



# Rocky Mountain Junior Baseball League (RMJBL) Rules Summary

Age	8	9	10	11	12	13	14	Definition
Innings	6	6	6	6	6	7	7	Number of innings per game, subject to time limit
Time Limit	1:45	1:45	1:45	1:45	1:45	1:45	1:45	No new inning may begin after time limit
Base Distance	60	65	65	70	70	80	90	Distances set between bases
Pitch Distance	40	43	46	50	50	54	60	Distance between front of pitching rubber and back tip of home plate
Balk/Warnings	No	Y/2	Y/2	Y/1	Y/1	Y/0	Y/0	Number of warnings before balk is imposed
Steel Spikes Allowed	No	No	No	No	No	Yes	Yes	
Mound Trips	2	2	2	2	2	2	2	Pitcher must be removed upon 2 <sup>nd</sup> visit and cannot return to game as a pitcher
Run Rule	15/3 8/4	15/3 8/4	15/3 8/4	15/3 8/4	15/3 8/4	15/3 12/4 8/5	15/3 12/4 8/5	Game ends if one team is ahead by limit runs at the end of a specified inning (8/5 means 8 runs after 5 innings)
Dropped 3 <sup>rd</sup> Strike	Out	Safe/Out	Safe	Safe	Safe	Safe	Safe	On a dropped third strike, the batter is out in 8u and 9AA
Designated Hitter	No	No	No	No	No	No	No	
Courtesy Runner	Catcher	Catcher	Catcher	Catcher	Catcher	Catcher	Catcher	Last batter out may run for the catcher of record at the end of the previous half inning
Bat Designation	BPF 1.15	BPF 1.15	BPF 1.15	BPF 1.15	BPF 1.15	BPF 1.15 Drop -8	BPF 1.15 Drop -5 BBCOR -3	Bats must have USSSA or USA bat stamp on bat. 14u must have BBCOR stamp (if bat is -3)
Pitch Counts	See Pitch Smart rules and pitch count info below. This includes mandatory rest days.							Maximum number of pitches a pitcher can throw in a day determined by Pitch Smart
Stealing	See stealing/leadoff rules by age division below							

## Stealing Rules/Clarification

9AAA and all divisions	<ul style="list-style-type: none"> <li>• Leading off allowed</li> <li>• Stealing home is live</li> <li>• On a dropped 3<sup>rd</sup> strike, ball is live</li> </ul>
9AA & 8U	<ul style="list-style-type: none"> <li>• No leading off</li> <li>• Pitched ball must cross home plate prior to advancing off any base</li> <li>• Players cannot advance home on an overthrow, wild pitch, or passed ball (can be hit or walked home only)</li> <li>• Batter is out on dropped 3<sup>rd</sup> strike</li> </ul>

## RMJBL Game & Player Participation Rules

Game Format	Ties	Game can end in a tie
Official/Complete	8u-12u	For a 6-inning game: 3 innings have been completed or if the home team as score more runs in the 2 innings or 2 ½ innings than the visiting team as scored in 3 innings or if the home team scores 1 or more runs in its ½ inning of the 3 <sup>rd</sup> to tie the score.
	13u-14u	For a 7-inning game: 4 innings have been completed <b><i>or</i></b> if the home team has scored more runs in 3 innings or 3 ½ innings than the visiting team has scored in 4 innings <b><i>or</i></b> if the home teams scores 1 or more runs in its ½ inning of the 4 <sup>th</sup> to tie the score.
Player Participation	Batting	Teams are required to bat all available players
	Inured Player	A player that is injured may be removed from the lineup without penalty (no automatic out)
	Ejected Player	A player that is ejected from the game is an automatic out each time the player's position in the batting lineup comes up
	Defense	All available players must play at least 1 full inning on defense
	Substitution	There are no limitations on substitutions
	Removed Player	A player removed from the batting lineup may not re-enter the game

## RMJBL Game & Player Participation Rules (Continued)

Number of Players at Game Time	Less than 7	Team must forfeit
	7	Automatic out for the 8 <sup>th</sup> spot in the lineup but not the 9 <sup>th</sup> spot
	8	Ne penalty (no automatic out)
	Late arriving player	Can be inserted into the game at any point, must become last batter in lineup
Player Age	<p>For all age divisions, the age cutoff is May 1<sup>st</sup> of that calendar year. Therefore, age is determined by the players age as of April 30<sup>th</sup> of that calendar year. For example, if a player turns 10 years old <b>before</b> May 1<sup>st</sup>, the player will need to play on a 10u team (or older). Player can always play up in age but cannot play down in age.</p>	
Pitch Smart	<p>With the Spring 2024 season, RMJBL has enacted the Pitch Smart Guidelines as a <b>RULE</b>. All Pitch Smart pitch counts <b>and</b> rest days are now mandatory by rule. Coaches...it is your responsibility as a coach to care more about your players arms than winning a game. We all need to be of service to these players and ensure their safety and ability to have as long a baseball career as possible.</p> <p>Coaches are required to enter pitch counts post game when scores are submitted. Pitch counts are self-policed by coaches. Please be diligent in following rest days and pitch counts. The rules will be implemented for age of team, not age of player. For example, if you have a 10-year-old playing on an 11u team, pitch counts will be for the 11u age detailed in the table below.</p> <p>If there is an infraction in pitch counts, the coach (of either team) must call a timeout and inform the umpire. It is recommended that coaches have a plate meeting to discuss. If the pitcher is over the limit, the pitcher <b>must</b> be removed as a pitcher. The game will carry on and that pitcher may play any other position (not recommended to play catcher for arm care purposes). If the pitch count is nearing, the pitcher can finish the current hitter and go over the pitch count without incurring an infraction.</p> <p>Detailed Pitch Smart information is below.</p>	



## GUIDELINES FOR YOUTH AND ADOLESCENT PITCHERS

Each organization – whether it be a league, travel team, showcase or tournament – should establish rules for that league to ensure that players must follow the guidelines while playing in that league. Ultimately, it is the responsibility of the parent and the athlete to ensure that player follows the guidelines for his/her age group over the course of a year – given that the player will oftentimes play in multiple leagues with different affiliations covering different times of the year.

It is important for each league to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so.

Age	Daily Max (Pitches)	Required Rest (by Pitches Thrown)				
		0 Days	1 Day	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-30	31-45	46-60	61-75	76+
17-18	105	1-30	31-45	46-60	61-75	76+
19-22	120	1-30	31-45	46-60	61-75	76+