



Sports Zone Indoor Baseball League

What is the League: The Syracuse Sports Zone Indoor Baseball League is a fun, fast-paced offensive game, played at Sports Zone's new Pine Grove location in Camillus. Games are played on a grass-like turf surface on a full size 60 ft diamond. Each team is allowed to have 4 fielders and a catcher to defend. The catcher is allowed, but not necessary to play the game. A pitching machine is used as the pitcher, the batter hits, and the defense fields and tries to prevent runs. Each game is a 50 minute timed game, where on average, each batter gets 10 at bats. This game is very exciting and it really prepares each player for your outdoor season!

Why play the League: The league was designed to not only keep a players interest in baseball, but to increase their excitement and year round development. Each player in the timed game gets many quality at bats, gets to run the bases, as well as play defense. The game also creates baseball "on field" instincts in each player that you can't develop by just training skills in the off season. The best part about this game is that it keeps baseball alive in our area of the country where we can only play games outside 6 months of the year.

Why we do not use a real pitcher during the winter for the league: We do not use a real pitcher during our games because unlike any other sport, baseball pitchers must have a period of rest in order to be stronger for the following outdoor season. The risk for an injury is too high (in the long term) to have real pitchers actually pitching in a competitive environment during the winter. Plus, the game runs more efficiently with a consistent pitch. The game is designed to have quality at bats while getting fielding work and developing instincts for the game.

Players per game (Roster): You must have 5 to 8 players on your roster. If you show up to a game with 4 players you can still play that game because you do not really need a catcher. I'm limiting the amount of players to 8 because once you start batting more than 8 players the number of at bats goes down and kids will not have as much fun. Individual players can also register and play on house teams.

What you get for your money: Each team gets to play in the 8 game league. Plus each team will get batting cage usage before the game. So not only is your team able to play in the games but they get to practice and warm up properly before the game starts.

Syracuse Sports Zone Indoor Baseball League Boys Division

Teams and Games:

- Limit of 8 teams per league
- Teams will play 8 games per season

Age Groups / Nights of League:

- Boys 14u & 13u, Saturdays
- Boys 12u LL, 10u LL, Saturdays
- All Girl's Divisions, Saturdays

Game Times:

- Saturdays 10u and 12u LL start times from 2:00 pm - 5:00 pm (times are subject to change)
- Saturdays 13/14u start times from 6:00 pm - 9:00 pm (times are subject to change)
- Softball Saturday's 12:00 pm - 2:00 pm (times are subject to change)

League Start Dates:

- Winter 2 – Saturday January 14th, 21st, 28th, February 4th, 11th, 18th, 25th and March 3rd
- Spring – Saturday March 10th, 17th, 24th, 31st, April 7th, 14th, 21st, 28th
- Dates are subject to change

Cost:

- Boys 12u LL, 10u LL And all Girls Divisions
 - \$800 per team (\$900 if paid after 1st game)
- Boys 14u, 13u
 - \$1,200 per team (\$1,300 if paid after the 1st game)

House Team Cost:

- If a player can't find their own team and wants to be part of a Sports Zone House Team the cost is \$150 per player.

Waiver and Roster Forms:

- Each coach can register online as a team and fill out their team roster online.
- Each player can register online as house team member.
- Each coach and player must fill out a Sports Zone Waiver form.

Rules

Bat Restrictions

- 12U, 10 U any official Little League Bat can be used
- 14U, 13U can use BBCOR or Wood
- All Girls Divisions – official/approved Little League Bats or ASA approved

Pitcher Restrictions

- Pitching Machine will be used in place of an actual pitcher for baseball
- Girls will use a pitcher to pitch and start with 2-1 counts

Defensive Players

- You are allowed a fielder at each infield position and a catcher.

Helmets

- All players must wear helmets at all times during the games while batting

Game Duration

- All games are 50 timed minutes. Games will revert back to previous full inning once time has elapsed. Games for the league start every hour on the hour.

Outs

- There are 3 outs per inning

Strikes

- Boys: You are allowed a maximum of 3 pitches per At Bat. If you take all 3 pitches and they are hittable you are out. If you foul all 3 pitches you are out. If a pitch is unhittable, that pitch does not count as one of the 3 pitches and will be made clear to the batter after that pitch.
- Girls: Each batter starts with a 2-1 count. Official Rules apply after this.

Runs per inning

- There are a maximum of 5 runs scored per inning. If you already have 4 runs scored and you have the bases loaded, batter hits a grand slam you are awarded all 8 runs, then the inning is over. If the same situation occurs and the player hits a single, double or triple, only the 1 run will count due to the 5 run maximum per inning.

Gum/Sunflower Seeds

- Are not permitted, if caught chewing or spitting either, it will cost your team an out.

Line-up

- Each team must bat their entire lineup that shows up for the game. Whatever line-up you start with you must finish with that lineup. You can add players if they show up late and then you must finish with the lineup with the player(s) that showed up late to the game. Coaches must have lineups ready at start of game to give to Scorekeeper/Umpire.

Hustle

- It is essential players run as fast as they can on and off the field. Coaches must make sure they plan ahead so all defensive players know where they are going before the game and/or inning starts. Please don't wait until the end of the inning and then tell players what positions they go to. This only slows the game down and the players get fewer at bats. The more the kids hustle and the coaches are organized, the more At Bats each player will get during the game.

Delay of Game Penalty

In the event where coaches or players are intentionally delaying the game, regardless of the reason (except injury), the following penalties will be incurred:

- 1st delay – warning from the umpire
- 2nd delay –it will cost your team 1 run
- 3rd delay – it will cost your team the lead

Thrown Bats

- 1st thrown bat is a warning, 2nd time is an automatic out for that AB, 3rd time is 30 minute penalty for the player which can carry over to the next game.

Uniforms

- It is up to the team to wear whatever uniforms they want.

Arena Ball

- All balls hit off the side walls are played as if it was a ground ball if fair. Any ball hit directly off the ceiling and caught directly off the ceiling is an out. A ball hit off the L-Screen in front of the pitching machine is an automatic single. Balls hit off the ceiling and then hits a side wall is treated as a ground ball and in play. It can't be caught for an out once it hits the side nets. A ball hit off the net, past the 1st and 2nd baseman is an automatic single.

Bunting

- Bunting is not allowed in this game

Leading and Stealing

- Base Runners are allowed to lead.
- Stealing is not allowed.

Slide Rule

- Runners must slide directly into bases. Any slide not deemed appropriate is automatic ejection for that game plus the next game. For example, if you plow someone over or intentional kick someone would be deemed inappropriate.

