

nab Playing Rules

T-BALL & MINOR DIVISIONS

- Games will be three innings or one hour in length.
- Defensive Alignment/Positions — 1B, 2B, SS, 3B, P, and Short-Center in the infield; All remaining players will be in the OF grass.
 - Positions must be rotated each inning.
- Teams will bat once through the batting order during each inning.
 - T-ball: A tee will be used at ALL times.
 - Minor: players get three swings on a thrown ball; a tee will be used if they do not hit the thrown ball.

INTERMEDIATE & MAJORS DIVISIONS

- Games will be five innings or one hour in length.
- No extra bases on an overthrow.
- On a ball into the outfield grass, the batter and runners can run until the defensive team throws the ball back into the infield.
- On a batted ball that does not leave the infield, the runner can only advance one base.
- There are NO leadoffs.
- Every player must play one inning in the infield and one in the outfield per game. Additionally, players will rotate each inning and no player can play the same position more than **TWO** times per game.
- Innings are complete after three defensive outs or if the offensive team bats through their batting order.

INTERMEDIATE DIVISION

- Defensive Alignment/Positions — 1B, 2B, 3B, SS, P, Short-Center and C (all on the infield area); All remaining players will be in the OF grass.
- Batters will be allowed three live swings. If the ball is not hit in play, then a tee will be used.



MAJOR DIVISION

- Pitching — players pitch with the Umpire calling balls and strikes from behind the pitcher. There are no walks after ball four. The Umpire will assume the number of strikes and Pitch to the batter to complete the at-bat
- On a strike three, swing and a miss, the batter will be deemed out.
- If the batter is hit by a pitch by a “player” pitcher, the pitch counts as a ball.
- NO PITCHER CAN PITCH MORE THAN ONE INNING PER GAME.
- Defensive Alignment/Positions — 1B, 2B, 3B, SS, Short-Center, P, and C on the infield area. The outfield will consist of LF, LCF, RCF, and RF. All remaining players will be on the bench.
 - No player can sit out more than one inning until every player has sat at least one inning.

