

Orem Recreation
Fall Baseball League 2026
10U, & 11U teams

This league offers teams the opportunity to gain valuable game experience throughout the fall season. It's a great way to keep the team together and engaged while other fall sports are underway. The league has a relaxed atmosphere and emphasizes ongoing development.

This league will be governed by High School rules (NFHS) with the following exceptions:

Roster Rules:

1. Team Roster with parent/guardian signature of ALL players is required prior to participation. Players can be added to the team at any time throughout the season, but please make sure to get them added to the roster.
2. Player Eligibility: No player may play with more than one team in the same age division. However, a player may play on more than one team by playing up an age division.
3. No limit to roster size.

Eligibility:

4. Age Divisions – 2027 Season
Age Cutoff Date: May 1
 - 8u – Must be 8 or younger on May 1, - 2nd Grade
 - 9u – Must be 9 or younger on May 1, - 3rd Grade
 - 10u - Must be 10 or younger on May 1, - 4th Grade
 - 11u- Must be 11 or younger on May 1,- 5th Grade

Pitching:

5. A pitcher may throw 50 pitches a week (finish the batter). Coaches should safeguard their pitchers that throw in multiple leagues.
6. 10U Pitching will be 46'; bases will be 60'. 11U Pitching will be 50'; bases will be at 70'
7. To maximize playing time:
 - Pitchers: maximum of 5 warm-up pitches between innings (throw down on 5th pitch).
 - Eliminate defensive huddles prior to your team taking the field in-between innings.
 - Please have a catcher ready to warm-up your pitcher between innings when your catcher is not ready.
 - As per NFHS rules, each team is allowed three charged visits to the mound within a game. A charged visit is a trip in which the manager or coach does not remove the pitcher. After the three charged visits are used, every trip to the mound will result in

the pitcher being removed. A visit is not “charged” when the manager removes the pitcher from the mound. Remember, charged visits are cumulative for the entire game (visits are not tracked “per pitcher”). No restrictions on visits per inning.

Batter and Runner:

8. Teams may bat more than 9 players. If only batting 9, the batting order re-entry rule applies: Starters may only re-enter the line-up one time in their original spot. Subs may not re-enter after being pulled from the offensive line-up.
9. Batting order: There is no limit to the number of players you have in your starting line- up, but you must have at least 9 to start the game. Less than 9 (at game-time) = Forfeit.
10. Unlimited defensive substitutions. Your defensive lineup is not related to your batting order. A player may play defensively even if they are not in the batting lineup
11. Slide rule. This is an avoid contact rule that will be enforced by umpire judgment (interference). Be smart and slide. Malicious contact will result in an ejection. You may not blow up the defensive player. Ejected players or coaches will sit their team’s next game as well.
12. Intentional Walk requires coach to notify the home plate umpire. The batter is awarded first base without any pitches being thrown.
13. UNIFORMS - Players must wear a jersey with a number. No duplicate numbers please.
14. Speed up for Pitchers & catchers will be allowed. Please have a backup catcher ready to warm up pitchers between innings. This is key to playing a complete game. Speed up runner will be last out (unless the last out was a pitcher/catcher).
15. Only players and Coaches allowed in the Dugouts. A total of 3 coaches. No parents or siblings. No sunflower seeds are allowed. No bat boys allowed.
16. Drop 3rd Strike: 10U only. No Dropped 3rd Strike for 8U and 9U.
17. Leading Off: 10U only. No Leading Off for 8U and 9U. 8U and 9U: Base runner may steal or advance to ANY BASE after ball crosses home plate.
18. Balks: While pitchers are learning to pitch from the stretch, balks will still be called. However, runners will not advance on a called balk until September 8th.
19. Field usage. No infield warm-ups. Please do not allow your players to warm-up or play catch on the infield.

Run Rules:

20. Hard 8 runs per inning: After 8 runs have been scored teams will exchange offense & defense.
YOU CANNOT SCORE MORE THAN 8 RUNS PER INNING.
21. Game ending mercy rule will be used. 15 runs after 3 innings, 10 runs after 4 innings, or 8 runs after 5 innings. Keep your team hustling on and off the field.
22. Game time will be kept on the field by the umpire.
23. Home team will be official score book.
24. GAME TIME LIMITS - For all ages, game length will be 7 innings or 1 hour 25 minutes; drop dead at 1 hour 40 minutes. Games can end in a tie.

