



All Star Baseball Academy Showcase Tournament Rules

Length of game:

- Each game will be 2 hours or 7 innings in length, whichever comes first. The game clock will begin on the first pitch. (Summer Season)
 - No new inning can start after the 1 hour 50 min mark.
 - If the home team is winning after the top of 7th and the visiting team is requesting to showcase another pitcher, the bottom of the inning may be played if time allows and both teams are in agreement and has been ok'd by an ASBA staff member. Decisions are based solely with the ASBA staff member on site.
- ASBA reserves the right to adjust time limits based on weather conditions or difference in seasons. (Fall Season)

Run Rule per Inning:

- ASBA will use a 9 run per inning limit on all Showcase Tournament games. By doing so, this will keep the pace of the game moving and allow both teams more time to showcase their players over the course of the game. After 9 runs have been scored, the inning will be complete and the next inning will begin.

Infield/ Outfield:

- Infield/Outfield is not permitted between games to allow the staff time to prep the field for the next game. Teams are permitted to hit fly balls and/or ground balls in the OF area to prepare their players for the game.

Rosters/ Equipment:

- **Lineups:**
 - Lineups are required to be submitted to the ASBA Staff member on site for game data. Any substitutions must be presented to the opposition and the scorer.
- **Batting Order:**
 - Teams have the option of batting the minimum of 9 batters, their entire lineup or anything in between.
 - If a team chooses to have players on the bench, they will be used as substitutes and will follow the substitution rules.
 - Batting out of order will result in an out. If a player is hurt and cannot participate, the player's spot in the lineup will be skipped without penalty, unless there are less than 9 batters remaining. At that time, the spot will result in an out. If a player is deemed hurt, he will not be permitted to re-enter the game at any time.
- **Substitutions:**
 - There are free substitutions on defense. Mound visitations will be covered by NFHS rules. You may use a courtesy runner for the pitcher and the catcher at any time.
- **Types of Bats:**
 - All Futures Starz Tournaments for High School Division will be WOOD BAT ONLY! No 2-piece metal wood bats or full resin bats (BAUM) will be permitted.
- **Balls:**
 - Baseballs will be provided. Teams are asked for assistance on the retrieval of all foul balls and return them to the umpire. Five (5) game balls will be provided for each game. Please do not take game balls at the conclusion of the game.
- **Home/Visiting Teams:**
 - Visiting and Home teams are predetermined. The team listed **FIRST** on the schedule is the VISITING TEAM and the team listed **SECOND** is the HOME TEAM.

Ejection/Suspension Policy:

1. Managers/Coaches:

- a. Managers or coaches (or scorekeepers or anyone else that is in the dugout or on the field during a game) that are ejected from a game (either by an umpire or by a Tournament Director) must leave the facility immediately and will automatically be suspended for 1 additional game. The Tournament Director may also lengthen the suspension to more games or expulsion from the facility for a period of time. If a manager or coach is ejected from a game twice during the same tournament, they will be suspended for the remainder of the tournament.

2. Players:

- a. If a player is ejected from a game, they may face further suspension.

3. Parents/Fans:

- a. If a fan or parent is ejected from a game (either by an umpire or a tournament director), they must leave the facility immediately and will be suspended for the remainder of the event.

Inclement Weather

In the event of rain, we will do everything within our power to stay as close to game schedule as possible. However, because of limited field availability we may have to deviate from the printed schedule. If and when we need to alter the schedule, we use the following procedures/priorities as our guide:

1. Our first priority will always be to make sure that each team plays its minimum number of games.
2. We will try to maintain the original schedule as much as possible
3. In the event of weather/darkness, it may not be possible to accommodate schedule requests.
4. ASBA reserves the right to alter the format of a tournament at any moment due to extraordinary circumstances. In the case of rain, the day 2 schedule may be adjusted.

In the event of a delay for weather or lightning, the game clock WILL NOT stop and will continue to run. All Star Baseball Academy will make every attempt to complete games within the timeframe allotted. It is important that all games stay on time in fairness to all the participants.

If a delay occurs, continuance of the delayed game will be at the sole discretion of the All-Star Baseball Academy staff member.

For example: If there is a delay for 30 minutes in the middle of the game and there is only 20 minutes remaining on the running clock, the game could be deemed complete so the next game can be started on time and give other teams a chance to play.

