

MASTER COPY 12/13/2025

*North Jersey Suburban Baseball League
P.O. Box 32 Waldwick, NJ 07463*

OVERVIEW/GENERAL INFORMATION

Welcome to the North Jersey Suburban Baseball League. Rules listed below have been updated and revised as of January 2026 for Fall, Spring & Summer seasons for the 8U-high school age groups. Divisions will be based on commissioner discussions with team coaches as to skill level.

MISSION STATEMENT

The mission of the NJSBL is to foster the growth and development of teams and players as they prepare for the challenges of High School baseball. Our league is dedicated to creating an environment where improvement, skill-building, and sportsmanship are prioritized above the pursuit of championships. While winning is celebrated, our primary goal is to help every participant become a better baseball player, teammate, and individual. We believe that open and consistent communication between coaches is essential to the success of our league, ensuring a positive experience for all and promoting a spirit of collaboration and mutual respect.

SKILL LEVELS

Levels of Play - NJSBL is committed to creating balanced divisions providing equal competition. Teams are expected to provide honest evaluations of their teams. Teams will be moved into different divisions based on performance in subsequent seasons. Most Divisions will have at least 2 but usually 3 levels of play. Further breakdowns are possible based upon number of teams that register. Placement in divisions is done by league commissioner previous league records will also be used in determining division. Submitted requests will not always be honored.

- **Aaron - Highest Level**
- **Berra- Middle Level**
- **Cobb- Lowest Level**

Spring Season-overview

- 7 Game Regular Season
- Top 4 teams based on points will make playoffs
- Consolation games for teams that do not make playoff
- Minimum number of games played to be playoff eligible 5
- Consolation or another tier of playoffs for other teams at commissioner's discretion and other teams' availability

Summer Season-overview

- Registration Opens April 12th
- Registration Closes May 16th
- Schedule Published May 26th
- Season begins June 8th
- 12 - 15 Game schedule
- Regular season ends July 17th
- Playoffs End July 24th

Pre-Season Meetings - a mandatory meeting with league officials will be required. Decision makers and authorities will be in attendance. A remote option may become available.

AGE CUTOFF

The NJSBL follows Little League Age Requirements. ALL of your players must meet age requirement to be eligible for that division. September 1 is the cutoff date. For Example 12U Division all players must be 12 on Sept 1.

For the fall league we advance to the next age. For example teams that played 12U in the summer will be 13U in the fall.

New for 2026 NJSBL for the 13 and 14u Divisions ONLY we will allow 2 age exemptions to be requested the player must meet the May 1 age cutoff and it must be disclosed to all teams in your rostering process.

2026 Little League® Age Chart



Match month (top line) and box with year of birth. League age indicated at right.

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	AGE
2022	2022	2022	2022	2022	2022	2022	2022	2021	2021	2021	2021	4
2021	2021	2021	2021	2021	2021	2021	2021	2020	2020	2020	2020	5
2020	2020	2020	2020	2020	2020	2020	2020	2019	2019	2019	2019	6
2019	2019	2019	2019	2019	2019	2019	2019	2018	2018	2018	2018	7
2018	2018	2018	2018	2018	2018	2018	2018	2017	2017	2017	2017	8
2017	2017	2017	2017	2017	2017	2017	2017	2016	2016	2016	2016	9
2016	2016	2016	2016	2016	2016	2016	2016	2015	2015	2015	2015	10
2015	2015	2015	2015	2015	2015	2015	2015	2014	2014	2014	2014	11
2014	2014	2014	2014	2014	2014	2014	2014	2013	2013	2013	2013	12
2013	2013	2013	2013	2013	2013	2013	2013	2012	2012	2012	2012	13
2012	2012	2012	2012	2012	2012	2012	2012	2011	2011	2011	2011	14
2011	2011	2011	2011	2011	2011	2011	2011	2010	2010	2010	2010	15
2010	2010	2010	2010	2010	2010	2010	2010	2009	2009	2009	2009	16

NOTE: This age chart is for BASEBALL DIVISIONS ONLY, and only for 2026.

SCHEDULING AND MAKE-UP GAMES

- Each team will receive a baseline schedule. It is intended that the pre-season manager's meeting be used to work out the majority of scheduling issues.
- All rain outs must be scheduled asap.

