



BASEBALL
New Brunswick/Nouveau-Brunswick

Baseball NB 14U Girls League Rules and Regulations

Updated: May 2026

1. Game Procedures

- 1.1 In addition to the Baseball NB Game Procedures, the following amendments will be included for all competitive league games: between inning time limit of 90 seconds.
- 1.2 Teams shall arrive at the designated playing field at least forty-five (45) minutes prior to the scheduled starting time of the game. Starting 25 minutes before the designated time of the game, the home team shall have the field for 10 minutes for infield/outfield practice. The visiting team shall then have the field for ten (10) minutes for infield/outfield practice. A meeting at home plate among the Head Coaches and the umpires shall follow this.
- 1.3 It is encouraged that all games declare a winner.
- 1.4 The starting lineup, including all available substitutes listed, shall be given the official scorer at least 15 minutes prior to the start of the game. The list shall include the surname of each player, coach, and manager with his/her usual first name and his/her uniform number. The uniform number is to be listed to the left of each name and the playing position of the starting players listed to the right of each name.
- 1.5 Twenty minutes prior to turning over the official line-up cards to the umpire, team managers will indicate to each other if they plan "left" or "right" handed pitcher to start the game.
- 1.6 In the event that a player is injured during league games and a team has no other players available for selection OR in the event of an ejection, the game would proceed with the remaining players, without forfeit. A player removed due to injury or ejection in this circumstance is not permitted to return to the game. Any further loss of players would result in a forfeit.
- 1.7 To ensure the enforcement of the official rules of the game as adopted by Baseball New Brunswick, the playing rules as set out in the current Baseball Canada Rule Book shall apply for all classifications. All members shall conduct themselves in a manner considered to be in the best interests of the game.

2. Team Registration and Eligibility

- 2.1 Any team registered with a Baseball NB Competitive League must be affiliated with an association registered with Baseball New Brunswick.
- 2.2 All member teams of the Federation are required to register annually with the Federation on or before June 1st of the playing year to be eligible to participate in provincial playoff in that playing year.
- 2.3 Any community without an association must register their players and teams with Baseball New Brunswick.
- 2.4 Each team is authorized to have 3 (three) overage players. Overage players can only be one year older (turning 15 in the calendar year).
- 2.5 Each team is authorized to have 1 manager, 1 head coach and any number of assistant coaches to be indicated at the time the team is registered. Complete address, including postal code, telephone number, and NCCP number must be reported to the League Coordinator and Baseball NB Executive Director at the same time.
- 2.6 All coaches registering with Baseball New Brunswick must complete "a consent for disclosure of criminal record" at the time of registration and each Association must follow through with obtaining information, as required.
- 2.7 The proper Baseball New Brunswick roster forms must be complete in accordance with the provisions of Section 3.0 in the Baseball NB By-laws and must be forwarded on or before June 30 to the Baseball NB Executive Director. The names and complete email addresses of all officers, officials and players of the registered team must be indicated on the roster form. All roster forms must be submitted electronically.

2.8 Any coach not properly certified in the Baseball NCCP program will not be permitted to participate in the league. The qualifications are as follows:

2.8.1 All 14U Girls Head coaches are required to have courses 1 through 8.

2.8.2 All additional coaches are required to have courses 1, 2, and 3.

2.8.3 Course list:

1. Coach initiation in Sport – online
2. Initiation in Baseball Fundamentals – online
3. Safe Sport
4. Planning Clinic
5. Absolutes Clinic
6. Teaching and Learning Clinic
7. Pitching and Catching
8. 13U Video Package

3. League Schedule

3.1 The schedule will begin each year at the discretion of Baseball New Brunswick.

3.2 All teams will be provided with a schedule template that will include weekly matchups. Home and away teams will be identified within the schedule template. Coaches and managers will need to determine amongst themselves the exact time, date and location the games are to be played.

3.3 Coaches will be provided with login information to access the team website through RAMP. Coaches/managers must input their home schedule into the website, as well as the results from their home games. Standings will then be reflected on the Baseball NB website.