Lightning Policy

1. When a lightning storm approaches within 8-20 miles, ASBA staff will continuously monitor the storm activity and prepare for a possible suspension of games.
2. When lightning is detected within 8 miles, all games will be suspended. At that time, players, coaches, and spectators should exit the facility to the safety of their vehicles.
3. Games will be resumed once the lightning has moved outside of the 8-mile radius from the complex for a period of 15 minutes.
4. It should be noted that lightning could be visible (usually in the clouds) over 20 miles away. These observations should obviously alert everyone that a storm may be approaching; however, it does not necessitate the suspension of play.

Pitching Recommendations for Youth Baseball Players

1. *The following recommendations are NOT specifically from ASBA.*
2. *Always consult a physician if you have a concern. We are simply asking each player, parent and coach to use their guidelines.*
3. *Information also from an article on WebMD.com titled "Baseball Pitching Compared in Children and Pros" (2000)*
4. **Information from USA Baseball Medical & Safety Advisory Committee with help by the American Sports Medicine Institute, USA Baseball News, Journal of Biomechanics, and The American journal of Sports Medicine (2006).*

One of the missions of the USA Baseball Medical & Safety Advisory Committee is to provide scientifically based information to youth baseball members decreasing the chance of injury and maximizing their ability to play at a higher level.

- Pitchers should be taken out of the game immediately if their arm is fatigued.
- If a pitcher complains about arm pain and it does not go away after 4 days or the same pain happens immediately when they pitch again, the parent should take their son/daughter to a physician.
- Pitchers who competitively pitch more than 85 pitches per game, more than 8 months out of a year, or with arm fatigue are several times more likely to require elbow surgery.
- Injuries that occur when pitchers are adults may have begun to develop during their youth level of baseball.
- Once a pitcher leaves the game they should not come back in to pitch later in that game. The pitcher's tendons, muscles, and ligaments need time to "cool down" just as they needed time to "warm-up."
- The day after a start should be for rest, not participating in any drills that use an overhand movement.
- Throwing curveballs and sliders increase the chance of elbow and shoulder pain. If breaking balls are thrown, it is very important for the pitcher to have the proper mechanics.
- Developing the skills needed to play at a higher level is done through repetition, but a pitcher should not throw for more than one team per season. Performing drills to build strength and consistency is good, but the pitcher must find time to rest between starts. We encourage the player to only pitch for one team during the year.
- A pitcher should not compete in baseball for more than 9 months out of the year. The pitcher will need those 3 other months for "active rest." Other physical activities are encouraged, but no other overhand activities should be done in these 3 months. (Javelin Throw, Football Quarterback, Swimming)
- Players should be taught proper pitching mechanics from an early age, and their pitches will get faster over time as joint force increases.
- A great way to prevent injury to a pitcher is to improve overall fitness. Athletes as a whole injure themselves much more frequently when they are fatigued. (WebMD)
- To prevent injuries to a pitcher's arm, have them work on strength and flexibility of their shoulder, wrist, and elbow. (WebMD)
- Parents should get to know their child's coach to ensure that they are teaching their child the proper mechanics of pitching. It is the coach and parent's responsibility to make sure the player is using the proper equipment, taking enough time to warm-up, and also enough time with stretching exercises. (WebMD)

USA Baseball Medical & Safety Advisory Committee Recommendations for Limits with Youth Pitchers

Age Group	Pitches per Game	Pitches per Week	Pitches per Season	Pitches per year
9-10	50	75	1,000	2,000
11-12	75	100	1,000	3,000
13-14	75	125	1,000	3,000
15-16	90	2 Games/Week	---	---
17-18	105	2 Games/Week	---	---

USA Baseball Medical & Safety Advisory Committee Recommendations for Days of Rest After a Start

Age Group	1 Day Rest	2 Days Rest	3 Days Rest	4 Days Rest
9-10	21-33 pitches	34-42 pitches	43-50 pitches	50+ pitches
11-12	27-34 pitches	35-54 pitches	55-57 pitches	58+ pitches
13-14	30-35 pitches	36-55 pitches	56-59 pitches	70+ pitches
15-16	30-39 pitches	40-59 pitches	60-79 pitches	80+ pitches
17-18	30-39 pitches	40-59 pitches	60-89 pitches	90+ pitches