UNWILLINGNESS TO PLAY

The League goes to extreme lengths to avoid forfeits; they hurt the integrity of any league. Based upon past experience, when Team A complains that Team B won't play their scheduled game, Team B usually responds that they offered Team A dates X, Y, and Z and Team A wasn't able or willing to play on those dates. Every effort must be made to get games in. Commissioners should be made aware of this as soon as possible. A Forfeit will only be awarded if there is email or text proof that a game time and location was agreed upon and 1 of the teams does not notify their opponent within 24 hours that they cannot make it and do not show up with enough players to play.

NO ALCOHOL OR TOBACCO PRODUCTS

Because this is a youth event, please refrain from using any tobacco or alcohol products. They are not permitted at **any** of the league sites.

SPORTSMANSHIP

- Any player, coach or spectator ejected from the game for poor sportsmanship will be suspended for a minimum of the next game.
- Suspension length to be determined by tournament director & crew chief.

CONDUCT

- Umpires have complete control of the game and may dismiss any player or coach for unsportsmanlike conduct.
- Only coaches are permitted to have a discussion with umpires. Coaches are expected to control their fans.
- Any person using profane language may be ejected from the game.
- The coach's code of conduct must be signed and returned with the rosters.

DRESS CODE FOR COACHES

Managers and coaches are not required to be in uniform during games. However, we do expect the adults on the field to be dressed appropriately.

TIME LIMIT- To be discussed at ground rules

No mandatory time limit UNLESS there is a field curfew or team booked after your game

If there needs to be a time limit established, these are guidelines to be used.

- NO new inning may start after 120 minutes. The official start time of the game is based on first pitch.
- Ties are allowed. Drop dead time limit is 2:15.
- Weather Delays don't count against game time limit.

INTENTIONAL DELAYS

- Intentionally delaying a game to achieve a victory through the time limit is considered unsportsmanlike conduct and will not be tolerated.
- The umpires and league officials at the game reserve the right to eject a coach or player for intentionally delaying a game and possibly declare a forfeit to that team.

APPEALS

- All final rulings are made by the umpire. An umpire may contact tournament crew chief or league official if necessary.
 - a. Only the designated team representative may log a protest. The protest must be filed prior to or during the game. Once a game is complete, NO protests will be recognized. No other party may file a protest of a game or contact the league representative. Any party doing so will be redirected to the town, travel, or club lead official.

JEWELRY

- Players are not allowed to wear jewelry during the games. Exception will be made for jewelry worn for medical reasons.

UNIFORMS

- All players must be in complete uniform, shirts tucked in

COST

- **REGISTRATION FEE** – must be paid prior to season beginning.
- **NO REGISTRATIONS WILL BE ACCEPTED AFTER SCHEDULES ARE PUBLISHED.**

INSURANCE

- Each team is required to carry its own insurance and submit a certificate of insurance to NJSBL prior to the beginning of the season. No team will be allowed to play until we have that information and it is verified.
- **NJSBL PO BOX 32, Waldwick, NJ 07463**

MUST BE NAMED AS ADDITIONALLY INSURED ON EACH CERTIFICATE, AND A CERTIFICATE MUST BE ON FILE FOR EACH REGISTERED TEAM *

COACHES AND PLAYERS CODE OF CONDUCT

- The coaches and player's code of conduct must be upheld at all times. The coach's code of conduct must be reviewed and signed and returned to league commissioner prior to the start of the season. The player's code of conduct is the responsibility of the team's coach. The coach will acknowledge that all players understand and agree to the terms. This will be acknowledged through the coach's code of conduct.
- **NO rogue requests by parents, coaches or random individuals will be recognized. Only one designated team representative may make a request and that representative MUST be named prior to the season. An alternate may be named should the team representative not be available. The team representative must be appointed by the town, travel or club lead official in all cases.**

COACHES

- Please see the attached for contact information for the coaches in your division.
- Coaches should all be Rutgers certified
- Background checks of coaches shall be the responsible of the town or individual team

GAME RESULTS

- A website administration code will be given to all managers for access to the website
- The **WINNING** team must report the game results to the league web-site within 24 hours. Scores and standings will be updated as the results come in.

UMPIRES

- All umpires must be part of a carded association
- Home team is responsible for umpire assignment
- One umpire is required per game for ages 8U-10U
- Two umpires are required per game for ages 11U-high school division
- Umpire fees shall be split between teams for each game. Fee's to be discussed when confirming your schedules

OFFICIAL SCOREBOOK

- The home team will keep the official scorebook.
- Upon commencement of the playoffs, each team shall submit the score and pitching lines for both teams to the commissioner.
- Game changer can be used as an official scorebook. However, Player Names and Uniform numbers must be present for it to be considered official.
- Paper book can also be used as an official scorebook. Same rules apply.

