

RECREATIONAL LEAGUE RULES | 5U A BASEBALL

FALL 2025 & SPRING 2026



LEAGUE STRUCTURE

AGE DIVISIONS

The league is split by age group into divisions. Most divisions will be 'pure age' (all players with a birthday during the same 1-year span), but some will be 'combined age' when necessary, due to lower participation. A player's age grouping will be determined by age on April 30, 2026. Players may 'play up' one division if requested by the parent. [See Age Chart for more details](#)

TEAM COMPOSITION

Each team will have a minimum of 10 and a maximum of 13 players on the roster. All players must be registered with FBSA and assigned to a team roster to be eligible to play. Teams will be formed by a League Director, who will consider school zone, parent requests and prior team assignment when building rosters. Coaches are not allowed to 'recruit' players through tryouts or other means, and the League Director has final say on roster assignments.

EQUIPMENT

BATS

All bats must have a permanent USSSA, USA, or BBCOR mark and a max drop of 12 (-12)

HELMETS AND SAFETY GEAR

Players must wear all appropriate protective equipment when on the field. All batters and base runners must wear a protective helmet. The catcher must wear all assigned equipment during games, practices, or while warming up a pitcher. This includes protective catcher's helmet with face mask, chest protector, shin guards, protective cup.

FOOTWEAR

Players may not wear metal cleats/spikes – molded cleats only. Pitchers must wear turf shoes or tennis shoes when pitching from a portable/turf mound.

UNIFORMS

All players must wear a team-provided uniform during all games, consisting of a jersey, cap, baseball pants, and socks, matching the rest of the team. The jersey must have a unique number and may not be altered in any way. Jerseys must always be tucked in during the game and a player's legs must be fully covered by a combination of pants and socks. Any player in violation of these rules must leave the game until they are able to conform.

TRAINING TOOLS

There shall be no extra warm-up or practice gear used on the field during an official game. The on-deck batter may use a bat weight (donut).

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GENERAL RULES

CONDUCT

Coaches are responsible, and accountable, for their behavior and that of their players and fans. Umpires may eject a coach if they, their players, or their fans are acting unruly. Game forfeiture may also result if the umpire considers it necessary. If a coach is ejected from a game for any reason, the coach will also serve a mandatory one-game suspension.

BANNED SUBSTANCES

Coaches, parents, and players may not smoke/vape or use tobacco products, or use, have, or be under the influence of alcohol or illegal drugs in the presence of children. This includes games, practices, and all FBSA related events.

NOISE

No artificial noise makers (such as train/air horns) are allowed during games. Warm-up or walk-up music is allowed, and may be controlled by the offensive team only, during their turn at bat.

AMENDMENTS

No amendments to these rules may be made on-field by an umpire or coach. All rule changes must be voted on by the FBSA board and approved by the league Commissioner.

SCORES AND STANDINGS

SCOREKEEPING

Tee Ball is non-competitive with no score kept and there are no forfeits.

PLAYER SAFETY

BLOOD RULE

Any player with visible bleeding must leave the game until the bleeding stops or the blood is covered. Free substitution is allowed, and there will be no automatic out if the player is due to bat.

INJURIES

An accident report for all injuries to FBSA participants, including members or other organizations, must be reported to the Board by the FBSA manager or coach or official responsible within 24 hours of the incident.

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THROWN EQUIPMENT

Bats or helmets thrown during a game may result in ejection of the offending player (or coach), at the umpires' discretion. If a thrown bat strikes the catcher or umpire, regardless of intent, the umpire will call the batter out, without warning.

NO CONTACT RULE

Base runners must avoid contact with a defensive player, even if the defensive player is out of position and obstructing the runners' path. If a base runner initiates contact with a defensive player, and the umpire believes it to be *intentional*, the runner will be ruled 'out' and ejected from the game. If the umpire believes it to be *unintentional*, the runner will only be ruled 'out'.

FIELD SETUP

BASE DISTANCE

The distance between each base is 50 feet.

FAIR BALL ARC

There is a ten (10) foot arc drawn between the First Baseline and Third Baseline, in front of home plate. A batted ball must go past this line to be considered fair.

DUGOUTS

The Home team will use the dugout on the First Baseline and the Visiting team will use the dugout on the Third Baseline. During play, all offensive players must remain in their dugout except the batter, on-deck hitter and base runners.

