



NORFOLK BASEBALL LEAGUE RULEBOOK

2023 Season

The Norwich Icení Baseball Club operates a "Norfolk Baseball League". All policies, rules, regulations and procedures from the club apply to all members of this league. This rulebook adopts a combination of the Official Rules of Major League Baseball (MLB), the British Baseball Federation (BBF) and the East of England Baseball League (EEBL). The MLB rules recognised by this rule book for the current British Baseball Calendar season will be those that were adopted and official in the preceding MLB season.

1 Norfolk Baseball League Aims

- 1.1 The aims for this league are to:
 - 1.1.1 Increase the number of people that play the sport of baseball.
 - 1.1.2 Increase the average overall quality of players within the club.
 - 1.1.3 Increase the number of pitchers and catchers within the club.
 - 1.1.4 Reduce travel and time required to play and participate in the sport.

2 Games

- 2.1 Game time will be limited with no new innings commencing after:
 - 2.1.1 1 hour 30 minutes during mid-week evening games.
 - 2.1.2 1 hour 45 minutes during games that take place on the weekend.
- 2.2 The umpire will decide when to start the final open inning such that the game is completed in a timely fashion.
- 2.3 Games are also limited to 7 innings should the time limit not be reached with the 7th inning always being the final open inning as outlined under rule 2.6.
- 2.3 Batting practise and infield & outfield practise before the game are not permitted. The only exemptions are the usual pre-inning warmups.
- 2.4 If scores are level after the completion of the final inning, one extra inning will be played, with the last runner out in the previous inning starting on second base. Should the scores be level after this inning, the game is a tie.
- 2.5 Innings will be limited to five runs counting. When the fifth runner crosses home plate, no further runs will count, and the inning is over unless it is the final inning which is not limited.
- 2.6 There is no five-run limit during the inning that the umpire has declared is the final inning of the game. The umpire must declare that the forthcoming inning is the final inning and is the open inning.

- 2.7 In the event that the inning has not been declared a final inning, the game must play an additional inning which the umpire notifies both teams that it is the final and open inning.
- 2.7 Catcher's speedup rule: If there are two outs and a catcher is on base, the last batter out may replace the catcher as a baserunner.
- 2.8 If the away team is five or more runs ahead when the final inning begins, they will bat second in the inning, should they need to.
- 2.9 At-bat counts will start at 1-1.
- 2.10 No outfield fences are to be set up or designated on the diamond unless otherwise specified by the Norfolk Baseball League Commissioner.

3 Bats

- 3.1 The Norfolk Baseball League allows all wooden and wooden composite bats including Ash, Bamboo, Birch, Composite and Maple.
- 3.2 Metal and BBCOR certified bats are not permitted.
- 3.2 If the umpire discovers that a bat does not conform to any of the above rules before or after it has been used in play, it shall be grounds for declaring the batter out.

4 Helmets

- 4.1 All players in the Norfolk Baseball League Leagues (youth and seniors) shall use a baseball protective helmet while at bat, coaching in the coaches' box, in the on-deck circle, catching, officiating and while running the bases. Field umpires do not need to wear helmets.
- 4.2 Teams must be able to provide a catcher's mask/batting helmet if requested to do so by an umpire.

5 Balls

- 5.1 Only two new balls are to be used per game.
- 5.2 All weather certified balls are to be used during the games that take place during the Autumn and the Spring sections of the league.

6 Umpiring

- 6.1 Umpires for games will be volunteered by a team that is not playing in the game as indicated on the schedule. It is the coach's responsibility of the umpiring team to offer up a suitable umpire for the game.
- 6.2 Umpires will be paid £15 (or £20 for BBF certified umpires) for each game they umpire. Payment will be sent after the conclusion of the season or as specified by the Treasurer.

7 Ringer Rules

- 7.1 If a team is lacking the full nine players, the team may field up to three other Norfolk Baseball League registered players.
- 7.2 To request additional players, the captain must contact the captains of teams they wish to borrow from. These captains will have a choice of whom to offer.
- 7.3 The ringer must play at either RF, 2B or LF and bat at the bottom of the order.
- 7.4 Ringer players must not be any of the players listed under 9.1. Players under 9.1 may only be used if all other players are unavailable.

8 Pitching

- 8.1 The following pitchers are limited to 2 innings per game between them:

- 8.1.1 Amie Hutchinson
- 8.1.2 Andreas Fopp
- 8.1.3 Ariel Soriano
- 8.1.4 Brad McLean
- 8.1.5 Gregory Kelly
- 8.1.6 James Casey
- 8.1.7 Jay Duran
- 8.1.8 Kay Griffith
- 8.1.9 Koyo Ishikawa
- 8.1.10 Matt Pritchard
- 8.1.11 Naoki Takahashi
- 8.1.12 Omar Vasquez
- 8.1.13 Phil Walmsley
- 8.1.14 Roderick Van Doorn
- 8.1.15 Shane Flannery
- 8.1.16 Slawek Juszcak
- 8.1.17 Tom Thornhill

- 8.2 All other pitchers are limited to 3 innings per game.

9 Substitutions

- 9.1 Players may re-enter the game only at the beginning of a half inning and only after every player on the team's bench has been utilised.

10 Scoring

- 10.1 Each team is required to keep score of the game and to agree the score with the opposing captain after each inning.

11 Cancellation of games

- 11.1 Games will be forfeited (and a 7-0 victory awarded to the opponents) if a team cancels a fixture for any reason other than weather.



12 Designated Hitter (DH)

- 12.1 The designated hitter rule is optional for either team in any game.
- 12.2 The DH is only allowed for the pitcher and a DH cannot be inserted into the line-up once the game has already begun.

13 Extended Hitter (EH)

- 13.1 The extended hitter rule is optional for either team in any game.
- 13.2 The EH must be declared on the starting line-up and cannot be added to the line-up after the start of the game.
- 13.3 The EH may bat in any spot in the batting order.
- 13.4 The EH is eligible for substitution and re-entry into the game.
- 13.5 The EH may be entered into the game defensively.
- 13.6 The EH role may not be eliminated during the game.
- 13.7 Each team may only have a maximum of three EH players in their line-ups

14 Minimum Age Requirement

- 14.1 Any player aged 14 years or older in the calendar year of the occurring season may participate in the Norfolk Baseball League.
- 14.2 In line with child welfare guidelines, parental/guardian approval must be obtained prior to a player under the age of 18 years playing senior baseball.

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