



### Sports Mission and Purpose

To provide exceptional community-based Athletic programs for all ages by providing quality service to all participants while offering a safe and well-maintained environment where our customers can gather for a fun and enjoyable experience.

### Sports Goals

- Learning fundamental and basic sport-specific skills and establishing building blocks for overall improvement.
- Teaching the value of teamwork and becoming an effective member of a team.
- Teach sportsmanship and fair play by emphasizing proper treatment of teammates, coaches, opponents, and officials.
- Create opportunities for the community members of Dacono, Frederick, and Firestone to connect and build relationships and friendships through sports programs.

### Code of Conduct

As a coach, player, parent, or spectator at a Carbon Valley Parks and Recreation District (CVPRD) I understand:

1. Verbal abuse, physical abuse and/or altercation, harassment, and/or unsportsmanlike behavior towards an official, player, spectator, supervisor, or CVPRD staff member is not tolerated.
2. All coaches, players, parents, and spectators will abide by the official's decision. The official's decision and/or calls are not arguable. If you have a concern regarding the officiating, contact CVPRD Staff.
3. **Smoking/vaping/chewing tobacco and alcohol are prohibited at all CVPRD programs, activities, and facilities; at SVVSD facilities, and at parks and facilities in the Town/City of Firestone, Frederick, and Dacono unless otherwise noted.**
4. Any coach, player, parent, or spectator ejected from the game must leave the playing facility/area immediately upon request. Refusal to leave is considered trespassing and law enforcement will be called to assist in removal.
5. The zero-tolerance policy is in effect at all CVPRD sports events.

### Zero Tolerance Policy

Officials, game supervisors, and CVPRD Sports Staff have the authority to reprimand any player, coach, spectator, or team if code of conduct is violated.

Penalties will range from:

- Warning
- Ejection from game
- Suspension from future games
- Forfeit of the game or season
- Law enforcement called

CVPRD Coordinators will handle disciplinary procedures on a case-by-case basis.

**\*By receiving this form, you agreeing to the CVPRD Code of Conduct\***



## League Wide Baseball Rules

NFHS Rules apply unless modified below - Revised April 2026

### Player's Equipment

#### Mandatory Equipment:

- League-issued jersey and hat
- Athletic or baseball pants
- Glove
- Athletic shoes or molded/soft-cleated baseball shoes
- **X** No metal or toe cleats

#### Prohibited Items:

- Jewelry of any kind (earrings, necklaces, watches, etc.)

#### Umpires

- Games will have one (1) umpire
- If no umpire is assigned:
  - One parent/coach from each team will serve as umpire
  - Field Supervisor will provide equipment
- Rule infractions should be explained briefly to players when appropriate

#### Start of Play

- **Home team:**
  - 1st base dugout
  - Starts on defense
- **Away team:**
  - 3rd base dugout
  - Bats first

#### Line Ups & Substitution

- Continuous batting order of all present players
- Defensive substitutions may be made at any time
- Late arrivals are added to the bottom of the batting order

#### Number of Players

- Minimum to start a game: 8 players
  - No automatic out for the 9th spot
- If a 9th player arrives late:
  - Added to batting order
  - May enter the field immediately
- Maximum defensive players: 9
- Recommended roster size: 12–14 players

#### Field Dimensions

Division	Base Distance	Pitching Distance
10U	60 ft	45 ft
12U	70 ft	50 ft

#### The Equipment

- Must be stamped **USA Baseball or USSSA**
- 10U: **-10**
- 12U: **-5 or -3**



## 10U (age: 9-10)

### Rules of the Game:

#### Game Duration

- **1 hour 30 minutes or 6 innings**
    - 5½ innings if home team is ahead
  - **Complete game:**
    - 3 innings or 1 hour elapsed
  - **Incomplete games:**
    - Scored 0-0 or no contest
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#### Run Limits

- 5 runs per inning

#### Run Rule

- 15 runs after 3 innings
  - 10 runs after 4 innings
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#### Playing Time

- Equal playing time required
  - Each player must play at least one inning in the infield
  - No player may sit more than one inning in a row
  - Safety exceptions:
    - Coach must notify umpire and opposing coach pre-game
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#### Pitching Rules

- Maximum 2 innings per game (ENFORCED)

#### Recommended Pitch Limits (Not Enforced):

- Daily max: 75 pitches
- Weekly max: 90 pitches (Sunday-Saturday)

#### Recommended Rest:

- 1-34: 0 days
- 35-44: 1 day
- 45-54: 2 days
- 55-65: 3 days
- 66+: 4 days

#### Balks

- Balks will be called
  - One warning per pitcher
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#### Batting & Offensive Rules

##### Turn at Bat

- Ends when:
  - 3 outs recorded or
  - 5 runs scored

#### Bunting



- Bunting allowed
  - Foul bunt on strike 3 = out
  - Batter who squares must bunt or take the pitch
    - Swinging after squaring = out
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### **Base Running Rules**

#### **Leading Off**

- Players may lead off
- Legal lead-off = two steps and a shuffle
- Runner may not leave until:
  - Ball crosses home plate or
  - Ball is hit

