

CAPITAL ADULT BASEBALL LEAGUE, LLC RULES, and CODE OF CONDUCT

REV 7/8/2020

1. TEAM ROSTERS/PARTICIPATION AGREEMENTS

(A) A player must be at least 18 years old at the start of the season to be eligible to play in Capital Adult Baseball League, LLC (CABL) (the League) d/b/a D.C. Wood Baseball

(B) No person may play on any team in the League without first having signed a Player/Manager/Coach CABL Participant Agreement And Assumption Of Risk And Release Of Liability form (Agreement). Anyone having signed an agreement is a "signed player". Any team on which anyone other than a signed player practices, plays, manages or coaches in any practice or game shall forfeit that game and be subject to such other team discipline as the League President may deem appropriate, including, but not limited to, a fine of up to \$100, and suspensions of the offending player(s), coaches or managers.

(C) **SPRING/SUMMER:** Every team must have at least Seventeen (17) signed players on its Roster at all times. A team may carry as many as Thirty Five (35) players on its Roster at any time, however, the additional fees will apply after the 25th rostered player, e.g. \$150 for the 26th rostered player and \$75 from the 27th to 35th rostered player. A manager or coach is always eligible to play, so managers and coaches are counted as Roster players unless they never play during any season. Violations of this Rule may lead to appropriate discipline up to and including game forfeits. D.C. Wood strictly enforces its Pay to Play policy.

Fall: Every team must have at least Seventeen (17) signed players on its Roster at all times. A team may carry as many as Twenty Five (25) players on its Roster at any time, however, the additional fees will apply after the 20th rostered player, e.g. \$150 for player 21, \$75 for players 22-25. A manager or coach is always eligible to play, so managers and coaches are counted as Roster players unless they never play during any season. Violations of this Rule may lead to appropriate discipline up to and including game forfeits. D.C. Wood strictly enforces its pay to play policy.

(D) Not superseding 1 (B) any signed player who participates in a game as a player, manager or coach **MUST** be listed on the team Roster within 24 hours of the end of any game in which he participates (except for any player loaned because of a forfeit situation as described in Part 3, below). A team Roster must be on League roster page, even if a team has its own separate web site, whether or not that separate team web site is linked to the League web site. Players may register for a team and sign the Agreement at <http://play.dcwood.org>. Player eligibility is governed by the official League roster. A signed player not on the team Roster at the time of any game or within 24 hours of the end of the first game in which he plays is not eligible to play again unless he is added to the team Roster prior to playing again. Violation of this Rule in any way shall subject both the offending player and the offending team to League discipline as appropriate, including, but not limited to a player fine of up to \$50, a team fine of up to \$50, forfeit of game(s), and suspension of the offending player and the offending team's manager or coach.

(E) Only players listed on their team Roster by at least THREE (3) games prior to Play-offs, and have PLAYED IN AT LEAST THREE (3) games, are eligible to play, manage or coach during Play-offs. Violation of this Rule shall result in the forfeit of any Play-off game in which an ineligible player participated as a player, manager or coach. However, the league may also impose a "on the roster by date" that would supersede this clause.

2.PLAYER TRANSFERS (Anti-poaching)

Poaching is defined as recruiting, tampering with, or encouraging players on teams other than your own to leave their team and play for your team. Poaching players leads to poor league morale, is anti-competitive and prevents emerging teams from developing organically. Player eligibility for Fall seasons run from the beginning of the Spring/Summer Playoffs until the end of October. Player eligibility for the Spring/Summer seasons run from November through the next year's Spring/Summer Regular Season. Any player transfer within the bounds of a season, for that season, MUST be agreed to in writing (email preferred) by managers from BOTH teams involved AND MUST be approved by the League. Generally, this will mean that transfers will be via trade where the teams exchange players. Transfers must occur by the trade deadline (June 1st for Spring/Summer, and October 1st for Fall) in order for a transferred player to be eligible for Playoffs. If a fair and equitable solution on a player transfer cannot be attained, the league will step in and review the matter (if a team connected to league management is involved, the interested party will recuse themselves and a non-involved 3rd party will be assigned to the review process). If a player is deemed to have been poached, based on clear and verifiable facts, including speaking to the player, the league may require the player to go through the waiver wire process so that other teams have a chance to claim the player.

