



### 3.8. 16-18U and 19+ Divisions

<b>Distance between bases</b>	90 ft.
<b>Distance to pitching rubber</b>	60.5 ft.
<b>Length of game</b>	Seven (7) innings
<b>Mercy rule per inning</b>	Innings 1-5: seven (7) runs Innings 6-7: open
<b>Minimum # of players required to play any game</b>	6
<b>Allowable bats</b>	Wooden, wood-composite

- 3.8.1. Any serious violation of the Code of Conduct will result in an in-person hearing. Please refer to the [Code of Conduct and Zero Tolerance policy](#) in the General House League rules.
- 3.8.2. Every division will have a double-elimination playoff.
- 3.8.3. UNDER NO CIRCUMSTANCES ARE ANY RULE CHANGES ALLOWED. COACHES MAY NOT AGREE TO ANY MODIFICATIONS BEFORE OR DURING A GAME AT ANY TIME.
- 3.8.4. Catchers cannot be substituted unless for reason of injury.
- 3.8.5. The balk rule will be called and enforced from the start of the season. The Umpire will issue one warning per game and explain the ruling or infraction of the balk to the pitcher and coach(es).
- 3.8.6. No player may sit on the bench twice until every player has sat on the bench once.
- 3.8.7. A pitcher may pitch a maximum of three consecutive innings. With the exclusion of Senior Division, all pitchers must sit out the number of consecutive innings needed to bring balance to the number of innings played by all teammates.
- 3.8.8. A pitcher must be substituted after hitting any 3 batters during the game.
- 3.8.9. A pitcher will be ejected from the game after intentionally throwing at a batter.
- 3.8.10. The defensive team will consist of one catcher, one pitcher, one 1B, one 2B, one 3B, one SS, and up to three OF: nine players in total.
- 3.8.11. In Senior Divisions only, all roster players will bat.
- 3.8.12. See [General House League Rules](#) as all General Rules also apply.



## 5. Appendix

### 5.1. League Thunder & Lightning Policy

Please remember, that the baseball season is a primetime for thunderstorms, so be aware of lightning and remember the 30–30 Rule for determining the threat of lightning in your area.

**30 Seconds.** If time is less than 30 seconds between seeing lightning and hearing thunder, then lightning is still a potential threat. You should seek shelter immediately.

**30 Minutes.** After the last lightning flash, wait 30 minutes before leaving the shelter.

Half of all lightning deaths occur after the storm passes. Stay in a safe area until you are sure that the threat of lightning has passed.

Based on Environment Canada, Baseball Ontario has updated the 30/30 rule to accurately read as follows, “If you can count 30 seconds or less between the lightning flash and hearing the thunder, immediately take shelter and stay there until 30 minutes after the last rumble of thunder.”

Players, coaches, Umpires, spectators, etc. should immediately seek shelter if the 30/30 rule is in place, preferably an all-metal automobile (not convertible top) or a building with running water and electricity. If caught outside far from a safe shelter, stay away from tall objects, such as trees, poles, wires, and fences. Take shelter in a low-lying area.

Environment Canada states “it’s not necessarily the direct lightning strike that will injure or kill a player. During a lightning storm the atmosphere becomes electrified. Lightning streamers from the ground are trying to connect up with the lightning strike making its way from the cloud to the ground. If these streamers form on a fence/lamp post or even a player, damage can occur to a player’s nervous system and brain making them unfit to play. People can recover from this close encounter with lightning, but some damage can last a lifetime.”

While the 30/30 rules provide a timeline to protect oneself during a thunderstorm while participating in an outdoor activity, in 2011, Environment Canada adopted a much clearer statement. “When thunder roars, GO INDOORS”

### 5.2. Balk Rule

A balk is an attempt by the pitcher to deceive a baserunner, or a move that was started by the pitcher and not completed. The purpose of the balk rule is to limit what the pitcher is allowed to do in an attempt to pick off a baserunner. The rule specifies many specific actions, but it is a judgment of the Umpire as to whether one action was started and not completed or not.

#### Points to Remember

- A balk can only occur when one or more runners are on base.
- An illegal pitch becomes a balk with runners on base; 3) All baserunners are advanced one base on a balk.



## Enforcement

When the pitcher commits a balk without pitching the ball to the batter, the Umpire would yell “balk” when they feel the play is over and cannot continue. Baserunner(s) are awarded one base. When the pitcher commits a balk while pitching the ball to the batter, the Umpire yells balk but the play continues as if there was no balk. The balk is ignored if the batter reaches first base safely on a hit, a hit and error, a fourth ball, being hit by a pitch, etc. and further provided that all baserunners advanced at least one base. A balk is also ignored if a runner advances one base but subsequently gets thrown out at a later base. If all runners, including the batter runner did not advance at least one base, then each runner would be awarded one base, unless the offensive coach chooses to surrender an out (batter runner) for the benefit of advancing the runners (e.g. Bases loaded one out. A pitcher balks and pitches the ball to the batter. The batter grounds out to first base, but a run scores from third. The offensive coach can choose to take the run and sacrifice the out at first.)

