

SAFETY RULES - Violations

Uniforms and Equipment:

- A. All players must have six inch numbers on the back of their shirts. (T-Ball may have four inch numbers.)
- B. Pitchers shall not wear any type of sweat band on their wrist.
- C. A pitcher's sweat shirt must be uniform in color and may not be white or gray.
- D. A pitcher's glove shall be uniform in color, including all stitching and webbing. The pitcher glove may not be white or gray.
- E. No pitcher shall attach to the glove any foreign material of a color different from the glove.
- F. Catchers must wear a catcher's glove. **EXCEPTION:** T-Ball.
- G. Catchers must wear protective head gear; a facemask and helmet with ear protection. **Penalty:** Game suspension during regular season.
- H. Catchers (male/female) must wear a protective cup.
- I. Catchers must wear a minimum 2 inch throat guard or extended mask.
- J. Players must not wear watches, rings, pins, jewelry, or metallic items.
- K. Shoes with metal pikes, metal cleats or screws on cleats are strictly prohibited in ALL DIVISIONS.
- L. No part of the uniform shall include a pattern that imitates or suggests the shape of a baseball.
- M. Players in all divisions must wear the "coverall" type head gear while batting, running bases, or coaching the bases. No "On-Deck" batters except for Major Division. **Penalty: If a batter or runner intentionally removes or dislodges his/her head gear while running the bases or batting, he/she shall be declared out if a play is being made on the runner.**
- N. In between innings, any player warming up the pitcher on the field must wear protective head gear.
- O. No non-baseball attire or equipment will be permitted on any field. If there is a medical need for the use of such items as crutches, canes, casts, etc. by any player, coach, assistant, or manager; that member will be restricted to the dugout area. Furthermore, any equipment deemed unsafe by the umpire will be considered unacceptable and will be removed from the playing field.

Game:

- A. **Amended 4/6/06: Runners do not have to slide unless necessary to avoid contact.** No runner may hurdle the defensive player to avoid the tag. **Penalty:** This is a judgment call by the umpire as to whether obstruction or interference applies. Runners may be declared out and may also be ejected from the game, if action deemed intentional.
- B. If the runner from 3rd base attempts steal home and the batter takes a full swing at the pitch, the runner is declared out. Ball is dead. Batter may bunt, fake bunt, or check swing. **AAA and Majors only! (This is a judgment call by the umpire.)**
- C. All players must remain clear of the dugout doorway.
- D. No on deck batters. **Exception: AAA and Majors**

VIOLATIONS

Any player, manager, coach, or team found in violation of any of these rules may be subject to disciplinary action.

- A. All violations will be documented and recorded with the local city board.
- B. The local city board will rule on such violations and notify, in writing, the PAL Executive Board of Baseball. **Such rulings may include but are not limited to forfeit of game, probation, or suspension.**