#### **Stealing**

- Delayed stealing only
- Allowed at any base except home
- Runners may advance home only on:
  - Passed ball
  - Wild pitch
  - Wild throw to the pitcher

#### **Pickoffs**

- Pickoffs allowed
  - Unlimited advancement on overthrows
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### **Additional Rules**

#### **Infield Fly Rule**

- In effect for 10U

#### **Prolonged Delay**

- When play has ended and pitcher controls the ball in the mound area:
  - Runners must return to their last legally occupied base



### 10U Quick Rules – Game Day Reference

Category	10U Rule Summary
<b>Game Length</b>	1 hr 30 min <b>or</b> 6 innings (5½ if home team is ahead)
<b>Complete Game</b>	3 innings <b>or</b> 1 hour elapsed
<b>Runs per Inning</b>	5 runs max
<b>Run Rule</b>	15 after 3 innings / 10 after 4 innings
<b>Players on Field</b>	9 max / 8 minimum to start
<b>Batting Order</b>	Continuous lineup (all present players)
<b>Playing Time</b>	Equal playing time; 1 inning in the infield required
<b>Pitching</b>	Max <b>2 innings per game</b> (enforced)
<b>Balks</b>	Called; 1 warning per pitcher
<b>Bunting</b>	Allowed; foul bunt on strike 3 = out
<b>Infield Fly</b>	In effect
<b>Leading Off</b>	Allowed (2 steps + shuffle)
<b>Stealing</b>	Delayed steals only; <b>no stealing home</b>
<b>Advancing Home</b>	Passed ball, wild pitch, or wild throw to pitcher only
<b>Pickoffs</b>	Allowed; unlimited advancement on overthrow
<b>Turn at Bat Ends</b>	3 outs <b>or</b> 5 runs scored
<b>Substitutions</b>	Defensive subs anytime
<b>Late Arrivals</b>	Added to bottom of lineup



## 12U (age: 11-12)

### Rules of the Game:

#### Game Duration

- **1 hour 30 minutes or 6 innings**
    - 5½ innings if home team is ahead
  - **Complete game:**
    - 3 innings or 1 hour elapsed
  - **Incomplete games:**
    - Scored 0-0 or no contest
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#### Run Limits

- 8 runs per inning

#### Run Rule

- 15 runs after 3 innings
  - 10 runs after 4 innings
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#### Playing Time

- Equal playing time required
  - Each player must play at least one inning in the infield
  - No player may sit more than one inning in a row
  - Safety exceptions:
    - Coach must notify umpire and opposing coach pre-game
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#### Pitching Rules

- Maximum 3 innings per game (ENFORCED)

#### Recommended Pitch Limits (Not Enforced):

- Daily max: 85 pitches
- Weekly max: 100 pitches (Sunday-Saturday)

#### Recommended Rest:

- 1-34: 0 days
- 35-44: 1 day
- 45-54: 2 days
- 55-65: 3 days
- 66+: 4 days

#### Balks

- Balks will be called
  - One warning per pitcher
- 

#### Batting & Offensive Rules

##### Turn at Bat

- Ends when:
    - 3 outs recorded or
    - 8 runs scored
-



### **Bunting**

- Bunting allowed
  - Foul bunt on strike 3 = out
  - Batter who squares must bunt or take the pitch
    - Swinging after squaring = out
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### **Base Running Rules**

#### **Leading Off**

- Players may lead off
- Legal lead-off = two steps and a shuffle

#### **Stealing**

- Stealing is allowed at any base, except home
- Allowed at any base except home

#### **Pickoffs**

- Pickoffs allowed
  - Unlimited advancement on overthrows
- 

### **Additional Rules**

#### **Infield Fly Rule**

- In effect for 12U

#### **Prolonged Delay**

- When play has ended and pitcher controls the ball in the mound area:
  - Runners must return to their last legally occupied base



**12U Quick Rules – Game Day Reference**

Category	12U Rule Summary
<b>Game Length</b>	1 hr 30 min or 6 innings (5½ if home team is ahead)
<b>Complete Game</b>	3 innings or 1 hour elapsed
<b>Runs per Inning</b>	8 runs max
<b>Run Rule</b>	15 after 3 innings / 10 after 4 innings
<b>Players on Field</b>	9 max / 8 minimum to start
<b>Batting Order</b>	Continuous lineup (all present players)
<b>Playing Time</b>	Equal playing time; 1 inning in the infield required
<b>Pitching</b>	Max 3 innings per game (enforced)
<b>Pitch Counts</b>	Recommended; not enforced
<b>Balks</b>	Balks called; 1 warning per pitcher
<b>Bunting</b>	Allowed; foul bunt on strike 3 = out
<b>Infield Fly</b>	In effect
<b>Leading Off</b>	Allowed (2 steps + shuffle)
<b>Stealing</b>	Allowed at all bases except home
<b>Advancing Home</b>	Passed ball, wild pitch, or wild throw to pitcher only
<b>Pickoffs</b>	Allowed; one base limit on overthrow
<b>Turn at Bat Ends</b>	3 outs or 8 runs scored
<b>Substitutions</b>	Defensive subs anytime
<b>Late Arrivals</b>	Added to bottom of lineup