: USSSA/USA/BBCOR, max drop –8
- 14U: USSSA/USA/BBCOR, max drop –5
- 18U: Wood bats only
- No training equipment on field during games.

2. Conduct & Game Environment

- Coaches responsible for players and spectators.
- Ejections = mandatory one-game suspension.
- No artificial noisemakers.
- Walk-up music allowed; offense controls music during their half-inning.
- No chants during live play; no taunting or derogatory remarks.

3. Administrative Rules

- Home team provides scorekeeper; GameChanger required.
- Visiting team provides scoreboard operator.
- Final score and pitch counts must be reported within 24 hours.
- Minimum lineup: **7U–8U**: 9 players; **9U–18U**: 8 players
- Pickup players (Rec only): max 2; must play outfield; bat last; no competitive division use.
- Continuous batting order: late players added to end.

4. Game Structure

Division	Time Limit	Max Innings	Run Limit
7U–8U	75 min	6	7 runs
9U–12U	90 min	6	5 runs
13U–18U	90 min	7	5 runs

- No new inning after time expires.
- Mid-inning expiration: finish inning unless trailing team cannot tie/take lead.
- Extra innings allowed unless time expired (except playoffs).

5. Mercy Rule

- **7U–8U**: 15 after 3, 12 after 4, 8 after 5
- **9U–18U**: 12 after 3, 8 after 4

6. Base-Running Rules

- Courtesy runner allowed for pitcher/catcher of record (last batted out).
- **9U Rec**: Must stay on base until pitch crosses plate; dropped 3rd strike not in effect.
- **10U Rec**: Dropped 3rd strike not in effect.
- Slash bunting prohibited in all divisions.
- No stealing or leading off in **7U–8U Coach Pitch**.

7. Pitching Rules

Division	Max Pitches	Rest Days by Pitch Count			
		1	2	3	4
9U–10U	75	21-35	36-50	51-65	66+
11U–12U	85	21-35	36-50	51-65	66+
13U–14U	95	21-35	36-50	51-65	66+
15U–18U	95	31-45	46-60	61-75	76+

- Rest requirements based on pitch count thresholds.
- Pitcher may finish at-bat after reaching threshold; count recorded at threshold.
- Balk rule applies in **10U–18U Rec** (one warning in 10U–12U).
- **9U Rec**: Balk rule not in effect.

8. Coach Pitch (7U–8U)

- Coach pitches overhand from Pitcher's Line (30–42 ft).
- Up to 3 swinging strikes or 6 total pitches.
- Ball hitting coach or improper positioning = dead ball, pitch counts.
- No bunting or "easy swings."
- Defense: 10 players; infielders must stay within 10 ft of baseline; outfielders 20+ ft deep.

9. Field Specifications

Division	Base Distance	Pitching Distance
7U–8U	60 ft	30–42 ft
9U–10U	65 ft	46 ft
11U–12U	70 ft	50 ft
13U–14U	80 ft	54 ft
15U–18U	90 ft	60 ft

- Fair Ball Arc (7U–8U): 20 ft.
- Pitching Circle (7U–8U): 30 ft arc.

10. Coach Participation

- **7U–8U**: Max 5 coaches.
- **9U–18U**: Max 4 coaches.
- Only head coach may discuss calls with umpire.
- One mound visit per pitcher per inning (second visit = removal).