



WHAT DOES RBI MEAN TO MINNEAPOLIS & ST. PAUL BASEBALL?

Just like the Major Leaguers who call Target Field home, each player in the Twins Nike RBI Program is a Minnesota Twin. This is because, since 1993, the Twins Community Fund, the Minneapolis Park and Recreation Board, and the Saint Paul Department of Parks and Recreation have partnered financially to provide Twin Cities youth the opportunity to play baseball and softball. So, regardless of who you play for, you also play for the Minnesota Twins!

Nike RBI is the national competitive league sponsored by Major League Baseball.

NFHS/MSHSL RULES WILL APPLY WITH SOME EXCEPTIONS*

Clarifications:

- Age Determining Date: May 1, 2023.
- Metal spikes may be worn.
- Helmets with ear flaps are mandatory for all batters, on-deck batters, baserunners, and players in the coaches box.
- Pitching distance: 60 ft. 6 inches. Base distance: 90 ft.
- Official schedules can be found at: teamsideline.com/stpaul
- Twins Nike RBI All-Star Note - Senior division players must be league age 16 – 18 years old and born between 5/1/04 - 4/30/10.

Rules:

- **Game Length & Time Limit:** 7 innings. No new inning may start after 1 hour and 50 minutes. Official game time starts once the umpire says "Play Ball!" GAMES CAN END IN A TIE DURING THE REGULAR SEASON - even if there is still time on the clock. After 7 innings, game is final.
- **Mercy Rule:** 10-Run Rule after 4 ½ innings if the home team is ahead, or after 5 innings if the visiting team is ahead (losing team must bat 5 times*).
- Team Benches/Dugouts can only be occupied by Certified Coaches and Registered Players.
- Home team will occupy the Third Base Bench.
- ***Batting Order - Participation/Substitution:** Teams may use free substitution on defense and bat all players **OR** use the MSHSL substitution rule. Coaches must declare this before the game starts! Please refer to minimum playing requirements.
- Teams may start and finish with eight players (ninth spot is an out). If a team drops to less than eight players, the game is a forfeit. If a team is batting all players and someone leaves or is injured, their respective spot is an out.
- The catcher shall wear a head protector, a mask with throat protector, body/chest protector that meets NOCSAE standard (effective Jan. 1, 2020) and baseball protective shin guards. Male catchers shall also wear a protective cup.
- Despite the updated NFHS rule regarding jewelry, any player equipment or jewelry deemed by the umpire to be unreasonably dangerous or unnecessary is illegal. Jewelry shall not be worn except for religious or medical medals - these of which need to be taped and worn underneath outer clothing.
- Official Game Ball: Each team will supply 1 new ball per game (must include NOCSAE LABEL). When additional balls are needed; teams should alternate in providing balls beginning with the Home Team.
- Bat Guidelines** – PAGE 2
- Host site is responsible for having bases out, field lined and groomed.
- The home team will be responsible for putting the tarps back on the field after the conclusion of each game.

**UNSPORTSMANLIKE CONDUCT BY PLAYERS, COACHES OR SPECTATORS
WILL NOT BE TOLERATED! COACHES ARE RESPONSIBLE FOR THEIR FANS!**



- **Pitching Limits:** Pitchers in this age group can pitch a maximum of **105 pitches per day**. Pitchers are required to get a day of rest if they pitch two consecutive days. Days of rest are measured in calendar days, and not 24-hour periods.
- **Returning Pitcher:** In any game the starting pitcher may return to the mound once in relief, however, if the pitcher is not a starter, the pitcher may make two relief appearances. Pitchers are still restricted to maximum number of pitches per day. (By-law 502.00 MSHSL OFFICIAL HANDBOOK)
- **Starting/Relief Pitchers:** Limited to 8 warm-up pitches prior to the start of the game or facing their first batter. They will also be limited to 5 pitches between subsequent innings not lasting more than one minute.
- **Courtesy Runner** for Pitcher/Catcher is optional when only 1 out or less; but mandatory when there are 2 outs! (Speed-up rule)

Inclement Weather Notification:

Coaches are responsible for helping determine if the game will be played. Please report game status changes or updates to the respective city Weather Hotline where the game will be played:

- **St. Paul Hotline:** 651-558-2118
- **Minneapolis Hotline:** <https://www.teamsideline.com/sites/minneapolisparcs/content/9197/Baseball-RBI-Youth>
- The Weather Hotline will be updated at 4:00pm. All attempts are made to cancel games in a timely manner. Contact the Hotline when there is a forecast of inclement weather.
- In the event the weather becomes clear, field conditions determine if games can be played.
- If the Weather Hotline does not have a message of cancellation; the determination might be made at the field.
- We acknowledge that not all attempts will reach everyone and or in time prior to departure for games.
- Please use your discretion and keep safety as a priority when deciding to play.

