

Moore County Parks and Recreation Athletics Manual



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1. MISSION STATEMENT

Moore County Parks and Recreation's Mission is to provide leisure services for the enjoyment of Moore County residents with first priority to the youth and senior citizens.

2. ATHLETIC DEPARTMENT GOALS AND OBJECTIVES

The goals of the Moore County Athletic Department are as follows:

- To ensure the highest quality recreation experience possible. To provide a positive atmosphere and great educational opportunity for all participants.
- To provide an environment that enhances physical, mental, and social growth by encouragement from coaches, other players, parents, fans and Parks and Recreation Staff.
- To provide recreational opportunities that are safe for all participants and volunteers.

3. CODE OF ETHICS

The Code of Ethics is intended for all parents and coaches to follow while participating in a Parks and Recreation League.

I hereby pledge to provide positive support, care, and encouragement while participating in Moore County Parks and Recreation programs by following the listed Code of Ethics.

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and practice.
2. I will place the emotional and physical well-being of myself or a child ahead of my personal desire to win.
3. I will support coaches and officials working at the games to encourage a positive and enjoyable experience for all.
4. I will do my very best to make all activities fun for everyone.
5. I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
6. I promise to avoid confrontation to help all participants enjoy their experience.
7. I'll insist that my family and friends that attend events adhere to these standards as well as by informing them immediately about any inappropriate conduct.
8. I will report any misconduct immediately to the league administrator so that the matter can be addressed and corrected as soon as possible.
9. I will display modesty in victory and graciousness in defeat.

4. LEAGUE OFFERINGS (TIME OF YEAR AND AGE GROUPS)

Baseball – Offered to Ages 5-12. Age groups are as follows: 5-6 (Co-Ed T-Ball), 7-8 (Coach Pitch), 9-10, and 11-12. Ages 5-6 and 7-8 register in March and start games in May. Ages 9-10 and 11-12 register at the beginning of January and start games in March.

Softball – Offered to Ages 7-15. Age groups are as follows: 7-8 (Coach Pitch), 9-10, 11-12, and 13-15. Ages 7-8 register in March and start games in May. Ages 9-10, 11-12, and 13-15 register at the beginning of January and start games in March.

Flag Football – Offered to Ages 6-12. Age groups are as follows: 6-8, 9-10, and 11-12. All ages groups are Co-Ed. Flag Football starts registration in June, games begin in August.

Basketball – Offered to Ages 5-12. Age groups are as follows: 5-6 (Co-Ed), 7-8, 9-10, and 11-12. Ages 5-6 and 7-8 register in mid-October and start games in February. Ages 9-10, and 11-12 register at the beginning of September and start games in December.

Cheerleading – Offered to Ages 5-8. All age groups register in mid-October and will cheer in games in February and March.

Tennis – Offered to Ages 9 – 18. Participants are divided up by skill level. Registration begins in January for Spring session, April for Summer session, and June for Fall session.

For more information on any of these activities please go to our website at

<https://www.moorecountync.gov/164/Parks-Recreation> or

<https://secure.rec1.com/NC/moore-county-nc/catalog>

5. PLAYER ELIGIBILITY

Any child that is a Moore County resident, attends a school within Moore County, or a parent/guardian works in or owns property in Moore County is eligible to participate in Moore County Parks and Recreation programs. Each child shall be the correct age based off the age cut-off dates set by Moore County Parks and Recreation. Age cut-off dates vary by sport. No player is allowed to play up or down in age.

Age Cut-Off dates are as follows:

Cheerleading (Ages 5-8): Age as of October 16th of the current year

Youth Basketball (Ages 5-12): Age as of October 16th of the current year

Youth Baseball (Ages 5-12): Age as of May 1st of current year

Youth Softball (Ages 7-15): Age as of January 1st of current year

Youth Flag Football (Ages 6-12): Age as of September 1st of current year

Adult Co-Ed Softball: Must be 18 years of age to play or 17 with parents' written permission. (Out of County participants must pay an additional fee)

6. FACILITY RULES

Moore County Sports Complex Rules and Regulations

Office Hours: 8AM -5PM Monday-Friday

Operational Hours: Varies but no later than 10pm – Monday – Sunday

Vehicles in public recreation areas: All motor vehicles shall operate on designated roads and parked in designated parking areas.

Personal conduct: All people are expected to act in an orderly manner and respect other patrons.