3.4 All teams must meet their schedule requirements to be eligible to participate in Baseball NB provincials, and/or Baseball Atlantic Championships.

3.4.1 Game sheets must be signed by the umpires prior to the start of every game during the pregame plate meeting.

3.4.2 Any teams failing to meet their obligations to meet their schedule commitments may be subject to sanctions by Baseball New Brunswick.

3.5 All postponed games must be rescheduled within 3 days of the original date of the postponed game. The rescheduling will be run through the league coordinator to assure both teams are able to attend the rescheduled date.

3.6 Any team needing to cancel or reschedule a game must notify the opposing team 24 hours in advance of the start time of the scheduled game. After notifying the opposing team, the League Coordinator is to be informed of the cancellation.

3.7 All games are encouraged to be completed in full. In instances of a tie game, extra inning procedures (found below) are to be followed.

3.7.1 At provincials, no game shall end in a tie.

4. Rules

4.1 The length for all 14U Girl's Baseball NB league games shall be 6 innings. Games shall be considered complete if 4 innings have been played, should the game be called for weather/unsafe playing conditions.

4.2 Between Inning Clock:

- 4.2.1 The between innings clock will be set at ninety (90) seconds.
 - 4.2.2 Umpire will keep time with stopwatch.
 - 4.2.3 The clock will be in effect for the entire game, including any extra innings.
 - 4.2.4 It will be activated once the last out of the inning has been recorded.
 - 4.2.5 The pitcher may not exceed 8 warm up pitches within the time.
 - 4.2.6 The catcher will be instructed a throw to second base with 30 seconds left on the clock.
 - 4.2.7 The batter must be entering the batter's box as time expires or when instructed by the Home Plate Umpire.
Penalty: Failure to do so will result in an automatic strike being called on the batter. For pitch count purposes, this automatic strike is not added to the pitch count.
 - 4.2.8 The umpire will use discretion when the catcher is a runner or batter / hitter when the half inning ends.
Penalty: The defensive team must be ready to play as time expires. Failure to do so will result in an automatic ball being added to the count on the batter. For pitch count purposes, this automatic ball is not added to the pitch count total.
- 4.3 After 2 hours of play (starting at first pitch), no new inning shall be started. Innings that are in progress may be completed.
- 4.3.1 There shall be no time limits during semi final and final games at provincials.
- 4.4 All Players are registered on the offensive line up and each one hits at their turn.
- 4.4.1 When a player arrives during the game, she is inserted in the last spot in the batting order. When a player leaves during the game, she is removed from the batting order. No automatic out is counted.
 - 4.4.2 If a player cannot complete her turn at bat, the following batter will replace her with the same count. The replaced player can be reinserted in the game.
 - 4.4.3 If a player cannot complete her presence on base, she is replaced with the last recorded out. The replaced player can be reinserted in the game. An offensive inning ends when three outs are recorded or when the offensive team scores the maximum runs per inning amount. If there is a homerun outside the playing field limits (above the fence), the team will be awarded all runs even if the total runs go over the limit.
- 4.5 All teams' players must bat in their lineup. Teams have the option to reduce their order to the same size as the opposing team.
- 4.6 When all players are placed in the batting order, in the event of an injury/ejection, the team shall skip over the injured/ejected batter turn at bat and proceed to the next batter in the batting order.
- 4.7 Teams have unlimited substitutions for all defensive positions, excluding the pitcher position. Please see section 5 (Pitch Count Rules) for rules regarding pitchers.
- 4.8 A player must be registered on the starting defensive line up when she is present, at least one game out of two. (An equitable usage of players is recommended – e.g., if in two games a team plays 12 innings in defence, a player should play a minimum of 6 innings over these two games).
- 4.9 Teams are limited to 3 offensive runs per inning with the 6th and extra innings being open.
- 4.10 If there is a homerun outside the playing field limits (above the fence), the team will be awarded all runs even if the total runs go over the limit.