3. NEW PLAYER WAIVER WIRE PROCESS; LEAGUE ASSIGNED PLAYERS

(A) The league invests time and resources to recruit new players to the league. To support the fair, transparent and equitable distribution of new players, the league has created a NEW PLAYER WAIVER WIRE PROCESS. Upon receiving a New Player interest form, the league managers are notified of an available new player and have 48 hours from the initial timestamp to make a claim on the player. The player will be assigned to the team with the highest waiver position that submitted a claim. The waiver order is maintained by league management and applies to both the Spring/Summer and Fall seasons.

(B) If a player is not claimed by a team after the 48 hour waiver period, they become a First Come First Served (FCFS) Free Agent (FA) and may be claimed by any team. If the FCFS FA is picked up within 24 hours of the end of the 48 hour waiver period, the claiming team will drop to the bottom of the current waiver order. Past the initial 72 hours (48 waiver period + 24 hour post waiver period), any team that claims a FCFS FA will drop two (2) spots in the current waiver wire

(C) If a team does not meet the minimum roster requirement of seventeen (17) players, the league has the right to assign players to teams that are not in compliance. If a team is assigned a player for non-compliance to the minimum roster requirement, the team will be dropped one (1) spot in the current waiver wire order.

(D) The league reserves the right to bypass the waiver wire and make assignments based on competitive balance requirements that the league may have at any given time.

3. FORFEITS

(A) We try to get games played, and we encourage a team to loan a player or two as necessary. No team is required to loan a player in a forfeit situation. However, the primary purpose of this League is to have fun playing baseball. So, if there are enough signed & eligible players at the field teams are strongly encouraged to find a way to play a game.

(B) If a team loans a player to another team in order to play the game, that is an official game. We do not have 'Practice games' involving umpires. If an umpire is paid it is a League game, and the game counts in the standings.

(C) League does not collect forfeit bonds. If a team forfeits, they will receive a written warning and

the game will not be made-up.

A second forfeit in a season will result in a second written warning, a \$50 fine, and the game will not be made-up.

Three forfeits subject a team to expulsion from the League. Expulsion WILL occur unless good cause is shown why it should not. **NOTE, there is a 15 minute grace period after the scheduled start time before a forfeit can be declared.**

4. TIME

(A) Nine-inning Regular Season games are scheduled for 3 hours. No new inning after 2:50 from the scheduled start time. If an inning starts it must be completed UNLESS it is a night game and the time is approaching 11pm and light issues may be a concern, in which case 11pm shall be the 'drop dead' time. However, managers are encouraged to speak with Umpires at the plate conference to secure a reasonable accommodation to extend play past the "drop dead" timeline, if the field and light situation permits. Umpires have the last say and their decision is final.

(B) Seven inning Regular Season games are scheduled for 2 1/2 hours. No new inning after 2:20 from the scheduled start time. If an inning starts it must be completed UNLESS it is a night game and the time is approaching 11pm and light issues may be a concern, in which case 11pm shall be the 'drop dead' time. However, managers are encouraged to speak with Umpires at the plate conference to secure a reasonable accommodation to extend play past the "drop dead" timeline, if the field and light situation permits. Umpires have the last say and their decision is final.

(C) Doubleheaders - there is no designated wait time between games. Second game begins as soon as possible as determined by umpires, even if the start would be before scheduled start time. We have 5 hours of umpire time scheduled for doubleheaders, and we want to get both games completed. Teams can agree, before the start of the first - game, to allow the first game to time limit to bleed into second game time in order to complete the first game. But that agreement does not extend the cut-off time of the second game. There is to be no new inning after 4 Hours and 50 minutes. If an inning starts it must be completed UNLESS it is a night game and the time is approaching 11pm and light issues may be a concern, in which case 11pm shall be the 'drop dead' time. However, managers are encouraged to speak with Umpires at the plate conference to secure a reasonable accommodation to extend play past the "drop dead" timeline, if the field and light situation permits. Umpires have the last say and their decision is final.

5. NUMBER OF PLAYERS/PLAYING THE GAME/MERCY RULE

(A) A team can start and finish with 8 players, and there is no automatic out for the ninth spot. However, if a ninth player shows up he MUST be inserted in the ninth spot in the batting order. If a player leaves for any reason, including injury during a game THERE IS NO forfeit unless fewer than 8 players remain. If 8 or more remain, but no substitute is available, the game continues, but the lost player's spot in the batting order DOES become an automatic out for the rest of the game.