Equipment:

25. No Metal cleats allowed on the fields.

26. All big barrel bats will be governed by USSSA standards. Any bat that lands on the banned bat list will not be allowed. No retooled bats. Once it is on the list, it is not legal.

<https://www.ussa.com/baseball/baseball-withdrawn-andor-non-compliant-baseball-bat-models>

27. All helmets must be crack free and have a NOCSAE stamp.

Rainout/Lightning Rule:

28. Less than 3 complete innings or 45 minutes have been played - The game will be resumed at the exact point (as close as possible) where the game was stopped.

29. At least three complete innings or more than 45 minutes have been played - If the home team is ahead, they will be the winners. If the game is tied, the game will be considered complete as league games can end in a tie).

Ejections:

30. If an ejection occurs, the offender must leave the ballpark quickly (one minute) "Out of Sight, Out of Sound." The offending coach/player/spectator must sit out the next game as well.

Code of Conduct:

31. Please ensure that any trash is removed from the dugouts and that the dugout area is promptly cleared after your game. We kindly request that post-game discussions be held outside the dugouts. It is important to note that as guests at Lindquist Park, in order to preserve the park for future years, it is necessary for everyone, including parents, to clean up after themselves and remove any items they bring in. Please be aware that if the situation becomes unmanageable, outside food may no longer be permitted in the stadium.

32. **SHOW RESPECT** to the parks, umpires, scorekeepers, your opponents and to the game.

Officials and supervisors can make mistakes on league rules. These incorrect decisions made do not change the rules. It is the responsibility of each coach/manager to have knowledge of the rules and to take responsibility for his or her team's adherence to all aforementioned policies as well as the team's conduct. Each coach/manager is also expected to know the Orem Recreation Code of Conduct.

City of Orem Recreation Department

CODE OF CONDUCT

The City of Orem Recreation Department has established a Code of Conduct which applies to all persons participating in any way in any Orem City Recreation Department programs or facilities. All participants, volunteers, coaches, patrons, and spectators are expected to know, promote, and adhere to the following standards of conduct.

General:

1. Promote and encourage good sportsmanship by demonstrating positive support for players, coaches, officials, participants, and employees.
2. Treat everyone with respect, regardless of race, color, age, sex, religion, national origin, disability, or skill level. Putting down or demoralizing others is not acceptable.
3. Adhere strictly to the rules of the game/facility (including official=s or employee=s decisions) and do not attempt to change or manipulate those rules in order to win or for personal benefit.
4. No smoking, drinking, or being under the influence of alcohol or drugs will be allowed in the facilities or on playing fields.
5. Abuse or harassment of players, volunteers, coaches, officials, spectators, or employees in any form will not be tolerated. Bullying is a form of harassment which is also prohibited.
6. Foul, abusive, profane, or vulgar language is prohibited and will not be tolerated.
7. Fighting is prohibited. Fighting includes physical (hitting, pushing, touching, Agetting in the face of@) or verbal (threatening, making fun of, calling names, cursing, arguing).
8. Remember that youth programs are for the kids [to learn fundamentals, techniques, sportsmanship, teamwork, and have fun]; they are not for adults! Therefore, all kids deserve a right to fairness at all times.
9. Conduct yourself in a manner that would be an example and a role model to youth under your direction or in the vicinity.
10. Coaches agree to support and work with assigned team throughout the designated season and agree to hold regular practices (at least once a week) and show up to scheduled games.
11. Any equipment issued does not become personal property and all equipment must be returned in good condition to the City at determined time.
12. Promote teamwork, physical conditioning and teaching skills appropriate to the sport. Do not teach, encourage, or allow rough or dirty tactics of play.

Anyone who does not comply with this policy, or who conducts himself or herself in any unbecoming manner, will be subject to disciplinary action including (but not limited to) verbal or written warning, being asked to vacate the premises, suspension, or expulsion from the program, class, facility, or field and associated privileges will be terminated without refund. Financial restitution may be required when appropriate. Criminal violations will be prosecuted to the fullest extent of the law.