STANDINGS

Make sure to check your online record and confirm the accuracy of the record for your team. Remember that the standings are determined by points with 3 for a win, 2 for a tie and 1 for a loss.

A forfeit will mean 2 points to be awarded for a win and -1 points will be taken from the loser.

RULES

- The default rules for the 8U-10U division are the Little League rule book.
- The default rules for the 11U-high school division are "modified" NFHS rules.
- **8U-10U-** No Infield Fly Rule or Dropped 3rd strike
- Bunting is permitted at ALL levels
- 8U-12U- NO BUNT/SLASH

HOME FIELD

- Each team is responsible to have a home field. Exceptions will be considered on a case by case basis.

FIELD DIMENSIONS

8U

- 60' base length
- 1st and 3rd base: from the back point of home plate to outfield side of bases
- 40' pitching distance-spring and may be moved to 42' for summer at the discretion of the commissioner
- From the back point of home plate to the front of the pitcher's plate

9U-10U

- 60' base length
- 1st and 3rd base: from the back point of home plate to outfield side of bases
- 46' pitching distance From the back point of home plate to the front of the pitcher's plate

11U-12U

- 70' base length
- 1st and 3rd base: from the back point of home plate to outfield side of bases
- 50' pitching distance From the back point of home plate to the front of the pitcher's plate

13U-high school division

- 90' base length
- 1st and 3rd base: from the back point of home plate to outfield side of bases
- 60' pitching distance From the back point of home plate to the front of the pitcher's plate

GAME LENGTH

8U-10U

- The length of a game shall be 6 innings with extra innings if necessary.
- If a game is stopped due to weather or darkness, four (4) innings (3 ½ if the home team is leading) will constitute a legal game.
- If a game is too short to be official, a new game shall be scheduled.
- If the game had ceased in a tie, the game shall continue from the exact point it was halted (playoffs only)

11U-high school division

- The length of a game shall be 7 innings with extra innings if necessary.
- If a game is stopped due to weather or darkness, five (5) innings (4 ½ if the home team is leading) will constitute a legal game.
- If a game is too short to be official, a new game shall be scheduled.
- If the game had ceased in a tie, the game shall continue from the exact point it was halted (playoffs only)

Make-Up games

- All missed or stopped games must be made up asap. The home team is responsible to offer alternative dates for the game to be made up. Alternatively, the visiting team may counter by offering their field as the site for the make-up game.

MERCY RULE

- 8U-10U - 10 run mercy ALL divisions provided after 3 ½ innings or 4 innings if Home Team is trailing. You cannot mercy team in top half of inning. Trailing team must get chance to bat.
- 11U-18U –10 run mercy enforced after 4 ½ innings or 5 innings. You cannot mercy team in top half of inning. Trailing team must get chance to bat.

8U-10U

THE MAXIMUM NUMBER OF RUNS THAT CAN BE SCORED IN AN INNING IS 6 UNTIL THE 6TH INNING WHEREBY UNLIMITED SCORING IS PERMITTED.

11U-high school division

UNLIMITED SCORING

BAT REGULATIONS AND EQUIPMENT

BAT REGULATIONS

USA baseball, BBCOR drop 3 will be followed for 12U and younger.
13U and 14U (60/90) to use USA drop 5, BBCOR drop 3 or wood only.
High School division to use BBCOR drop 3 or wood.

BASEBALLS

The home team is responsible to provide baseballs as approved by the NJSBL MASTER COPY North Jersey

EQUIPMENT

- **8U—12U** Plastic/Rubber cleats only. **13U and older divisions may wear metal spikes.**
- Batters, base runners and on deck batters must wear protective helmets. Teams will be given one warning; the second infraction will be an automatic out.
- All catchers must wear a protective cup.

PITCHING REGULATIONS

8U-10U

- Pitchers may pitch a maximum combined total of **9 OUTS** per game or **18 OUTS** in a week. Week is Sunday to Saturday.
- No Balks will be called
- No pitcher may return to mound after being relieved
- The **2nd** visit to the mound in 1 inning must result in the pitcher being removed
- For playoffs, each team is responsible to submit the score and pitching line for **both** teams; not just your own. The results must be submitted to the commissioner immediately at the conclusion of the game.
- Hits batsman
 - A pitcher shall be removed if he hits 3 batters in a game
 - The home plate umpire shall use their discretion in circumstances where the hitter has not made an effort to avoid the pitch. The umpire shall announce to both managers and the pitcher of when an occurrence warrants an “official” hit batsman.
- NO intentional walks at 8U-12U division are permitted

