



California Adult Baseball Organization

Spring/Summer 2011

Official League Rules and Regulations

General Information:

CABO was created to provide men 18 years of age and older an alternative to softball. It enables us to play the game we all grew up playing. Adult attitudes must prevail, no matter how competitive the league is. The responsibility that this ethic sustains will remain as the responsibility of the league President and as the responsibility of those who abuse the league's code can be suspended and/or expelled from this league.

1) Major League Rules:

- A) All games shall be played in accordance with the Major League Baseball Rule Book.
- B) CABO rules will be the exception to all other rules.

2) Player Eligibility:

- A) All players must have photo I.D. on them at all games at all times. Should a player be challenged by an opposing manager and that player not have an I.D. with him, that player will not be allowed to play, regardless of who that player is.
- B) A player who is age 17 may participate in CABO only if he is turning 18 during the calendar year. In addition, the player must have a parental consent form filled out with the CABO offices.
- C) All managers are encouraged to and have the option of presenting 3 player challenges to the umpire prior to the beginning of the game or during the duration of the game. The umpires will present this challenge to each opposing manager and that manager must provide the ID's for those three players before a play is continued. Should that player(s) not be able to provide a photo ID, they will not be allowed to participate in that game. Further disciplinary action could take place.
- D) All players must appear in 7 games for the season to be eligible for playoffs. An "appearance" counts as a game in which at least one plate appearance is made as a batter OR at least 1/3 of an inning is recorded as a pitcher. Defensive innings registered (other than as a pitcher) DO NOT count as an appearance for playoff eligibility.

3) Uniform Rules:

- A) All teams, managers, and players (including base coaches) must have full and complete matching uniform by the 3rd game of any season. A complete uniform consists of:
 - 1) Team hat
 - 2) Matching team jersey with team's name or logo and number on said jersey.
 - 3) Baseball pants must all be the same color. (Colored piping down the sides will be allowed provided the color is consistent with the team colors.)
- B) A player who does not have a complete uniform is not allowed to play. The umpires will enforce this rule.
- C) Any player(s) added to your team roster must receive a Uniform Waiver from the league before he is allowed to participate in any game. The waiver will be valid for 3 weeks after obtained.

4) Rosters:

- A) All teams will be required to have a minimum of 14 players on their roster to begin the season. A team can have as many players as it would like, but must begin with 14.
- B) Managers may add players to their roster at any time through the 9th game of the season, after which time the rosters are frozen. New players will be allowed a 3-game uniform waiver in which to play until meeting the matching team uniform requirements.
- C) In order to qualify for post-season play, each player must meet the player eligibility Criteria listed in Section 2 of the rules.
- D) All players and all coaches/managers must have a signed waiver consent form before stepping out on the field of play. Any player that has not filled out a waiver form will not be allowed to play until the league has received the waiver. Any player who plays without filling out and signing the waiver will cost his team a forfeit.
- E) Player waivers are good for one calendar year.

5) Playing Rules:

- A) All teams must have 8 defensive players for an official game. A team is allowed to play with 8 players. Teams will not be permitted to borrow a 9th player from the opposing team. However, on offense, each time the 9th spot comes to bat, an automatic out will be assessed until the 9th player arrives.
- B) All lineups must have a minimum 9-man batting order at all times. Managers have the option of batting as many players as they would like. If the manager wants to add players to the bottom of the lineup during the game, he may do so at anytime without penalty. If a manager knows a player is not going to be at the game in the beginning, but knows the player will show up, the manager must put down that player as a substitute so that player can be eligible to enter the lineup during the game.
- C) A/B positions in the batting order are allowed. An A/B position uses two different batters to alternate hitting in that position each time through the lineup. A maximum of two A/B positions are allowed.