Destruction of public recreation area property: It is unlawful for any person to remove, destroy, mutilate, damage or deface any public recreation property.

Fires: No open fires are permitted. All grills must be pre-approved by Parks and Recreation Staff.

Selling items prohibited: Except for an event approved by the Parks and Recreation department, NO person shall solicit, peddle, beg or sell any merchandise or wares in the park.

Exhibition Shows: Exhibition shows may be allowed in designated park areas upon approval from the county.

Dogs and other Animals: Animals must not be vicious or dangerous, kept on a leash, cleaned up after and are not allowed inside of the fenced ballfield areas.

Picnic Area: Picnics shall be allowed only in the area designated for that purpose.

Littering: All trash or waste shall be placed in trash receptacles or carried away from the area by the person responsible for its presence.

Alcoholic Beverages, Drugs, Firearms and Fireworks: Alcoholic beverages, drugs, firearms and fireworks are prohibited within the park.

Advertising: It is unlawful for any person to place or erect any structure, sign, bulletin board, post, pole or advertising device of any kind unless authorized by the Director of the Parks and Recreation Department.

Closing when Necessary and Ejection of Disorderly Persons: The Director of the Parks and Recreation Department may close the park at any time for any reason and has the authority to eject any person acting in violation of this ordinance.

School / Town Facility Usage Rules

All facilities used that are either School or Town Facilities must be treated with the same respect as any Parks and Recreation Facility. All posted rules of these parks or facilities shall be followed at all times. No Smoking or Vaping on any Moore County property at any time.

7. COACHING

Background Checks:

All youth sports that are offered by Moore County Parks and Recreation require coaches. All coaches are volunteers but are required to pass a background check and abide by all the policies set forth by the Moore County full-time employees.

Coaches Do's and Don'ts:

Coaches Do's:

1. Provide a safe environment.
2. Provide a positive atmosphere.
3. Provide sufficient water breaks.
4. Be patient and think before you speak.
5. Be consistent with your attitude and discipline with every child.
6. Know emergency procedures in case of an emergency.
7. Most importantly remember to always have FUN!
8. Always avoid confrontations with parents, coaches, players, and officials.

Coaches Don'ts:

1. Don't leave any players at any facility without a parent being present to pick the child up. All phone numbers for the child's parents/guardians should be called. If no one can be reached, call your Gym Supervisor and/or Athletic Supervisor for Moore County Parks and Recreation.
2. Don't be negative, provide a positive atmosphere.
3. Don't put your players in any uncomfortable or unsafe situation.
4. Don't use profanity.
5. Don't place winning above player development and sportsmanship. Winning should be a goal but not the only goal.

Equipment:

Equipment needed for any Moore County Parks and Recreation league will be provided. This equipment is a loaner set and will have to be returned at the end of the season. All uniforms are the participants and do not have to be returned. Each coach will receive sufficient equipment at the coaches meeting. If you have any issues with any issued equipment, please report it to the Athletic Staff so that any unsafe/damaged equipment can be replaced. Any participant or coach can provide their own equipment as long as it fits all the guidelines set forth by the league it can be used.

Practice Times:

Practice times will be available for each league. Each team can only practice two times per week before the season starts. Once the season starts, each team can only practice two times a week if they do not have any games during that week. If a team has one game, they can practice once, and if a team has two games in a week, they are not able to practice. Practice times and locations will be discussed at the coaches meeting.

All-Star Coach Selection Procedure:

1. Panel Selects All Star Coach (Panel consists of 3 Moore County Parks and Recreation Athletic Staff)
2. All Star Coach must meet the following requirements:
 - Knowledge of the game,
 - Be available for tournament dates,
 - Be a good organizer of practice and practice times,
 - Works well with parents,
 - Be familiar with tournament rules,
 - Must be able to convey rules, practice times, player participation, tournament location, game times to players and parents clearly,
 - Demonstrate patience and tolerance,
 - Bring understanding to every situation,
 - Creates a supportive atmosphere for the players to thrive in,
 - Be able to think before they speak to avoid unnecessary confrontations,
 - Be able to treat all players, coaches, parents, umpires, and officials with respect,
 - Represent the department with the highest most integrity and sportsmanship!
3. Coach must be able to find a sponsor for his/her team. MCPR does not incur any expenses when it comes to All Star Teams.

