



RULES AND REGULATIONS 8U (COACH PITCH) DIVISION 2026

The Southern Johnston Coach Pitch Baseball League will be governed by rules and regulations as stated in the Tar Heel Leagues, Inc. Official Rule Book with the following exceptions:

1. Each player will receive 5 pitches or 3 strikes. There are no limits to the number of foul balls on the 5th pitch or 3rd strike.
2. This league will use continuous batting order meaning everyone present will be in the lineup. If a player has to leave early due to circumstances beyond his control, his name will be skipped when it is his turn to bat. However, a player that is ejected will be called out when it is his turn to bat.
3. Teams will play 10 players defensively using 4 outfielders. The outfielders must play at constant radius. (No short fielder or using 5 infielders).
4. No player may sit on the bench for two consecutive innings defensively.
5. The pitchers rubber will be set at 40 feet. The defensive pitcher must stay behind the pitcher's rubber until the ball is batted.
6. This league will use an official NFHS baseball for local league play.
7. The ball will become dead once the lead runner is contained and play has stopped. Upon recognition, the umpire will call time-out at this time.
8. A half inning will be over when a team scores 5 runs or 3 outs are recorded.
9. No new inning will begin after 1 hour and 15 minutes.
10. If the ball hits the adult pitcher, the ball will become automatically dead and the batter will be awarded first base. Any runner that is forced to do so, will advance one base. If in the judgment of umpire the coach intentionally let the ball hit himself, the batter will be called out and the coach warned. If there is a second occurrence, the coach will be ejected.
11. When a girl is hitting, the pitcher may throw the ball underhand to simulate that of fast pitch softball. Pitchers must throw the ball over handed to male batters.

12. Teams must have at least 8 players to start a game. Players that arrive after the game has started will be added to the bottom of the lineup.
13. The game will end when a team is mathematically eliminated from winning the game due to the 5 run per Inning limit. However, both teams must have the same number of at bats.
14. There will be a 10 minute grace period for the first game of the night only. All other games will start at their scheduled time. Teams must have at least eight (8) players to start a game.