



**WESTGATE-WESTSIDE ATHLETIC ASSOCIATION  
14U DIVISION BASEBALL RULES  
Revised February 2026**

**14U Division In-House Specific Rules**

1. The length of the games shall be seven innings in duration. No new inning shall begin after 1 hour and 50 minutes. Innings begun before the time limit may be completed. When a game is tied at the end of regulation play, one additional inning may be played. Tie breaker half innings will begin with a runner on second (last out made) and 1 out. If the score remains tied after the extra inning, the game will end in a tie.
  - a. Run Rule: 15 runs after 3 innings, 12 runs after 4 innings and 8 after 5 innings.
2. 14U division field dimensions are 80' between bases and 54' from front edge of pitcher's rubber to back point of home plate.
3. The HOME team occupies the 3rd base dugout and starts in the field first. The Visitor Team occupies the 1st base dugout and bats first. **Each team is responsible for keeping score in GameChanger.**
4. A balk warning will be given to the pitcher the first time. Balks will be called thereafter.
5. A helmet is required to have **either a jaw guard or** full face mask when batting, base running, or when in the on-deck circle.
6. No running over the catcher/fielder on close plays, with umpire's discretion on whether the runner is ruled out and/or removed from the game.
7. Runners may lead off and steal at any time.
8. The infield fly rule is in effect.
9. Dropped 3rd strike is not an out.
10. **Pitchers can throw a maximum of 85 pitches per day. (See below)**
  - a. 1-20 pitches = 0 days
  - b. 21-35 pitches = 1 days
  - c. 36-50 pitches = 2 days
  - d. 51-65 pitches = 3 days
  - e. 66+ pitches = 4 days

11. **Pitchers reaching their maximum number of pitches in a day while pitching to a batter may finish pitching to that batter before being removed.**
12. Winning and losing coaches are required to report game score and pitcher information including the names of the pitchers used and **number of pitches** pitched for each game played. Coaches are required to submit this information within 24 hours on the WWAA website. You will receive instructions for tracking in the coaches packet.
13. Any pitcher withdrawn from the mound and/or lineup, or a pitcher who is withdrawn from the mound and stays in the game at another position, shall not be permitted to pitch again in the same game.
14. **Pitching for the 14U Division All-Star Team and End of Season Tournament may follow the 44-hour rest rule from previous seasons but must follow the maximum pitch count stated above.** Coaches for regular season and all-star teams are responsible to communicate with each other to ensure that these rules are not violated.
15. When a team needs additional players to start a game (minimum 8 players) and substitutes are available from another WWAA team (14U or 12U, NO OUT OF LEAGUE PLAYERS ALLOWED), the substitute players must play outfield and bat last in the lineup. A max of 3 players may be borrowed. If you have to start with 8 players, the ninth spot is NOT an out. If you fall down to 7 players after starting with 8, then the 8<sup>th</sup> spot WILL be an out but not the 9<sup>th</sup> spot.
16. No innings will be played without an umpire present (i.e., coaches agreeing to play an "extra" inning will not be permitted).
17. The entire roster of players present for the game will bat in rotation. All players must play at least 2 innings each game.
18. The use of training or warm up equipment (i.e. hit sticks, nets, or other) can be used prior to game time and off the playing field. They should NOT be used during the games. Batting donuts are fine.

# **WESTGATE-WESTSIDE ATHLETIC ASSOCIATION 14U BASEBALL DIVISION**

## **Goals and Expectations**

### **Key Instructional/Coaching Objectives:**

- Be prepared. Practices should be structured and efficient
- Continue reinforcing strong fundamentals while introducing more advanced concepts of the game
- Emphasize repetition, situational awareness, and player accountability
- Continue developing the following core skills:

### **Throwing Program**

- Maintain a consistent throwing program at every practice
- Emphasize proper arm care, mechanics, and accuracy
- Continue developing arm strength through structured throwing progressions
- Reinforce proper throwing mechanics for all defensive positions

### **Pitching**

- Continue reinforcing balance, control, and repeatable mechanics
- Focus on throwing strikes and controlling pitch counts
- Introduce pitching to different locations within the strike zone
- Teach pitchers how to work through counts and game situations
- Encourage confidence and composure on the mound

### **Catching**

- Continue developing strong receiving and blocking techniques
- Emphasize quick glove-to-hand transfers and accurate throws to bases
- Reinforce proper stance and balance behind the plate
- Begin developing communication between catcher and pitcher
- Teach catchers situational awareness with runners on base

### **Hitting**

- Focus on developing plate discipline and strike zone awareness
- Continue strong emphasis on tee work to build swing mechanics and consistency
- Move the tee around to work different pitch locations
- Incorporate front toss and batting practice to reinforce game-like swings
- Encourage hitters to stay aggressive while learning to recognize good pitches to hit

### **Defense / Fielding**

#### **Infield**

- Continue developing proper footwork and fielding mechanics
- Work on double play turns and feeds
- Teach situational awareness and communication on the field
- Introduce cutoff responsibilities and defensive positioning

#### **Outfield**

- Emphasize proper angles when tracking fly balls
- Teach corner outfielders to cover first and third base when appropriate
- Reinforce hitting the cutoff man and making strong relay throws

#### **Base Running**

- Introduce lead-offs with primary and secondary leads
- Teach reading pitchers and reacting to the ball in play
- Continue reinforcing aggressive but intelligent base running
- Introduce situational base running concepts

#### **Game Awareness**

- Continue developing situational understanding of the game
- Teach players how to anticipate plays before the ball is hit
- Reinforce communication between teammates and understanding defensive responsibilities