

Lansing Old Timers Over 35 League

Rules and Regulations

The following is a list of rules and regulations unique to the Lansing Over 35 Baseball League.

1. A courtesy runner is allowed for an injured player. The runner must be the batter who made the previous out while at bat (a batter becomes a runner if he reaches base safely; he is no longer a batter), going back to the previous inning if necessary. A courtesy runner is allowed for the pitcher and the catcher, with the restriction that there must be two outs in the inning. It is not mandatory; it is optional. The runner must be the batter who made the previous out while at bat (a batter becomes a runner if he reaches base safely; he is no longer a batter). A courtesy runner can steal bases, advance on wild pitches, and advance on passed balls.
2. Pitchers can pitch a maximum of 4 innings.
3. Players must be 33 years of age or older by December 31 of the current year. A team can have no more than - 3 - players under age 35 on their roster.
4. Everyone who participates in team practices or games must have signed a waiver prior to any activity relating to the Over 35 Baseball League.
5. A team can pitch no more than one under 35 year old pitcher per game. A pitcher is considered 35 years old if his 35th birthday occurs in the current calendar year.
6. A team which is short of players can borrow a maximum of two players from other teams in order to field a nine man team. A borrowed player cannot pitch in the game. A forfeit is declared when a team is represented by less than seven of their rostered players. A forfeit is declared when a team cannot furnish a pitcher for a game. An unofficial game can be played by the two teams if satisfactory arrangements can be made and agreement reached by the opposing managers. A team has 15 minutes past start of game time to furnish 7 players. If unable to, that team forfeits the game.
7. Major League Baseball rules apply to all base running situations.
8. Four and one-half (4 1/2) innings constitutes a complete game. If home team is losing and game is called at this point, score reverts to previous inning and game is considered incomplete.
9. Unlimited re-entry; free substitution at any time.
10. Players are not allowed to wear shorts during a game
11. There is no League "Slaughter Rule". Games are played to completion regardless of the score.
12. Batting helmets must be worn when players are at bat.
13. Steel spikes are permissible.
14. All rostered players present must be placed in the batting order from the start of the game. They are guaranteed 3 innings defensively in a 7 inning game.
15. The Home Team will always be in the third base dugout.
16. An ejected player will be placed on automatic probation. A second ejection in the same season shall result in a League suspension for the remainder of the season.
17. There is a mandatory one game suspension whenever a punch is thrown. Further disciplinary actions may also be considered.

18. Due to insurance regulations, we cannot allow any batboys or children on the playing field.
19. At the Lansing Complex, the first game home team is responsible for unlocking the equipment shed, installing the bases on the field
20. At the Lansing Complex, the last game home team is responsible for removing the bases and placing them in the equipment shed, turning off the field lights, and locking up the equipment shed before leaving. Under no circumstances is this duty to be ignored. Both last game teams are responsible for removing debris from the dugouts and surrounding area, and for raking the gravel areas around the dugouts and home plate areas. Rakes are in the equipment shed.
21. All equipment is to be kept inside the dugouts. This practice will help reduce injuries.
22. It is the responsibility of the League President to resolve all disputes that arise out of game situations that cannot or will not be resolved by the umpire. If League rules and regulations are called into question, a special League meeting can be called to interpret and/or amend League rules, regulations, or bylaws.
23. Maximum roster of 20 players. Roster is to be locked down on the Saturday preceding the 3rd Sunday in July.