11U-12U

- Pitchers may pitch a maximum combined total of **15 OUTS** per game or **24 OUTS** in a week. Week is Sunday to Saturday.
- Balk WARNING is (1) per pitcher where after Balks will be called
- No pitcher may return to mound after being relieved
- The **2nd** visit to the mound in 1 inning must result in the pitcher being removed
- For playoffs, each team is responsible to submit the score and pitching line for **both** teams; not just your own. The results must be submitted to the commissioner immediately at the conclusion of the game.
- NO intentional walks at 8U-12U division are permitted

13U-14U

- Pitchers may pitch a maximum combined total of **21 OUTS** per game or **30 OUTS** in a week. Week is Sunday to Saturday.

HIGH SCHOOL DIVISION

- NFHS rules apply

GENERAL BASERUNNING

- A runner will be called out if they do not slide or avoid a collision with a defensive player
- Head first slides are not allowed 8U-12U in the NJBSL, however, it will be permitted when sliding back to a base.
- Head first slides are permitted in 13U-18U.

STEALING

8U-10U

- Ball must cross the plate (immediate dead ball call if they leave early 1st offense/ 2nd offense-runner is out)
- **4 Steal Attempts per inning**
- Steals of 2nd, 3rd and home are permitted
- Steals are limited to four attempts per inning
- Steals are limited to four attempts per inning
- No delayed steals
- The batter cannot run to 1st base on dropped 3rd Strike
- No Turnpike - batter automatically advancing to second on a walk is prohibited
- Optional courtesy runner for the catcher with two outs. The player making the last batted out must act as the runner. If not available, the player making the previous out must act as the runner.

8U-SPECIFIC

- Runners **may NOT advance on overthrows** on steals or throws to pitcher.
- No Stealing Home
- Pick off throws from catcher, **all runners must return to base and cannot Advance regardless of throw**

9U-SPECIFIC

- Runners **may advance 1 base on overthrows** on steals. With the exception of home. (This is not considered a steal)
- Runners **may NOT advance on overthrows** to pitcher.
- Stealing home is permitted. 2 times per game and 1 time per inning.
- Pick off throws from catcher, **all runners must return to base and cannot advance regardless of throw**
- **1ST AND 3RD SITUATION**
 - **1 No Delayed Steals:**
Runners are not permitted to execute delayed steals under any circumstance.
 - **2 Runner on 3rd Base Locked:**
The runner on 3rd base is not permitted to advance home on any throw, including overthrows or mishandled throws. The runner must remain on 3rd base unless a legal play to home is initiated as outlined below.
 - **3 Advancement Restrictions:**
No advancement to home plate is allowed as a result of an overthrow or defensive misplay during a 1st and 3rd situation.
 - **4 Stealing Home:**
The runner on 3rd base may only attempt to steal home under the following conditions:
 - A **straight steal of home** (immediate attempt once the pitch crosses home plate), or
 - A **passed ball by the catcher**

10U-SPECIFIC

- Runners **may advance 1 base on overthrows** on steals or throws to pitcher. Including home. (This is not considered a steal)
- Stealing home is permitted. 3 times per game and 1 time per inning.
- Pick off throws from catcher, **all runners must return to base and cannot advance regardless of throw**
- **1ST AND 3RD SITUATION**
 - **1 No Delayed Steals:**
Runners are not permitted to execute delayed steals under any circumstance.
 - **2 Runner on 3rd Base Locked:**
The runner on 3rd base is not permitted to advance home on any throw, including

overthrows or mishandled throws. The runner must remain on 3rd base unless a legal play to home is initiated as outlined below.

- **3 Advancement Restrictions:**

No advancement to home plate is allowed as a result of an overthrow or defensive misplay during a 1st and 3rd situation.

- **4 Stealing Home:**

The runner on 3rd base may only attempt to steal home under the following conditions:

- A **straight steal of home** (immediate attempt once the pitch crosses home plate), or
- A **passed ball by the catcher**

11U-HIGH SCHOOL DIVISION

- Unlimited Steals

- Optional courtesy runner for pitcher and catcher at any time. The player making the last batted out (if batting all) or sub from the bench (currently not in the game) must act as the runner.

ROSTERS

- **ABSOLUTELY NO POACHING OF PLAYERS; ANY COACH VIOLATING THIS RULE WILL HAVE THEIR TEAM TERMINATED FROM THE LEAGUE.**

- Rosters MUST be logged in to the website (or whatever is agreed upon by the league) uniformly. All teams must comply in the selected format. First/last names with numbers and birth dates. Rosters will be shared with all teams.

