



# Middle School Coaches League (MSCL) Rules & Regulations

## GENERAL

### **WAIVER OF LIABILITY/TEAM INSURANCE**

- All teams must agree to the MSCL Baseball Waiver/Release of Liability Form and fill out official roster as instructed.
- All participants in the league assume the risk of injury. The MSCL, its volunteers, and employees shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league.
- All organizations must provide team insurance before being approved to play in MSCL.

### **WEBSITE**

- All MSCL information will be posted on our league website, [www.mscoachesleague.com](http://www.mscoachesleague.com).

### **LEAGUE FEES**

- All teams are required to pay a \$1,400 fee prior to MSCL season. Any team that does not pay league fees will not be approved to play. A \$200 late fee will be added to teams that request to join the league after registration is closed. Any team added will be at the MSCL Board of Directors approval.

### **SPORTSMANSHIP**

- Unsportsmanlike conduct will not be tolerated.
- Any behavior that is deemed violent, harassing, and/or inappropriate in any way, as witnessed by the umpire, referee, or MSCL staff, will result in the actions outlined in our Sportsmanship Policy.
- A player who is ejected from a game must leave the premises immediately. Play will not resume until the ejected player has left.
- Officials reserve the right to end a game or call a timeout at any point if the overall sportsmanship is out of line.
- Head Coaches are to be the team liaison to discuss any call or rule with an official during game play.

## **WEATHER POLICY**

- The decision to call a rainout will be made as early as possible and will be updated on our website homepage ([www.mscoachesleague.com](http://www.mscoachesleague.com)) by 2 PM CST.
- Rainouts will not be called unless conditions on the field are extremely poor or the weather is deemed dangerous. The MSCL will be governed by NFHS Rules for lightning strikes.
- Umpires have the jurisdiction to call a game due to inclement weather at the beginning or during a game.

## **VENUES**

- The MSCL uses various venues for scheduled games.
- The MSCL is not responsible for theft, loss, or damage to personal property while at MSCL scheduled games.
- Chewing gum, sunflower seeds, & metal spikes are PROHIBITED at all MSCL field locations.
- See below for listing of venues:
  - **USA Stadium** – 4351 Babe Howard Blvd. Millington, TN 38053
  - **Snowden Grove** – 6450 Getwell Rd. Southaven, MS 38672
  - **Big Oak Park** – 280 N Houston Levee Rd, Eads, TN 38028

## **TEAMS**

### **SUBMITTING A ROSTER**

- All teams must fill out roster including Player Name, Date of Birth, Grade, and School before being approved to play in the MSCL. This information will be filled out on the MSCL Baseball Waiver/Release of Liability & Official Team Roster Form.
- Each team must submit a roster with a minimum of 10 players and a maximum of 15. \*
- No player may register for more than 1 team within the same league.
- Rosters must be submitted, and a waiver form must be signed before any player may take the field.
- Rosters must be finalized, and no changes are allowed after the 1st week of play. Only rostered players will be eligible for playoffs.
- All players on roster must attend the organization or school your team represents UNLESS they fall into the category below:
  - Player does not attend a school that is participating in ANY of the MSCL divisions.
  - Player has been cut from his organization's team in MSCL league, and player's organization has cleared him to play on another team within the league.
  - Any exceptions to the above must be approved through the MSCL Board of Directors.

*\* Exceptions can be requested to these team rules. All exceptions will be subject to a Board Review for approval.*

## **GAME SCHEDULES**

### **TEAM SCHEDULES**

- All MSCL teams can view their schedule on the MSCL website.
- All MSCL scheduled games are NOT guaranteed. The MSCL has the authority to change the schedule at any time.

- Rainouts will be scheduled if there is time and field availability, but rainouts are not guaranteed to be made up.

#### **GAME START TIME**

- All games will start at their scheduled time.
- If a team does not have enough players to start the game at the scheduled start time, they have 15 minutes until a forfeit will be given.
- After the scheduled start time has passed, the game is still recorded as a forfeit and the teams can use the remaining time to practice or organize a pickup game. Officials are not required to stay and officiate.

#### **GAME LENGTH**

- Regulation games are 7 innings. Regulation games can end in a tie.
- All MSCL games are under a time limit of 1 hour and 40 minutes and teams cannot start a new inning with 10 minutes remaining on the game clock.
- Official game clock will be kept by the umpire, which will start at the end of the plate meeting. Umpires are only required to state the start time when requested at the plate meeting by the Head Coach.
- All MSCL games will address run rules as needed. Run rules will be as follows:
  - 12 after 3 innings
  - 10 after 4 innings
  - 8 after 5 innings
- All MSCL Bronze Division games will be capped at 6 runs per inning for the first 3 innings. After 3 innings have been completed max runs are allowed. Run rules are still as shown above.
- A game that is called off by the umpire, commissioner, or field officials due to inclement weather before 50 minutes of play have elapsed will not be considered a regulation game. Any game in which 50 minutes have been played will be deemed official and will count toward the standings, regardless of the game situation

#### **EXTRA INNINGS**

- Regulation games can end in a tie.
- During the post season, additional innings will be played until a winner is determined. Extra innings will be started with the team's last potential batter on 2<sup>nd</sup> and 0 outs.

## **GAMEPLAY RULES**

***All MSCL Games will be played under 2026 National Federation of State High School Associations (NFHS) rules with exceptions. Please see below for all exceptions during MSCL games.***

#### **PITCHING**

- See Middle School Coaches League (MSCL) Pitch Count Recommendations.