- D) A manager is allowed to add a batter to the bottom of the batting order at any point in the game. The batting order will then expand with the added hitter each time through the lineup for the remainder of the game.
- E) Combining rules C & D, a manager is allowed to add an A/B position to the bottom of the lineup.
- F) The manager is allowed to designate 2 spots in the batting order for a non-runner. This rule allows the player representing the last batted out in any inning to run for either of the non-runners. Additionally, the pitcher and/or catcher may have a courtesy runner with 2 outs. If there are fewer than 2 outs, the pitcher and catcher must remain on the base, unless they are a designated non-runner. Any courtesy runner must be the last batted out in all cases. If a courtesy runner is used for the lead-off hitter of an inning, the last batted out in the previous inning must run.
- G) A player can play defensively at any time (free defensive substitutions) and does not have to be in the batting order at the time he enters the game. A player who plays defensively may enter the offensive line-up at any time the manager so chooses. The pitcher does not have to bat.
- H) Injuries: If a player is forced to leave a game due to injury or if a player is ejected from the game, a substitute hitter must bat in that batter's place. If no reserve is present, that spot is an automatic out the next time the vacant spot comes up in the order. After one time around the line-up in which the automatic out is given to the vacant spot, the batting order will collapse the vacant spot, with each batter shifting up one position.
- I) If a player is removed from starting the game, he may return to pitch one more time during that game, but not pitch in the same inning. Only after he is removed the second time will he not be allowed to pitch again during the same game. A removed pitcher may freely substitute defensively with any other players. All other defensive players may be substituted freely.
- J) There is no regulation as to how many innings a pitcher may pitch in a game. No white or gray sleeves, no batting gloves or wristbands will be permitted for pitchers while pitching. Pitchers may not wear glasses unless prescription.
- K) If a pitcher hits 3 batters in any game, the pitcher will be removed on the third hit batsmen. This rule is for the protection of the batters. Therefore, regardless of the circumstances the opposing manager may not waive it. The umpires will enforce this rule.
- L) Umpires will start the game clock with the first pitch thrown from the home team. Umpires will notify the home scorebook of the start time. The home scorebook is the official game scorebook.
- M) All games are 9 innings or 3 hours. No new inning starts after 2 hours and 50 minutes. (Ex: Visiting team is ahead on runs coming up to bat at 2 hours and 50 minutes, the home team will therefore get the opportunity to bat in order to complete the inning/game. All innings must be completed regardless of time limit, even if the home team is ahead on runs. In other words, no half inning is allowed to be stopped mid-way from the 1st -8th innings.)
- N) If a game is tied after 9 innings, each team will be responsible for paying the umpires an additional \$5.00 per inning per umpire for innings up to the 3 hour time limit.

- O) If a regular-season game ends in a tie, no extra innings are played. Each team will be awarded 1 point for a tie. In a playoff game, extra innings will be played if there be a tie after 9 innings.
- P) Mercy rule: There is no mercy rule in CABO. However, if a game is completely out of control, both managers may consult and agree to call the game.
- Q) No fake tags will be permitted. A fake tag will result in ejection from the game by the umpires. The term “fake tag” refers to the act of simulating a tag without the possession of the ball, which, in the judgment of the umpire, is meant to deceive a base runner and cause him to slide unnecessarily. This will be considered obstruction and will be enforced as such according to the rulebook by the umpires.
- R) All players must avoid intentional collisions with a fielder. In this case, the runner will be automatically out and if malicious by the umpire, it may result in the offender’s suspension and possible expulsion. All players must slide and/or avoid contact at all bases where there is a likely play.
- S) NO ONE MAY ARGUE BALLS AND STRIKES. This includes check swings. As protocol, the umpire will warn the offender, and if the offender continues, the offender will be ejected.
- T) If a player is ejected, the player must leave the area and may no longer be visible or a distraction to the game. If the player refuses to leave the area, the umpire will start a countdown of 5 minutes at the end of which will result in a forfeit for the said offender’s team if he doesn’t leave.
- U) Grace Period: A 15-minute grace period at the start of the game will be given to the team that doesn’t have the minimum 8 players to begin a game. The umpire’s watch will be the official clock in determining when this time begins and ends. If a game is delayed due to a team’s shortage of players, the time waited by both teams will cut into the 3hour time allotment for the game.
- V) All batting order changes must be reported to the home plate umpire. The batter and/or manager are responsible for making this change.
- W) The catcher cannot block the plate if he does not have possession of the baseball. This is considered obstruction and will be called. Should a catcher block the runner’s access to the plate while play is in progress, the runner has the option of attempting to go around the catcher or go straight into the plate.

