

Cross Town Middle School League

2010 Baseball Guidelines

Participating Schools:

Bush
Cedar Park
Overlake
UPrep

Baseball Field Dimensions:

A base distance of 80 ft. and a pitching distance of 54 ft. will be used.

Home Team Responsibilities:

Changing room (as required)
Scorekeeper (This is the official book)

CTMSL Rules:

The CTMSL Shall follow the “High School Baseball Rules” as published by the National Federation of State High School Associations except where modified. www.nfhs.org

Pitching: A player may not pitch more than 8 innings in a 7 day-week. One pitch thrown in an inning constitutes an inning pitched. (Check with “select players”)

Balks: The umpire will give one warning, per player, before calling a balk.

Bat Size: Players will not be limited to NFHS rules

Cleats: steel-cleated shoes may be used.

Coaches Attire: Coaches do not need to be in full uniform, but should be in appropriate athletic attire as regulated by the AD

10-Run Rule: The 10-run rule shall apply after four innings.

Complete Game: Is defined as a game complete after four innings of play.

Called Game: The umpire may suspend or call a game based on the best judgment of the umpire.

DH and EH: Team may include a DH (designated hitter) or EH (Extra hitter) at “ground rules meeting” prior to the start of the game.

Time limit: No inning shall start after the 5:45PM

Sliding Rule: Head first slides are permitted. Base runner must make an attempt to avoid contact at all times.

Any questions email or call me at 206.832.1215 or ncreach@universityprep.org