

ABA Cheat Sheet – 14U Junior League

2025/2026 Season

V3 14/11/25

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.
Continuous Batting line-up	Teams must follow a continuous batting order that will include all players on the team roster present for the game, batting in order. Regardless of substitutions and re-entries, each batter must bat in his/her original position in the batting order.
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 league is not eligible to pitch in 2 games in a day. NOTE: If a pitcher reaches 30 pitches while facing a batter in the first game, the pitcher may "finish the batter". The pitcher would be allowed to pitch in a second game provided that pitcher is moved, removed, or the game is completed before delivering a pitch to another batter. If a player delivers 31 or more pitches in the first game, and is not covered under the "finish a batter" exception, the player may not pitch in the second game that day
Pitcher <u>maybe</u> can be catcher?	YES , but a pitcher who delivers 41+ pitches in a game cannot be catcher that Day . (Note: may finish batter and end on a count 41+ and still be eligible to play catcher) Catcher with 3 or less innings and delivering 21+ pitches may not return to Catcher that Day .
Catcher to Pitcher?	YES , only if the Catcher has not caught more than a maximum of 3 innings and not 1 pitch more. A player who has played the position of catcher in (4) or more innings in a game is not eligible to pitch on that calendar Day .
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



Game Rules	14U Junior League
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.
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	Little League rules prohibit pitchers from applying any foreign substance to the ball. Applying substances like dirt, saliva, or sticky materials to the ball is illegal. A pitcher can use a rosin bag to dry their hands. Little League prohibits pine tar and any other similar adhesive substance from being used on a bat at any level. This means a bat with pine tar is considered illegal and must be removed from play

Bat allowed logos