6) Fields:

- A) THERE WILL BE NO ALCOHOLIC BEVERAGES OR TOBACCO USE PERMITTED ON SCHOOL GROUNDS OR IN SCHOOL PARKING LOTS. IF A SITUATION ARISES AND A PLAYER(S) NOTIFIED REFUSES TO ADHERE, THIS PLAYER(S) WILL BE SUBJECT TO DISCIPLINARY ACTIONS AND HIS TEAM CAN BE PUT ON PROBATION WITH THE LEAGUE. The league will investigate all claims to the fullest extent possible. It is the manager’s responsibility to make sure that his players understand this rule clearly.
- B) We are guests at all of the facilities that we use and all players and managers are expected to act as such. We are expected to clean up after ourselves at each function and generally leave the facilities as we found them. Failure to clean up your dugout and stands will result in a warning, and if a second time is reported, your team will

- have to forfeit the next game. The success of the league rests on the ability and cooperation of all members and their friends and family to respect such facilities.
- C) THERE IS ABSOLUTELY NO URINATING ON OR AROUND THE FIELDS. IF A PLAYER IS CAUGHT URINATING ON OR AROUND THE FIELDS, THEY WILL BE SUBJECT TO DISCIPLINARY ACTION FROM THE LEAGUE TO THE FULLEST EXTENT. NO WARNING WILL BE GIVEN. Each field has a bathroom that is opened by the groundskeeper when he opens the fields for us. Please ask if you do not know where the restrooms are.
 - D) NO PETS ARE ALLOWED AT ANY OF OUR FACILITIES.

7) Equipment:

- A) All batters and runners must wear approved helmets with earflaps.
- B) For each game, each team must supply three league baseballs, which are approved by the league each year. The umpires at the game's conclusion will evenly distribute the remaining baseballs to each team.
- C) All metal bats must be BESR or BBCOR certified and meet current high school regulations, which specify that bats are limited to a 2 5/8" maximum barrel diameter and a -3 oz weight to length ratio. Umpires have the right to inspect each bat before the game.
- D) Wood bats are also permitted.
- E) Metal cleats are permitted.
- F) All equipment must be kept behind the dugout fence.

8) Ejections:

- A) **EJECTED PLAYERS will incur the following penalties:**
 - i. First ejection: 1 game mandatory suspension
 - ii. Second ejection: 3 game suspension, \$100 fine and appear in front of the board to be reinstated.
 - iii. Third ejection: Suspended from league for remainder of the season.

9) Protests:

- A) All protest must be reported to the home plate umpire at the time of occurrence. All protests must be reported to the league in writing by the Monday after the said protest by 5pm.
- B) A manager may protest a game if he feels there is a rule that is misapplied by the umpire(s). When a manager officially protests a game, he must announce the protest to the umpire in charge before play continues. No protest shall ever be permitted on judgment decisions by the umpire(s). A protest that ends the game has the same timeline to report and must be reported in writing to the league office.

10) **Forfeits:**

- A) There will be no team forfeit bond. Should a team be forced to forfeit a game for any reason, the manager will be required to pay \$175 to the league office before the team's next scheduled game.
- B) When a team forfeits a game, the team awarded the win will receive a run for every inning totaling 9 innings whether or not they are the home team or visiting team. A forfeited game will always have the score 9-0.