SUBMITTING YOUR GAME SCORES:

- **Immediately following the conclusion of each game, it is required that the Coach or a Team Manager send a copy of the scorebook to the Minnesota Twins for their records. Please send a photo via email to PlayBall@Twins.com.**
- **This is so the Minnesota Twins can keep record of games played and rostered players. This is pertinent to Major League Baseball Nike RBI All-Star tournament programs.**



Minneapolis
Park & Recreation Board



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RBI



Bat Guidelines:

*All NFHS baseball teams and leagues will play with the BBCOR bat regulations; and should display the following stamp:



NFHS 1-3-2: To be considered a wood bat, a bat must be a single piece of wood. All other bats must meet BBCOR standards. Examples of such non-wood bats that must meet BBCOR standards are those made of bamboo or those with metal handles and wood barrels.

MSHSL Pitch Count Guidelines:

The following pitch count policy must be strictly followed! Head coaches are responsible for respecting these limitations and report their pitch count to the League as described. This is to ensure the safety of the pitcher and integrity of the game.

Required Days of Rest	Number of Pitches (Varsity) 18U	Number of Pitches (lower levels) 15U
0	1-30	1-25
1	31-50	26-35
2	51-75	36-60
3	76- 105*	61-85
Daily Max	105	85

- Once the limit is reached a pitcher may finish pitching to that batter.
- One day of rest is required if a pitcher pitches two straight days.
- Days of rest are measured in calendar days, not 24 hour periods. If a player throws 55 pitches on Monday they are not able to pitch on either Tuesday or Wednesday, but could pitch again anytime on Thursday.
- Only pitches thrown to a batter count toward the pitch count.

Violation of Pitch Count Rule: When a pitcher pitches more than the allotted number of pitches or does not meet the rest requirement they become an ineligible athlete. Further disciplinary action may be taken such as coach suspension, and is explained in detail on the following page.



Violations of Pitch Count Continued:

- 1st Offense: Game is forfeited and the head coach is censured.
- 2nd Offense in the same season: Game is forfeited and the head coach is suspended for one game.
- 3rd Offense in the same season: Game is forfeited and the head coach is suspended for four games.

Violation of tracking pitches policy:

Failure to record and track pitches as per the following stipulations will result in the following penalties:

- 1st Offense: Head Coach is reminded.
- 2nd Offense: Head Coach is censured.
- 3rd Offense: Head Coach is suspended for one game.
- 4th Offense: Head Coach is suspended for four games.

All coaches will be responsible to keep track of individual pitch counts using the provided Pitch Count Form. More copies can be requested by emailing your League.

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The following are not pitching policies, but are strong recommendations for all coaches, parents and players:

- A player should not pitch and catch during the same game. Preferably a player does not play both of these positions.
- On rest days a pitcher may play other positions but care should be taken where they play and how much they throw.
- Preferably pitchers rest their arms completely the day after pitching. Bullpen session with light throwing is OK on other rest days.
- Pitchers may practice other positions on rest days, but should use the arm sparingly, if at all.
- Proper off-season and pre-season conditioning and strength-training programs should be followed.
- Strength training should focus on core training (hips, abdomen, and back), rotator cuff strengthening, and scapular stabilization (upper back strength).
- Once removed as a pitcher, a pitcher should not return to that game.
- Once warmed up a pitcher should be put into the game or should not pitch that day. Warming up multiple times in the same day is hard on the pitcher.
- Look for signs of fatigue – decreased velocity, decreased accuracy, increased time between pitches, dropping the elbow, upright trunk while pitching, etc. The biggest risk factor for injuries is pitching while fatigued!
- When a pitcher complains of pain in their elbow or shoulder, discontinue pitching until evaluated by an athletic trainer or a sports medicine physician.
- Avoid using radar guns. The harder a pitcher throws the more likely they are to be injured.
- No overhand throwing of any kind for at least two to three months per year.
- During a calendar year a pitcher should have at least four months when they are not pitching competitively.
- Avoid pitching on multiple teams with overlapping seasons.
- Pitching competitively in the off season is not recommended, especially if the pitcher is not able to be properly conditioned before pitching.
- During a calendar year the recommendation is for a pitcher to not pitch more than 100 innings – total – for all teams. Those who pitch more than 100 innings are 3X more likely to be injured.



Twins Nike RBI League Contacts

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Send All Scoresheets to:

PlayBall@Twins.com

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