### 5.3. MLB Balk Rule

From the Official Rules of Major League Baseball

#### Rule 8.05 (The Balk Rule)

- a) If there is a runner, or runners, it is a balk when --
- b) The pitcher, while touching the plate, makes any motion naturally associated with the pitch and fails to make such delivery.

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*Rule 8.05(a) Comment: If a lefthanded or righthanded pitcher swings their free foot past the back edge of the pitcher’s rubber, they are required to pitch to the batter except to throw to second base on a pick-off-play. (b) The pitcher, while touching the plate, feints a throw to first base and fails to complete the throw.*

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- c) The pitcher, while touching the plate, fails to step directly toward a base before throwing to that base.

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*Rule 8.05(c) Comment: Requires the pitcher, while touching the plate, to step directly toward a base before throwing to that base. If a pitcher turns or spins off of their free foot without actually stepping or if they turn their body and throws before stepping, it is a balk. A pitcher is to step directly toward a base before throwing to that base but does not require them to throw (except to first base only) because they step. It is possible, with runners on first and third, for the pitcher to step toward third and not throw, merely to bluff the runner back to third; then seeing the runner on first start for second, turn and step toward and throw to first base. This is legal. However, if, with runners on first and third, the pitcher, while in contact with the rubber, steps toward third and then immediately and in practically the same motion wheels and throws to first base, it is obviously an attempt to deceive the runner at first base, and*

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*in such a move it is practically impossible to step directly toward first base before the throw to first base, and such a move shall be called a balk. Of course, if the pitcher steps off the rubber and then makes such a move, it is not a balk.*

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- d) The pitcher, while touching the plate, throws, or feints a throw to an unoccupied base, except for the purpose of making a play.
  - e) The pitcher makes an illegal pitch.
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*Rule 8.05(e) Comment: A quick pitch is an illegal pitch. Umpires will judge a quick pitch as one delivered before the batter is reasonably set in the batter's box. With runners on base the penalty is a balk; with no runners on base, it is a ball. The quick pitch is dangerous and should not be permitted.*

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- f) The pitcher delivers the ball to the batter while they are not facing the batter.
  - g) The pitcher makes any motion naturally associated with their pitch while they are not touching the pitcher's plate.
  - h) The pitcher unnecessarily delays the game.
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*Rule 8.05(h) Comment: Rule 8.05(h) shall not apply when a warning is given pursuant to Rule 8.02(c) (which prohibits intentional delay of a game by throwing to fielders not in an attempt to put a runner out). If a pitcher is ejected pursuant to Rule 8.02(c) for continuing to delay the game, the penalty in Rule 8.05(h) shall also apply. Rule 8.04 (which sets a time limit for a pitcher to deliver the ball when the bases are unoccupied) applies only when there are no runners on base.*

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- i) The pitcher, without having the ball, stands on or astride the pitcher's plate or while off the plate, feints a pitch
  - I. The pitcher, after coming to a legal pitching position, removes one hand from the ball other than in an actual pitch, or in throwing to a base
  - II. The pitcher, while touching the plate, accidentally or intentionally drops the ball;
    - (I) The pitcher, while giving an intentional base on balls, pitches when the catcher is not in the catcher's box
- j) The pitcher delivers the pitch from Set Position without coming to a stop.
  - I. PENALTY: The ball is dead, and each runner shall advance one base without liability to be put out, unless the batter reaches first on a hit, an error, a base on



balls, a hit batter, or otherwise, and all other runners advance at least one base, in which case the play proceeds without reference to the balk.

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*APPROVED RULING: In cases where a pitcher balks and throws wild, either to a base or to home plate, a runner or runners may advance beyond the base to which they are entitled at their own risk.*

*APPROVED RULING: A runner who misses the first base to which they are advancing and who is called out on appeal shall be considered as having advanced one base for the purpose of this rule.*

*Rule 8.05 Comment: Umpires should bear in mind that the purpose of the balk rule is to prevent the pitcher from deliberately deceiving the baserunner. If there is doubt in the Umpire's mind, the intent of the pitcher should govern. However, certain specifics should be borne in mind:*

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- k) Straddling the pitcher's rubber without the ball is to be interpreted as intent to deceive and ruled a balk.
- l) With a runner on first base the pitcher may make a complete turn, without hesitating toward first, and throw to second. This is not to be interpreted as throwing to an unoccupied base