LINEUPS

PLAYER ELIGIBILITY

All players must be registered with FBSA and rostered to play in an official game. All players will bat in a continuous rotation, and players arriving late will be added to the end of the lineup as they arrive. Batting lineups should be rotated each game with the leadoff batter from the previous game moving to the end of the lineup, and all others moving up one spot in the order.

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INCLEMENT WEATHER

DELAYS OR SHORTENED GAMES

The safety of the players will be prime consideration. At the direction of the umpires or League Directors, a game may be delayed or shortened due to weather or conditions potentially harmful to the players. The umpire will first impose a 30-minute (maximum) game delay before canceling a game. In the event a game is cancelled, it is considered complete after at least 33 minutes of game play.

MAKE UP GAMES

Incomplete games or 'rainouts' will be rescheduled, if possible. The League Scheduler will make the decision to make up games, considering field availability; some games may not be rescheduled.

GAME PLAY

LENGTH OF GAME

A regulation game is 55 minutes. When time expires the game will end once the current batter finishes their at bat.

INNINGS AND OUTS

Each half-inning ends after the offensive team bats once through their lineup.

PREGAME WARMUPS

No pre-game warmups will be allowed on the infield prior to the start of a game. This includes the pitcher's mound and home plate area. All warmups shall be conducted in the outfield or designated shared areas, away from the field.

COACHES

Five (5) total coaches are allowed in the dugout and/or on the field. Three (3) *offensive* coaches will be allowed on the field: one (1) home plate coach and two (2) base coaches. Two (2) *defensive* coaches will be stationed in the outfield behind their fielders. The coach may position players before each at bat but may not coach the players while the ball is in play.



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THE DEFENSE

The defense will consist of all eligible players; their positions will be pitcher, catcher, first basemen, second basemen, third basemen, shortstop, and all remaining players in the outfield. Players must rotate from the outfield to the infield in every other inning. Infielders may not advance more than 10 feet towards home plate until the ball is hit. Outfielders should be no less than 15 feet behind the baseline. Players may not “roll” or “bowl” the ball to put a runner out; players must try to throw the ball overhand in an orthodox manner. Violation of this rule results in the runner being awarded the base and the play is dead. An Outfielder may not make an unassisted out at a base or in the baseline; they should attempt to throw to a player at an Infield position. Defensive players may not block the baselines unless they are in possession of the ball or in the process of receiving the ball.

THE PITCHER

The defensive player in the pitcher position will maintain contact with the pitching rubber until the ball is hit. Violation of this rule will result in each baserunner being awarded one base and the batter returning to bat, unless the results of the initial hit would be of greater benefit to the team. The pitcher may not make an unassisted out, rather they should field and throw the ball to the appropriate base; they may tag a runner if the ball is hit up the first or third baseline and fielded where the obvious play is a tag of the runner.

STOPPING PLAY

In the home plate offensive coach’s judgement, when a defensive player is in possession of the ball and has gained control of the ball within the baselines, the ball will be declared dead. All baserunners must return to the previous base legally touched, unless they made a discernible turn to the next base before the dead ball call was made. If a defensive play is made, runners may advance at their own risk.

THE BATTER

The offensive home plate coach is responsible for adjusting the tee height and placing the ball. The batter may only swing after the home plate coach says, “Play Ball”. Batters will attempt to hit from the tee and will have up to six (6) swings to put the ball in play. Hitting the rubber part of the tee without hitting the ball will be a strike. The ball must be hit past the 10-foot fair ball arc to be fair. A foul ball on the sixth swing will also be considered a strike and the batter is out. If the ball is hit and remains in the infield, the batter may not advance past first base. If the ball is hit to the outfield, the batter may advance, at their own risk, to second base, but must stop at second base.

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THE BASE RUNNER

Base runners are not permitted to steal or leadoff bases and must remain in contact with the base until the ball is hit. If the runner leaves the base early, after one warning, the result will be a dead ball and the batter's hit will not be counted. On an overthrow of an infield play the base runner(s) may not advance. If a runner misses a base the home plate offensive coach will return that player to the base missed and any subsequent runners will be forced back. If a runner passes a teammate in the baseline and touches the base ahead of the previous runner, the passing runner will be called out. If there are multiple runners on the same base, the trailing runner will be called out.