#### **EQUIPMENT**

- All players MUST be legally, and property equipped to participate in MSCL game competition.
- Any player found wearing metal cleats during gameplay at ALL locations will be immediately ejected from the game. No warning will be given.
- If another player is observed wearing metal cleats in a game after a player has already been ejected from that team for wearing them, the game will automatically be ruled a forfeit.

## **BATTING RULES**

- The following bat rules apply for ALL divisions:
  - 6<sup>th</sup> Grade & Under - Drop 10 or above.
  - 7<sup>th</sup> Grade - Drop 8 or above
  - 8<sup>th</sup> Grade - Drop 5 or above
- All illegal bat penalties are given in the NFHS Rulebook.

## **SPECIAL PINCH RUNNER**

- All teams can ONLY “special” pinch run for the pitcher and catcher that are currently in game.
- If a team has a substitute player, that player MUST be the “special” pinch runner.
- If a team does not have a substitute player, the last batted out may be used as the “special” pinch runner.
- As a courtesy, the MSCL suggest all teams use a “special” pinch runner for the catcher when 2 outs have been recorded.

## **LINEUP**

- All lineups must be submitted to the umpire at the plate meeting and can consist of either 9 players, 10 players, or entire available team.
- The MSCL will allow designated hitters (DH) and will be governed by the NFHS rules surrounding DH's.

# **PLAYOFFS**

## **SEEDINGS**

- All MSCL divisions will be using a single elimination format for end of year tournaments.
- Playoffs are based on team's win/loss percentage in final division. Games played in previous divisions will not count toward team's final win/loss percentage. \*This rule is enforced regardless of # of games played.

## **TIEBREAKERS**

- All teams tied in the standings will use the following tiebreakers, in order, to determine seeding:
  1. Head to head.
  2. Least runs allowed.
  3. Most runs scored

## **MSCL BOARD OF DIRECTORS**

*All conflicts surrounding the MSCL rules and regulations will be brought the MSCL Board of Directors for approval. All decisions made by the MSCL Board of Directors are final.*

- Michael Martorano
- Mike Cornelius
- Jeff Wright

*\* Any additional information needed please contact [mscoachleague@gmail.com](mailto:mscoachleague@gmail.com)*



## Middle School Coaches League (MSCL) Sportsmanship Policy

Our goal is to create an atmosphere where everyone can have fun playing sports in a safe and social setting. Safety and good sportsmanship are of utmost importance in the MSCL. Rude or demeaning behavior to umpires, the opposing team, and/or your own team members will not be tolerated under any circumstances. All MSCL participants are expected to know and abide by the rules for each sport as well as uphold standards of good conduct and sportsmanship.

### GENERAL GUIDELINES

Any behavior that is deemed violent, harassing, and/or inappropriate in any way, as witnessed by the umpire, umpire, or MSCL Board of Directors, will result in the following action:

- **Procedure** - Upon infraction, the umpire will submit an ejection report to the MSCL Board of Directors. This file will become the official record and the suspended individual will be notified. All decisions by MSCL Board of Directors are final. Any evicted player or coach may petition the MSCL Board of Directors for reinstatement after one full year of absence.
- **1st infraction** - The player or coach is removed from the current game and must leave the premises immediately. A minimum of a 1 game suspension will be issued beginning with the next scheduled game. Depending on the severity of the infraction, further discipline or eviction from the league may occur. The umpire may petition to have any suspension waived based on the nature of the ejection (i.e. preventative vs reactive).
- **2nd infraction** - The player or coach must sit out the remainder of the current season and then serve a minimum 1 full season suspension. Depending on the severity of the infraction, further discipline or eviction from the league may occur. No refunds will be issued for suspension from play.

## Middle School Coaches League (MSCL) Pitch Count Recommendations

Due to concerns over player safety in regard to pitching in baseball, the following pitch count recommendations have been implemented to better insure players' health.

### GENERAL GUIDELINES:

1. Make sure properly warmed up prior to any throwing activity.
2. Make sure a proper dynamic and static stretching plan is followed prior to throwing.
3. Educate pitchers on proper mechanics and techniques of throwing.
4. Monitor for signs of mechanical breakdown and fatigue.
5. Take immediate action if a pitcher complains of pain.
6. Consult a trainer/doctor/trained coach upon completion of game pitching activity.
7. Put in place and follow a prescribed post pitching rehabilitation program.
8. Make every effort to avoid pitching a player in multiple games on the same day.
9. Communicate with player's coaches from other organizations to ensure weekly pitch count.

### RECOMMENDATIONS:

Level	Maximum Pitches per day	Daily Pitch Allowances by Calendar Days of Rest				
		0 Days	1 Day	2 Days	3 Days	4 Days
Junior High 5th - 8th Graders	85	1-19	20-25	36-50	51-66	67-85

1. It is recommended that a player NOT pitch three (3) days in a row regardless of number of pitches thrown.
2. The pitch count applies to regular season and postseason.
3. A pitcher may pitch in Game 1 of a doubleheader and return to pitch in Game 2 of the same doubleheader. The pitches in Game 2 will be added to the Game 1 total for the purposes of determining the number of days rest needed.
4. The MSCL can remove a player from a game if determined the player is at risk of injury at any time.

**Please sign and date below to indicate your acknowledgement of the MSCL Rules & Regulations  
MSCL Sportsmanship Policy, and MSCL Pitch Count Recommendations:**

\_\_\_\_\_  
*Name of Organization/Team Representing*

\_\_\_\_\_  
*Team Representative Name- Printed*

\_\_\_\_\_  
*Team Representative Name Signature*

\_\_\_\_\_  
*Date*