

Weekday Baseball - Utah's Premier Game Baseball (2026)

Rules



- 10u - 14u** Game time will be **1 hours and 45 minutes or 7 complete innings.**
No tie breakers will be played after time limit.
8u & 9u will play 1 hour and 30 minutes. Games end in a tie.
Home will bat last.
Base runners can leave at the time the pitcher releases the pitch.
- Home team will be listed first on the schedule.
- An 8 run rule will govern every inning of play **all 10u league. 8u & 9u league will play a 6 run limit.**
The last play is live until defense secures the ball and stops runners.
More than the limit can be scored on the last play.
AA divisions in all ages 10u and up will play an 8 run limit per every inning.
AAA 11u and up – no run limits. In cross over games the inning run rule will be used.

Game ending mercy rule will be used 9u and up. 15 rules after 4 innings - 10 after 5 innings.
No Auto outs are used in UPG Baseball Coaches, class is one of the skills of this game. Teach it.
- Field usage. No infield warm-ups. Please do not allow your players to warm-up, playing catch on the infield grass areas. Outfield grass area is great for warm-up catch and long toss.

High School Federation rules will be used as the base rule book for league play. “That’s what the umpires know.” A. Third to first pickoff is good, **fair and legal.** B. Only the starting pitch may be re-entered to pitch. C. All balks are dead balls.
- Batting Order re-entry rule: Starters may only re-enter the line-up one time in their original spot. Subs may not re-enter after being pulled from the offensive line-up. Teams may bat more than 9 players.
- Unlimited Defensive substitutions. Your defensive line-up is not related to your batting order. A player may play defense and never enter the batter’s box. Only the starting pitcher may re-enter to pitch, 1 time.
- Restrictions on cleats and bats. No metal cleats on portable mounds. **All big barrel bats will be governed by USSSA standards. Any bat that lands on the band bat list will not be allowed. No retooled bats. Once it is on the list, it is not legal. 14u baseball must use BBCOR stamped bats.**
A. All helmets must be crack free and have a NOCSAE stamp. B. No Bat boys allowed.
<https://www.batdigest.com/blog/illegal-bats-list/>
- Protests. There are none, remember why you are playing. Issues with umpires, players or opposing teams maybe filed to Matt on Tuesday. Give it a day and see if it really needs to be addressed. **If you are the problem you will be dismissed.**
- Slide rule. This is an avoid contact rule that will be enforced by umpire judgment (interference). Be smart and slide. Malicious contact will result in an ejection. You may not blow up the catcher. Ejected players or coaches will sit their team’s next game as well.
- Keep your team hustling on and off the field. Game time will be kept on the field by the umpire.
You will know when it starts.
- Speed up for Pitchers & catchers will be allowed. Please have a backup catcher ready to warm up pitchers between innings. This is key to playing a complete game. Last out will be the speed up runner. Not your fastest runner.
- Four innings or 1 hour played will constitute a complete game if halted due to weather.
- Please make sure your team cleans your dugout area after every game you play. You are guests.**

14. Show respect to the umpires. If a rule is in question, get the umpire together with the two coaches and get it right. "Teach your players something." Umpire issues should be addressed with Matt. "If you get dumped, it will not be over turned." Each of these umpires is a former player and someone's son. Treat them like one of your sons. Only 2 coaches are allowed outside the dugout at one time. **When a coach or parent is ejected. They will be required to leave the park. In addition to the ejected person leaving the park, the player associated with said ejected person will also result in the player being ejected. Don't ruin the game for the kids.**
17. Pitching regulations. 110 pitches in a day. A pitcher may throw 7 innings in a week of UPG baseball play. More than 36 pitches in a day will require a complete Calander day of rest. Coaches should safeguard their pitchers that throw in multiple leagues.
18. No slashing. A Slash is a fake bunt and then trying to take out the 3rd baseman's teeth out. A slash will result in a dead ball out, if the batter shows bunt and then pulls back and takes a full swing.
19. **No dogs in the parks.** All Cities we play in have restrictions on dogs in their baseball parks. Please leave your dog at home. The games are about the boys, not your dog.
20. Only Players and Coaches allowed in the Dugouts. **A total of 3 coaches.** No parents or siblings. No food is allowed in the dugouts. No Bat boys.
21. Music and walk-up songs. Keep volume levels respectable. If other fields are bothered by your music, you will be required to turn it off. No swearing or questionable lyrics.

	Mound	Bases	Special rules
8u	44'	60'	Stealing after ball is released by pitcher
9u	44'	60'	Stealing after ball is released by pitcher
10u	46'	70'	Leadoffs and Pickoffs - run on dropped 3rd
11u	48'	70'	Leadoffs and Pickoffs - run on dropped 3rd
12u	50'	70'	Leadoffs and Pickoffs - run on dropped 3rd
13u	54'	80'	Leadoffs and Pickoffs - run on dropped 3rd
14u	60'6"	90'	Leadoffs and Pickoffs - run on dropped 3rd

22. Outfielders that are found digging holes in the outfield turf will result in a \$75 team fine.

Dogs are not welcome at any UPG event. This is a league rule. It is also a Parks rule in every City we play in. This season, if you bring a dog, he will need his service vest on. Note that it must be a real service dog. We are not considering an emotional support dog a service dog. If a spectator brings a dog and we see it or have it reported to us by the parks we rent from, your team will have a **league game taken from your teams schedule, no refund.** You signed your son up for this league, opportunity, and team. Make the games about him. Please help us with this rule.