4.11 A fifteen-run mercy rule shall apply after the 4th inning or 3.5 innings if the home team is ahead. A ten-run mercy rule shall apply after the 5th inning or 4.5 innings if the home team is ahead.

4.12 Baserunners shall be allowed to take a lead at any base and are also allowed to steal any base.

4.13 The batter may not become a runner on a catcher's miss of a 3rd strike. The third strike either called or swinging, does not have to be caught by the catcher. The batter is automatically retired. However, the ball is alive and in play.

4.14 Bunting is permitted

4.15 Intentional walks are forbidden in the 14U Girls division.

4.16 The minimum standard of baseball to be used in league play is a 65CC Rawlings baseball. Mizuno baseballs are also approved for play.

5. Pitch Count Rules

5.1 Refer to the [Rules & Regulations for Baseball Canada](#) for guidelines in entirety on Arm Smart: Safety Rules Governing the Pitcher.

5.2 Any violation of any part of the pitch count rules will result in infractions and sanctions outlined in Penalties.

Penalties:

In the event of a protest based on pitch count violations, the game may be subject to forfeit by the offending team, or such other penalty as the league / association may determine.

I) First violation by a coach, Head coach is ejected from the game and Will receive an additional game suspension.

II) Second violation in a season, a 3-game suspension of the coach.

III) Third violation in a season, an indefinite suspension until the issues are reviewed by the provincial supervising body.

IV) The violations relate to any athlete registered on a team. That is, 1st violation by a coach may be for pitcher A and any subsequent violation (for Pitcher B) shall be cumulative.

6. Equipment Guidelines

1.1 Bat: Aluminum bats are permitted, up to a -10 rating (length-weight). No more than 32 inches in length, and max barrel up to 2 ¾ inches with 1.15 BPF (Bat Performance Factor). Bats may be taped to a distance not exceeding sixteen (16) inches from the handle.

6.1 Shoes: Shoes with metal cleats or "spikes" are prohibited. Rubber molded cleats on running shoes are permitted.

6.2 Religious headgear that is consistent with Baseball Canada safety and recognized uniform code requirement is permitted.

7. Recommended Field Dimensions

The playing field shall conform to the following measurements:

7.1 The distance between all bases shall be seventy (70) feet.

- 7.2 The distance between the point of home base and the front side of the pitcher's plate shall be forty-eight (48) feet.
- 7.3 The batter's box shall be rectangular in shape, the size being 6 ft. x 3 ft. & shall extend to the front from the centre of home plate, 3 ft and an equal distance of 3 ft to the rear. The inside line shall be four (4) inches from the plate.
- 7.4 The pitcher's mound shall be raised to a gradual slope at a height of 6 inches above the levels of the base paths. Optional for league play but it is mandatory for all Inter-Provincial play.
- 7.5 The coaches' box shall be 8x12 feet & not closer than ten (10) feet to the base path.
- 7.6 The backstop (behind home plate) shall NOT be less than 25 feet nor MORE than 40 feet from home plate.
- 7.7 The following outfield fence distances are recommended: Left and right field foul line (180 feet min., suggested 200 feet), (Centre field 200 feet min., suggested 225 feet).
- 7.8 The use of safety bases is permitted at this division but not mandatory.

8. Extra Inning Procedure

- 1.2 If the game is tied at the completion of regulation (6 innings), the following procedures will be implemented during extra innings for all league games:
 - 8.1 All half-innings after the conclusion of the seventh inning begin with an automatic runner on second base. The rule applies only to regular-season and round robin tournament / championship games.
 - 8.2 The runner placed on second base at the start of each half-inning in extra innings is the player in the batting order immediately preceding that half-inning's leadoff hitter, or a pinch-runner. So, if the No. 7 hitter in the order is due to lead off, the No. 6 hitter (or a pinch-runner for the No. 6 hitter) would be placed on second base.
 - 8.3 If the automatic runner comes around to score, an earned run is not charged to the pitcher.

9. Disclaimer

Any rules not explicitly covered within these rules and regulations will be covered under the Baseball Canada Rules