

NYS Seniors Rules

Updated 6/23/21

Except as detailed below, [Major League Official Baseball Rules](#) shall apply.

The Field

- The distance between the bases is 80 feet.
- The pitcher's mound is 54 feet from the back of home plate to the front of the pitcher's rubber.

The Game

- All regular games shall consist of six (6) innings
 - A game can end in a tie score. If there is a tie score at the end of 6 innings, but time remains on the clock, the game will go into extra innings until there is a winner or until the game clock expires.
 - If games are cancelled due to weather, and:
 - Two complete innings have been played (1.5 if home team is winning) or the game has lasted more than one hour, the game shall be considered completed and no make-up will be scheduled. The score shall revert back to the score at the end of the last completed inning. An inning in process is considered complete if the top half of the inning has been completed and the home team is winning.
 - Less than two complete innings have been played and the game has lasted less than one hour, the game will be rescheduled and shall revert to the state of play when the game was stopped, excepting that the batter will re-start any in progress at-bat with a 0-0 count.
- No inning can start after one hour and forty-five minutes (1:45) from the start of the game (excluding time stopped for rain or other weather delays).
 - The umpire will be responsible for keeping the official time of the game.
- No team shall score more than 8 runs per inning.
- If the visiting team is ahead by 15 runs at any time after 4 or more complete innings have been played, or the home team is ahead by 15 any time after 3 1/2 innings or more innings have been played, they are the winner of the game and the official game is over.
- If time has expired and either team is up by 9 or more runs, they are the winner and the official game is over.
 - The teams may continue to scrimmage.
 - Umpires may be excused at that point.
- Scores are reported to the league by the home team within 24 hours of game completion.
 - The home scorekeeper will be the official scorekeeper.

- Pitch counts are reported to the league by the home team within 24 hours of game completion.
 - The home scorekeeper will be the official pitch counter, but will consult the away scorekeeper to ensure counts are uniform.

Roster and Lineup

- Teams shall consist of 9-12 players.
 - Temporary replacements from the roster of a team not playing may be used.
 - At no time shall a person be allowed to play for a team who is not a registered NYS player.
- All players present at the start of the game will be placed in the batting order determined by the coach and will hit in that order.
 - The batting order will not change once the game has started except due to an injury or ejection of a player.
 - Players arriving after their spot in the order will be added at the end of the batting order (for example, if 9 players were in the game and another player shows up, they are added at #10 in the batting order).
- A team can field 8 players without taking an out in the 9th batting position. A team can field 7 players but must take an automatic out in the 8th batting position.
- Any team unable to field at least 7 players will forfeit the game. In the event of a forfeit, the teams can agree to scrimmage with the players they have. Umpires would be excused. Each player must play at least three (3) innings in each game. No player shall play less than three (3) innings unless due to a shortened game, injury, illness or disciplinary reasons.
 - The coach must give notice of this action to the Umpire and the opposing coach.
 - Each player must play at least two of the first four innings in the infield in each game, except in the case of risk of injury or if the game is shortened due to adverse weather.
- Substitutions can be made freely in the field from position to position and in and out defensively.

Pitching Rules

- For the regular season, pitchers may throw a maximum of 80 pitches over a three-day period, and a total of 100 pitches per week. These limits raise to 85 pitches over a three-day period and 110 pitches per week for the playoffs.
- A coach can visit the mound once per inning per pitcher. A second visit to the same pitcher during the same inning results in that pitcher being removed.
- Each mound visit must be limited to a maximum of 1 minute.
- Once a pitcher has been removed, they cannot be re-inserted as a pitcher for the remainder of the game.

Base Running Rules

- Players may move from base to base (including home plate) on any passed ball or wild pitch.
- Stealing and leadoffs are allowed.
- Runners may NOT advance beyond 1st base on a walk (no running to 2nd to force a throw).
- A pinch runner is allowed if a base runner is injured. A courtesy runner is also allowed for catchers.
 - The pinch runner must be the player who made the last out as a batter.
- The Infield Fly Rule is in effect and must be called during the play.
 - This is a judgment call and can only be called by the umpire.
- The Dropped 3rd Strike Rule is in effect.
 - If 1st base is unoccupied with less than two outs if the catcher does not catch a third strike the batter can attempt to advance to 1st base (as if the ball was put in play).
 - If 1st base is occupied with less than two outs, the batter is out on a dropped third strike. Other runners have the opportunity to advance.
 - If 1st base is occupied with two outs and the catcher does not catch the third strike, the batter can attempt to advance to 1st base (as if the ball was put in play). Other runners also have the opportunity to advance.
 - If the batter retires himself by moving toward their dugout, the batter is out. The defense does not have to make a tag out or force out.
- Any fair ball that goes out of play (either bouncing over the fence or rolling under the fence) and is unplayable by the fielder (which can be signaled by both arms in the air) is a Ground Rule Double.
 - Any player on base shall advance two (2) bases from where they were at the time of the pitch.

Sliding Rules

- The runner is out if they do not slide or attempt to get around a fielder who has the ball and is waiting to make the tag.
 - There is no rule requiring runners to slide on all close plays, but the runner must avoid contact at all times.
- The runner is out if they slide head first while advancing.
- The runner can dive head first if returning to a base.
- If a defensive player blocks a base, home plate or base line without possession of the ball, obstruction is called and the runner is awarded the base.