8. SCHEDULES**Number of Games:**

Each league that is offered by Moore County Parks and Recreation will have at least an 8-game playing schedule. Every team in the same league will play the same number of games in the regular season, if possible.

End of Season Tournaments (Only for Adult Co-Ed Softball):

Moore County Parks and Recreation offers an end of season tournament. Any team that participated during the regular season is eligible to participate in the tournament as long as they have not violated any league rules that would prohibit them from participating in the tournament. Example: Co-Ed Softball limits you to up to 3 forfeited games, and if you forfeit 3 or more games then you cannot participate in the end of season tournament.

Rain Make Up Games

If games are cancelled due to rain, the game will be made up if possible. This will be determined by the time during the season the cancellation occurs, and if dates are available for make-up games.

9. SELECTION AND PLAYER PLACEMENT PROCEDURES**Regular Season Player Placement:**

All players that sign up for a league will be placed on the team associated with the school that the child attends. There are only certain circumstances where this is not followed. (Example: A child goes to Highfalls School because their parent works there, but the parent and child live in Carthage. That parent must decide which team to place their child on.) The only leagues that are offered where the child is not placed on the team associated with the school the child attends is Ages 11-15 where a draft format is used.

All-Star Player Selection:

1. All coaches meet with Athletic Staff.
2. All coaches submit their nominations for the All-Star team.
3. After discussion with all coaches, the All-Star coaches select the team members.
4. All players selected must be able to participate in the district and state tournaments, if their team qualifies.
5. All players' parents should be able to provide player transportation, meals, housing and uniform if required.
6. Players must be able to attend scheduled practices.

10. WEATHER AND EMERGENCY PROCEDURES

Lightning Guidelines:

When at practice at an outside field, it is the coach's responsibility to stop the activity and seek shelter. When games are being played, it is the duty of the Field Supervisor provided by Moore County Parks and Recreation to call the game due to weather. The safety of our participants, coaches, and staff is our number one priority.

Extreme Heat Guidelines:

During hot weather, extreme caution should be used. Every participant practicing outside during very hot weather (exceeding 100 degrees) should get plenty of water and take frequent breaks. Coaches should monitor level of intensity of practice when temperatures rise. Practices will be shortened or cancelled when the heat index reaches 105 degrees. When there is extreme heat warning and games are scheduled, Moore County Parks and Recreation Staff will determine if games will be played or not.

Rain Guidelines:

All game cancellations, due to weather, will be sent out via CodeRed or CivicRec from the Moore County Parks and Recreation Staff. The Moore County Parks and Recreation website and Facebook page will also be updated. When using outside facilities for practice, please use your own judgment when it comes to the use of the facilities. If there is standing water on a ball field, it is non-usable for practice. During games at the Moore County Sports Complex or other outside facilities, the field supervisor and/or umpire will be the one that will make the call to determine if the field is playable.

11. INDIVIDUAL SUSPENSIONS/EJECTIONS AND LENGTHS

Players:

Any youth player that is ejected during a game is refined to the bench for the remainder of the game and is suspended for the next game. A second offense is treated the same as the first offense. A third offense by the same player will result in disqualification for the remainder of the season. A more severe penalty may be implied by the Moore County Parks & Recreation if necessary.

Any adult player that is ejected during a game must leave Parks and Recreation property and will serve an additional two-game suspension. A more severe penalty may be implied by the Moore County Parks & Recreation if necessary.

Coaches:

A coach that is ejected from a game must leave Parks and Recreation property and serve an additional game(s) suspension. A more severe penalty may be implied by the Moore County Parks & Recreation if necessary. The penalty may be carried over to the next sport or season.

Fans:

Any spectator ejected from a game must leave the premises immediately; the game will be delayed until the offender leaves. If the spectator does not leave the premises in a timely fashion, the game will be forfeited. The person who was ejected is subject to a two-game suspension. A more severe penalty may be implied by the Moore County Parks & Recreation if necessary.

12. MEDIA AND MARKETING AGREEMENTS

All Moore County Parks and Recreation participants pictures could potentially be used in media or marketing. Pictures could be used in newspapers, magazines, our website, or on Facebook. If you do not want you or your child's picture in the newspaper, magazines, website, or Facebook, you must tell the Parks and Recreation office when you register.

