ABA Cheat Sheet – Premier, Reserves & 19U
2026/27 Season V2 11/10/26

Game Rules	19U Big League & Premier Reserve	Premier
Diamond	60/90 (standard adult i.e. 60.5ft pitching length, 90ft basepaths)	
Innings	**7 innings (regulation game = 4)**	**9 innings (regulation game = 5)**
No New Innings	after 2 Hours 20 min	No Time Limit for Premier
Mercy rule	15 after 4 or 10 after 5	15 after 5 or 10 after 7
Runs per innings (max)	**NO max**	
Tied game	Premier Reserve - No Tie Breaker. 19U Big League – Extra Inns (no max). Next batter in line-up from last at bat shall bat first. Last batter from previous innings on 1st base and batter before him on 2nd base (or their substitutes).	Extra Inns (no max). Next batter in line-up from last at bat shall bat first. Last batter from previous innings on 1st base and batter before him on 2nd base (or their substitutes).
Double Headers	Rules to be set by Competition Committee if Double Headers are scheduled	
No. of Players	8 min (9th is auto out) – full or partial rooster 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.	
Junior Players	Take their maximum pitch count rules and catcher to pitcher etc rules with them.	
Pitch Smart	**YES** - All pitchers are required to abide by "Pitch Smart" and the age requirements for maximum pitch count and mandatory rest. An ineligible pitcher may be grounds for a protest, removal of pitcher and ejection of coach.	
Junior Pitcher /catcher	All LL age players playing senior baseball must adhere to all LL pitching and catching requirements at all times.	
Pitcher minimum	Must pitch to at least 3 consecutive batters – refer OBR	
Pitcher removed from mound may return as pitcher.	**YES,** if he remains on the playing field in another fielding position. Exception is juniors, refer junior rules below.	
Pitcher may become Catcher.	**YES** – no pitch count restriction on pitcher becoming catcher. Exception is juniors, refer junior rules below.	
Pitch in 2 games per day	**YES**	
Catcher speed up rule?	**YES**, catcher (runner) may be replaced if two outs (must be any bench player not currently in the game). In this situation Bench players must be used in the first instance, once there are no longer any substitutes available you move to the last batter scenario.	
Catcher Other	19s and under catchers must have a throat guard. All warm-up catchers, incl. in bullpens, must have a mask.	
Visits	Maximum of 4 Visits by any player, manager or coach. (1 extra free visit per every tie breaker extra innings). Manager or Coach Visits are Trips (as well as Visits), if 2 Trips in 1 innings, then pitcher must be changed.	
Re-entry rule	**No re-entry** (includes in extra innings due to a tie breaker situation)	

Bats	Wood bats or one-piece wood composite bats (composite, with BBCOR stamp). **NO** BBCOR metal/metal composite bats. **NO** 2-piece bats. **Except** 19U may use BBCOR metal/metal composite bats or wood. Prems & Reserves - 36" 2 5/8s 19U - 34" 2 5/8s
Helmets	20 + age MAY wear single eared helmets
DH allowed?	**YES** (for the pitcher only). Must be on starting line-up card.
No Foreign Substances	As per MLB Official Baseball Rules

Approved bat logo



Junior – Catcher to Pitcher rules

Pitcher maybe can be catcher?	**Yes, but** pitcher who delivers 41+ pitches in a game (not being to end a batter who started at pitch 39) cannot be catcher that **Day.** Catcher with 3 or less innings and delivering 31+ pitches may not return to Catcher that **Day**. Finishing a batter is NOT incl in pitch count.
Catcher to Pitcher?	**Yes, but** Catcher who has caught for 4 (or more) innings may not pitch that **Day**.