(B) There is no late game adding to the batting order. You can bat any number of slots to start the game, but once the Line-up has been turned over to the other team, no more batting slots can be added to the end of the order (except a ninth slot under the situation described in Rule 5 (A), above).

(C) **(RE-ENTRY)** A player who started a game in the batting order, then was replaced in the batting order either by a pinch hitter or pinch runner can be returned to the batting order after his replacement has had at least one at-bat, but he must return to his original spot in the batting order, and he can only return once. If he is replaced again by either a pinch hitter or pinch runner, he

cannot return to the batting order. This rule applies only to starting players. No player who was not in the starting batting order may return to the batting order after he is replaced by either a pinch hitter or pinch runner. This Rule does NOT apply to the circumstances described in part 5 (D), below.

(D) We DO have a speed up rule that requires courtesy runners for catchers and strongly encourages it for pitchers if there are two outs at the time a pitcher or catcher gets on base. Also, prior to the start of any game, a team may designate up to two non-running players who are allowed courtesy runners should they reach base. The designated non-runners need not be starters in the batting order. All courtesy runner MUST be the person who made the last out while batting, or, if it is the beginning of the game and no one has made an out while batting, the courtesy runner must be the player at the end of the current batting order, UNLESS that player is a pitcher or a catcher. If more than one courtesy runner is needed, or the next potential courtesy runner is a catcher or a pitcher, then the next available courtesy runner shall be designated using the same criteria.

(D) Mercy rule is a Twelve (12) run lead after seven innings in a nine-inning game or after five innings in a seven-inning game. At that point, the game is over, even if both teams would rather play on.

(E) Teams may bat any number of players greater than 8 in the starting lineup, and there are unlimited designated hitters. However, the number of players in the lineup must remain constant, except for the scenario described in part 5(A) above, and if a player is dropped from the lineup, their spot becomes an automatic out. Except for pitchers, unlimited defensive substitutions are allowed.

6. CONTACT ON CLOSE PLAYS

(A) If a play at the plate or at any base is likely to be close, the base runner must either slide or try to avoid contact with the fielder. A player who fails to slide or avoid is OUT.

(B) If a play at the plate or at any base is likely to be close, no catcher or another fielder at the plate or at any base may completely block the runner's access to the plate or the base. Because Rule 6(A) requires the runner to slide or avoid, the fielder must allow the runner some partial access to the plate or the base. If a fielder completely blocks off the plate or any base, the runner must be called SAFE. This rule applies regardless of whether the fielder is in possession of the ball.

(C) If an umpire judges that any contact on a close play at the plate or any base was maliciously caused by either a runner or a fielder, or both, that player must be ejected. For example, if a catcher completely blocks off the plate and clearly braces for a collision, that catcher must be ejected. If a runner clearly intentionally runs into a catcher who has allowed the runner a portion of the plate, that runner must be ejected. If a catcher completely blocks off the plate and braces for a collision, and a runner seeing that runs straight into the catcher, rather than sliding or avoiding that collision, then BOTH players must be ejected.

7. RAIN OUTS/CANCELLATIONS

(A) Rain-outs will be posted on the League website at least three (3) hours before game time. NO RAIN-OUTS will be posted less than three hours prior to game time. If no rain out has been posted teams MUST show up at the field. However, if both managers agree that it is reasonable to assume that weather conditions would prevent a game from occurring, a game may be cancelled. In the event that both managers do not agree, or that the weather is inconclusive, a game-time decision is to be made. Forfeit rules are strictly enforced with any game-time decision scenario.

(B) Absent a true emergency, cancellations will not be tolerated. Except in VERY exceptional circumstances, once a game is posted on the schedule, any cancellation shall result in a forfeit.

8. SCORE REPORTING

Teams are strongly encouraged to score the game electronically through the league's scoring system (iScore) and upload scores to the league website no later than 12 hours after the conclusion of the game. Should electronic uploading of the score not be possible, a text or email with the game score is required within 12 hours after the conclusion of the game. Team officials are encouraged to submit written game highlights to the league office.