13. LOCAL LEAGUE RULES

Baseball

T-Ball Rules (Ages 5-6)

Coach Pitch Rules (Ages 7-8)

Baseball Rules (Ages 9-10)

Baseball Rules (Ages 11-12)

Softball

Coach Pitch Rules (Ages 7-8)

Softball Rules (Ages 9-15)

Flag Football

Ages 6-8 Rules

Ages 9-10 Rules

Basketball

Ages 5-8 Rules

Ages 9-12 Rules

Adult Co-Ed Softball

Ages 18+

Moore County Parks & Recreation
5–6 Year Old T-Ball League
Rules and Regulations

1. It is our intention for this league to be fun and enjoyable for all children.
2. **A regulation game will be 1 hour time limit.** After the 1 hour time limit is over, the player batting will finish his/her at bat. When the batter finishes their time at bat, the game is over. No game should start with less than eight (8) players on either team.
Teams will bat until 3 outs are made or a maximum of (5) five runs per inning. All players present at the game **will bat in a continuous batting order.** Players arriving after the batting line-ups are turned in should be added to the bottom of the order.
3. All players will play defense with a maximum of 5 infielders, **no catcher will be used.** All remaining players will play the outfield and **must be on the outfield grass.** One single player can't play the same infield position more than two (2) innings in a single game.
4. A pitching line will be placed at 30 feet. Coaches must pitch from behind or on the line. There will be a 15-foot arc in front of home plate which will run from foul line to foul line, it is considered a foul ball if the ball does not go past the arc. If a batter strikes the tee and the ball simultaneously, it is playable as long as it is in fair territory.
5. The batter is allowed 4 attempts to hit a fair ball. **The coach must pitch to the batter for the first 2 attempts.** If the batter does not hit a fair ball within the first 2 pitches, the coach must decide if the last 2 attempts will be pitched or put on the tee. If the coach decides to pitch the third pitch, then he must do so on the fourth. Same if the coach decides to put the ball on the tee. If you put the third pitch on the tee, then the fourth must be placed on the tee as well. **If you place the ball on the tee, coaches who were pitching need to remain in foul territory.** If the batter does not hit a fair ball within the 4 attempts, they will be called out. **If a batted ball hits the coach who is pitching, it is considered a dead ball and the batter will be rewarded first base. If runners are on base when this occurs, runners will advance only if forced to the next base.**
6. There will be a pitcher's circle in the middle of the infield in which a player must occupy until the batter hits the ball. Both feet must be inside the circle. The play is over when the ball has been relayed back to the pitcher's circle and runners may not advance any further. Halfway lines will be used between each base to determine which base the runner will be awarded. If the runner has crossed the line, they will be granted the base they were advancing toward. If the runner has not crossed the line, they must return to the previous base.

7. Runners cannot leave the base until the ball is hit. If this occurs, time will be called, no pitch will be counted, and all base runners must return to original base.
8. **On overthrows to any base, runners may advance only one base (at their risk) and then the play is dead.**
9. If a batted ball is caught in the air, the play is dead, the batter is out, and base runners must return to the original base and may not be tagged out by the defense.
10. Offensive coaches will be responsible for pitching, catching, and placing the ball on the tee. All pitches must be thrown overhand to batters. Coaches may stand or kneel while pitching. Two base coaches are allowed.
11. **Two defensive coaches may stand in foul territory in the outfield (on the grass), one down the right field line, and one down the left field line, to help instruct the defensive team. Coaches cannot be in FAIR TERRITORY.**
12. Only coaches, assistant coaches and players are allowed in the dugouts. Umpires or Athletic Staff may have anyone removed from the dugout area if necessary.
13. **Absolutely no tobacco products may be used during games or practices, either on or off the field. No smoking on Moore County Property or Moore County Schools Property.**
14. On days it is raining, parents can check the website at www.moorecountync.gov/164/Parks-Recreation to find out if the games are cancelled. Also, a text message will be sent out to all that signed up for text messaging as soon as games are cancelled. Please inform your parents about this valuable information.
15. Moore County Parks & Recreation reserves the right to change any rules for the improvement of the league. If a rule is changed, all head coaches will be notified by the Recreation Department.

Bat Rule: Only 2 ¼ inch barrel bats; does not have to have T-Ball on the bat.

