

ABA Cheat Sheet – 14U Junior League

2023/2024 Season

Game Rules	14U Junior League
Innings	7 (min 5) (4 innings counts as a game, if game is stopped due to weather)
Time (game)	2 Hour 30 mins - (No new innings after 2 hours 20 mins)
Mercy rule	15 after 4 or 10 after 5
Runs per innings (max)	6 runs max (+ any involved in the final play). Only applies to first 5 Innings.
Tied game	Extra Inns (no max) – one runner (last batter) on 2 nd base. Batting order starts with the next batter in line-up from last 'at bat'.
Double Headers	Rules to be set by Competition Committee if DHs are scheduled
No. of Players / Line-up cards	8 min (9 th is auto out) – full or partial roster may be on the line-up card, whether present or not. But no players may be added to the line-up after the plate meeting. Minimum play rules apply to everyone on the line-up card.
Mandatory play	If a regulation game, all players listed on the line up must have at least 6 consecutive outs and 1 at bat A player who fails to meet minimum requirements in a game for any reason must be a starter in their next game, complete what was missed and then their mandatory play before being substituted. There are no mandatory play requirements for a game cut short for any reason* *Any player that fails to meet their minimum requirements for any reason must start their next game
Mandatory play – first at bat	Batter on his first at bat, must get out or reach home for a run. He may not be substituted during his first at bat, unless injured.
Pitcher max pitches (Note: may finish batter)	9-10yo = 75, 11-12yo = 85, 13–16yo = 95 Pitch count limits are determined by a player's age - DOB (not by the grade they play in).
Pitcher can return?	YES , a Pitcher removed from the mound (if not substituted) can return, once.
Intentional Walks	YES , Notification must come from the defensive manager only. A player may only be intentionally walked once per game.
Pitching in 2 games	YES – EXCEPTION, a 12yo playing in Junior & Senior is not eligible to pitch in 2 games in a day.
Catcher to Pitcher?	YES , only if Catcher has caught for a max of 3 innings and not 1 pitch more.
Catcher Other	ALL catchers must have a throat guard. All warmup catchers incl in bullpens must have a mask. No skull caps.
Catcher speed up rule?	NO – no speed up rule for any player.
Headfirst sliding	Yes
Infield fly rule	YES - This is a judgement call of an umpire.
Dropped 3 rd strike	YES - Batter is out if first base is occupied with less than two out
Stealing	YES
Balks	YES (LL Rule 8.05) <i>Please note LL rule differs from OBR</i>
Bats	USABat or BBCOR, Wood or wood composite (Max 34 inches long 2 5/8" barrel). No pine tar.



Game Rules	14U Junior League
Metal Cleats	YES , subject to home club rules
Balls	As approved by the League.
Batter on-deck circle?	YES – must be position on side of batter’s dugout
DH allowed?	NO EH or DH
Special Pinch Runner	Once per innings, may utilize a player (who is not in the batting order) as a special pinch-runner for any batter. A batter may only be removed for a special pinch-runner one time during a game.
Trips	3 Free (45 secs max). 2 trips in same innings to same pitcher = auto pitcher swap. 2 trips to same pitcher on same batter – not allowed, warn, then eject. Pitcher swap is NOT a visit. Every trip after 3 = pitcher must be swapped.
Re-entry	A starter (not substitute) may re-enter in the SAME position in the batting order (only once), provided the player substituted has completed the mandatory play.
Dugout coach?	1 Adult coach must be in the dugout at all times. Players can be base coaches, but must wear a double eared helmet while performing this task
Protests	Playing rule or improper substitution: Must be made before next pitch, play or attempted play. Mandatory Play: As soon as the facts become known. Ineligible pitcher or player: As soon as facts become known, but before either teams’ next game.
No Foreign Substances	Under the new guidelines, any pitcher, fielder, manager, coach, club personnel, club committee member / volunteer who possesses or applies foreign substances in violation of the rules will be ejected from the game and automatically suspended in accordance with the rules and past precedent. Umpires may perform checks at any time. <i>Rule 3.01 states that “no player shall intentionally discolour or damage the ball by rubbing it with soil, rosin, paraffin, liquorice, sandpaper, emery paper or other foreign substance.” Rule 6.02(c) expands on that rule by stating, among other things, that a pitcher may not “apply a foreign substance of any kind to the ball;” “deface the ball in any manner;” throw a shine ball, spit ball, mud ball or emery ball; “have on his person, or in his possession, any foreign substance;” or “attach anything to his hand, any finger or either wrist (e.g., Band-Aid, tape, Super Glue, bracelet, etc.).</i>

Bat allowed logos