9. EJECTIONS & APPEALS PROCESS

(A) Any player, manager or coach ejected from a game for ANY reason is automatically suspended for the next scheduled game and is subject to additional suspension depending on the egregiousness of the behavior that resulted in the suspension. League management will review the Umpire's report to ensure that all offenders are correctly identified and follow up on any additional corrective actions needed.

(B) In the event of an appeal request, the manager making such a request will provide the league a detailed written statement on why they are appealing the suspension. The league will consider all appeal requests through a panel consisting of the League President, Vice President, and one other un-involved manager. In the event of a conflict of interest, the league will find un-involved managers to sit on the panel until all 3 spots are occupied. The Panel will review the written request and submit a timely decision, not to exceed 48-hours. The turnaround time may be required to be faster if the time is of the essence.

10. FIELD CARE/FIELD DRESSING/RAKES

(A) Each team is strongly encouraged to bring a rake to any game in Fairfax County, Arlington, DC, or any Maryland field that is not under the jurisdiction of the Department of Recreation (Maryland Department of Recreation fields are maintained solely by the Department of Recreation and must NOT be dressed). Where field dressing is required, BOTH teams MUST stay to dress the field after any game in any of the above jurisdictions. Failure to properly dress a field may result in teams no longer being scheduled on certain fields.

(B) Each team MUST have a light key for Fairfax County fields. At the end of any game at which lights were used, BOTH TEAMS are responsible for turning off the lights at the end of the game.

11. WOOD BATS

All bats must be wood or composite wood BBCOR certified. No part of the bat may be metal, carbon fiber or anything that's not wood, composite wood.

12. BASEBALLS

D.C. Wood Baseball uses Wilson A1010 PRO/SST baseballs. Each team must supply 2 baseballs at the start of the game and then ask the umpires to alternate asking teams for baseballs. The home team must also provide a game ball to the starting pitcher. After a team has exhausted its baseball allotment, it must buy baseballs from the League Office or elsewhere.

13. Regular season game-play

Regular season games must have completed 5 innings to be official (4 & ½ innings if the home team is ahead). In the event a game reaches the 5 completed innings mark, but is stopped for any reason prior to completion of the game (7 or 9 inning game), the score will revert back to the last completed inning.

Managers may request a runner for an injured player regardless of the number of outs and this runner is not treated as a substitution and the injured player can stay in the game offensively. All injury runner requests must be approved by the opposing manager.

14. Unpaid league dues by players

Players that leave their D.C. Wood Baseball teams without paying their portion of the league fee will not be permitted to join any other team until said player has paid their balance in full. If there is a disagreement between the manager and the player regarding the amount owed, the league office will speak with all interested parties and secure a reasonable outcome.

15. Playoff Rules

- All Playoff games are 9 innings
- The higher seeded team will be home in odd-numbered games.
- Playoff games will conclude if a team is up by 12 runs after 7 innings (Mercy Rule).
- Playoff games require a winner and do not have a set time limit **if field permits and umpires will allow it.**
- A completed playoff game will have either completed 9 innings or completed the current inning (which may be less than 9) if the time limit has been reached
- If a game is rained out the make-up will most likely be rescheduled on the following day, pending field availability.
- In the event of a tie in a non-elimination game or a non-finals game, a mini-game will be played at the start of the next game to determine the winner of a tied game, followed by the next game in the series. The mini-game is a new game and lineups are not carried over from the previous game. However, the home/away assignment will convey from the tied game, e.g. Team "A" was the home team in the game that was tied, Team "A" remains the home team in the mini-game.
- In the event of a tie in an elimination game or in the finals, the game must be replayed.
- There is no reverting back to a previously completed inning rule in the playoffs, except when otherwise specified by the league due to permit restraints, etc. This will be announced prior to the Playoffs starting

D.C. Wood Baseball Code of Conduct

Chill out and enjoy playing baseball; we all have to go to work the next day! As a participant in the league, you are expected to adhere to a standard of conduct and good sportsmanship.

A. You will not cheat, forge statistics, fight, assault an official, or engage in any other inappropriate behavior that infringes on the overall experience of playing in this league.

B. You understand that umpires are hired to officiate a game to the best of their ability, and while human error occurs, you will seek relief in a reasonable manner, and accept the Umpire's final decision.

C. Racist or offensive language is strictly prohibited as well as the use of drugs and alcohol on or at fields. Failure to comply may result in permanent expulsion from the league.