Sportsmanship:

It is the primary goal of this program to develop good sportsmanship attitudes in its participants. As coaches, it is your responsibility to set a good example for your players and parents. Any coach, assistant coach, scorekeeper or anyone else in the dugouts ejected from a game for any reason must leave the park. If this person does not leave the park, the game will not be resumed until the ejected person leaves the playing field or dugout area. The ejected person is also subject to a two (2) game suspension. After further investigation by the Moore County Parks and Recreation

Department, a more severe penalty may be imposed on any person that gets ejected from a game. It is our intention for this to be a fun and enjoyable league for all participants. Let's teach fundamentals of baseball and let them have fun.

Revised
9/17/25

Moore County Parks and Recreation
7-8 Coach Pitch Baseball & Softball
Rules and Regulations

1. The 7-8 Coach Pitch Baseball/Softball League is for boys/girls 7 & 8 years of age. Age cutoff date for Boys Baseball is May 1st of current year. Age cutoff date for Girls Softball is January 1st of current year.
2. A regulation game will be a 1-hour time limit. After the one (1) hour time limit is over, the batter will finish his/her turn at bat. The winner will be determined by the team with the most runs after the last completed inning.
3. Each inning will have a run rule in effect. Each team may score a maximum of five (5) runs per inning at bat. Once three (3) outs have been recorded, or five (5) runs are reached, the other team will come to bat, and the team batting will take the field. This will be followed throughout the game.
4. Only six (6) players will take the infield and five (5) players will take the outfield. No game should start with less than eight players on either team. MCPR encourages that teams use a catcher at all times, but is optional. **One single player cannot play the same infield position more than two (2) innings in a single game.**
5. Each Player shall bat according to the batting order given to the bookkeepers by the coach. All players present on the team's roster shall bat in a continuous order and must participate in at least one inning on defense. Players arriving after the batting line-ups are turned in should be added to the bottom of the order. If a player gets hurt and cannot bat, that player will be skipped over and no out will be recorded. An injured/sick player may not return to the game.
6. A pitching line will be put down at 30 feet. Coaches may stand/kneel behind the line at a further distance if preferred. If a coach stands on the line and steps forward toward home plate when delivering a pitch, his or her foot must remain in contact with the pitching line. **Coaches for Baseball must throw overhand.** **Coaches for Softball must throw underhand.** The coach is not allowed to field a batted ball. The coach pitching should move out of the way, trying not to interfere with the play. If a batted ball hits a coach, the batter is awarded first base. Runners on base will advance if forced to do so.
7. Each batter will receive four (4) pitches to hit a fair ball. If a player has not hit a fair ball after the fourth pitch they will be called out. Players will receive an unlimited number of fouls on the fourth pitch.
8. There will be a pitching circle on the infield. A player must have position inside the circle before a pitch is thrown. BOTH feet must be inside the circle. Once the pitch leaves the coaches' hand, the player may leave the circle. Time will be

called, and play will stop when a defensive player is inside the pitching circle and in control of the ball. Players are permitted to run through the circle in an attempt to make a play on a base runner as long as he/she does not hesitate or stop in the circle.

9. Runners cannot leave the base before the ball is hit. If this occurs time will be called, no pitch will be counted, and all base runners must return.
10. Hash marks will be placed between each base to distinguish the “half-way point”. This line will determine which base the runners will be awarded when time is called. If the runner has passed the line, they will advance to the next base. If not, they must return to the previous base.
11. The infield fly rule is not followed. If a ball is caught on the fly, the play becomes dead. Base runners cannot advance, and no one can be tagged out or forced out. Runners must return to the base where they started.
12. Batters are not allowed to bunt. If this occurs, the batter will be called back to the batter’s box, and the pitch will be counted as one of the four (4) that is allowed.
13. **Two defensive coaches** may stand in **foul territory** in the **outfield (on the grass)**, one down the right field line, and one down the left field line, to help instruct the defensive team. **Coaches cannot be in FAIR TERRITORY.**

When a team is on offense: one coach is pitching, one coach helping with the batter and helping the catcher retrieve pitched balls, one first base coach, one third base coach.
14. Only coaches and players are allowed in the dugouts. Umpires can have anyone removed from the dugout area, if necessary.
15. Absolutely no tobacco products may be used during games or practices, either on the field or off the field. No Smoking on Moore County Property. Violators will be removed from the game by the umpire and must leave the park.
16. On days it is raining, parents can check the website at www.moorecountync.gov/164/Parks-Recreation to find out if the games are cancelled. Also, a text message will be sent out to all that signed up for text messaging as soon as games are cancelled. Please inform your parents about this valuable information.
17. Moore County Parks and Recreation reserve the right to change, add, or delete any rule(s) or regulation at any time that we feel will make the game better. If a rule is modified all head coaches will be notified.