- All teams to submit their official roster before the commencement of the regular season. Any games played without a roster submitted **will be forfeited**

- All playoff rosters are to be submitted 3 days prior to the start of the playoffs. Players must appear in more than 50% of scheduled games for that season. No exceptions. There will be a pre-playoff check-in meeting with league officials

- Roster changes can occur until rosters get locked. Changes MUST be approved by a NJBSL League Official.

- Birth certificates must be produced upon request but they are not required at onset unless challenged by another designated team representative

- 18 player maximum (rosters must be carried in team scorebook) and 4 adults (1 manager, 2 coaches, and a scorekeeper). High school players are only eligible to play in Summer High school divisions.

- Line-up cards must be exchanged with the full name of player (first name or initials not sufficient) or exchanged in Game changer.

- Players may be active on one NJBSL roster **only** within the same division of play (**exceptions may be made at 13/14U division up to 3 players based on commissioner discretion and transparent disclosure**). A player may be on a roster of another team if in a different division.

- **If any roster improprieties are found during the regular season, offending team will forfeit game. If improprieties are found during the playoffs, the team will immediately be disqualified from the tournament. Towns or Organizations that break the rules may impact the standing of the entire organization!**

- The NJSBL does not advocate for players being rostered on multiple teams, however it is the decision of the players, parents, and coaches. Players will NOT be permitted to pitch for more than one team. Players participating on multiple teams MUST declare themselves for one team during the playoffs.

Lineup

- Free substitution / no substitution (coaches discretion)
- The lineup shall be submitted to the opposing scorekeeper and home plate umpire prior to the start of the game.
- There is no mandated rule that requires a player to play a minimum number of defensive innings or minimum number of at bats
- Bat through order (i.e. all players) is allowed / batting only 9 is allowed / batting 10 with an extra player is allowed
- All teams have the option to bat the entire lineup if they choose; however, the opposing team will not be forced to do so. Batting all gives team free substitution!
- Teams may play with a minimum of eight players. If the minimum is not present for one team, the game will be forfeited provided that the other team has the minimum of eight players.
- If batting 10, the extra player (EH) is allowed to play the field - meaning any 9 of the 10 batters can be on the field defensively at any one time
- Should a team start with ten batters in the order, they must finish with 10 batters, unless injury or ejection leaves the team with nine players.
- A tenth player spot cannot be added once the line-up cards have been exchanged with the umpire prior to the game.
- Any player showing up after the start of the game may not enter until the next defensive turn.
- THE BATTING ORDER MUST MAINTAIN INTEGRITY
- If not a bat through order a substitute must take a spot in the batting order

Re-entry

- o Starters may be re-entered one time, the player must occupy the same position in the batting order, provided team is not batting entire lineup.
- o If a pitcher is removed from the mound and goes to another defensive position, they may not return as a pitcher in the game.
- o Players re-entering the game must return to the same position in the lineup

REGULAR SEASON

- Every effort will be made so that all teams will have equal home and away games
- Home team is responsible for supplying game balls
- Home team is responsible for arrangement for the umpire(s) for each game. There is no league mandated umpiring agency or fee.
- Game schedules may be altered, with agreement of both teams and league coordinator
- Standings will be kept: 3 points for a win / 2 point for a tie / 1 point for a loss
- We will **not** extend the regular season beyond the final regularly scheduled game. For those teams whose regular season ends, your scores are due by the close of business the day after last game is scheduled.

PLAYOFF TOURNAMENT:

- Single elimination "Play-in" games (if necessary) will be held for lower seeded teams at higher seeded team's home field. The brackets will be set after the "play-in" games have been played.
- **must meet minimum games played required to be eligible for tournament.**
- All Playoff eligible teams (to be discussed) are guaranteed one playoff game
- The team with the higher seed shall be considered the home team
- **Player eligibility - Players must appear in more than 50% of scheduled games for that season. No exceptions. There will be a pre-playoff check-in meeting with league officials.**
- The games will be played at the field of the higher seed
- **ALL** regular season rules apply in the post-season.

- The NJBSL provides trophies/awards for first and second place teams.

TIEBREAKER

- In the event of a tie in points (in the case of a three-way tie, unless 1 team beat the other 2 teams the procedure will go to step two first).

1. Head to Head results
2. Total runs allowed
3. Total Runs scored
4. Coin flip