Helmet Rule: An offensive player may not remove their helmet while outside the dugout.

Penalty: For the first offense, the team will receive a warning by the umpire. For the second and subsequent offenses the player will be called out. All youth base coaches and batboys shall comply with the rules.

Bat Rule Baseball- up to a 2 5/8-inch barrel bats
A 2 5/8-inch bat must have a USA Baseball stamp
Softball- 2 1/4-inch barrel bats

Balls Baseball uses a regulation baseball
Softball uses an 11-inch softball

Sportsmanship:

It is the primary goal of this program to develop good sportsmanship attitudes in its participants. As coaches, it is your responsibility to set a good example for your players and parents. Any coach, assistant coach, scorekeeper or anyone else in the dugouts ejected from a game for any reason must leave the park. If this person does not leave the park, the game will not be resumed until the ejected person leaves the playing field or dugout area. The ejected person is also subject to a two (2) game suspension. After further investigation by the Moore County Parks and Recreation Department, a more severe penalty may be imposed on any person that gets ejected from a game. It is our intention for this to be a fun and enjoyable league for all participants. Let's teach fundamentals of baseball and let them have fun.

Revised 9/17/25

Moore County Parks and Recreation

9-10 Baseball League

Rules and Regulations

General Policies:

1. Head Coach must fill out his/her coaching application online before receiving their roster.
2. A regulation game will consist of a 1 hour 20 minutes time limit. After the time limit is over, the batter will finish his/her turn at bat. The winner will be determined by the team with the most runs after the last completed inning. The clock will begin on the first pitch of the game.
3. The 15 (fifteen) run rule will apply after 3 (three) complete innings, the 10 (ten) run rule will apply after 4 (four) complete innings even if the one (1) hour twenty (20) minute clock has not expired.
4. In the 9-10 League there will be a 5 (five) run per inning limit for each team. If a team at bat scores 5 (five) runs before 3 (three) outs are recorded, the teams will automatically change sides – this will be done for the entire game.
5. A continuous batting order will be used for the entire game. **Local League Rule: If a player shows up late, they can be added to the line up as long as they can fulfill their defensive requirements.**
6. The on-deck batter must be in the on-deck circle to back of the batter.
7. Teams will play with 4 (four) outfielders.
8. Speed up rules for the catcher will be used. A courtesy runner is optional for the catcher until there are 2 (two) outs. **It is mandatory with 2 (two) outs.** The player making the last out who batted prior to the catcher must be used as the courtesy runner.
9. **No headfirst slides going to a base or home. May slide headfirst if retreating to a base.**
10. Defensive timeouts: A manager shall be entitled to request time to talk to his players once during the same inning while the same pitcher is on the mound without penalty. On the second request for time, with the same pitcher on the mound, the manager shall be required to remove the pitcher from the mound, but not the game.
11. A total of three (3) timeouts per inning shall be allowed on offense to talk with a batter.
If a fourth (4) offensive timeout in the inning is requested, it will result in the manger/coach being removed from the coach's box and placed in the dugout for the remainder of the game.
12. All coaches must be in their respective dugout (door closed) when their team is on defense, with the doors to the dugout closed.
13. After the game, a coach must sign the pitching chart in the Scoring Tower with the scorekeeper. This should be done immediately after the game.
14. If a game is suspended due to weather, 4(four) complete innings constitute a regulation game.

15. On rainy days, coaches and parents may go to our website www.moorecountync.gov/parks-and-recreation to check the status of the games for that day; text message will be sent out if and when games have been cancelled to those that signed up to receive text from MCPR.
16. **Absolutely No tobacco products of any kind are permitted on the field during games or practices. No Smoking allowed on Moore County Property.**

Helmet Rule:

1. Helmets **do not** have to have a Facemask.
2. **Local league rule. A player shall not remove their helmet while outside the dugout on offense. Penalty:** First offense **the team** shall receive a team warning by the umpire. Second and subsequent Team Offenses; the player shall be called “out”. If the player was already “out” due to a play on the field, then that player will receive a warning by the umpire and the next offense by that player will result in ejection from the game.
3. All youth base coaches and batboys under the age of 15 (fifteen) shall comply with the helmet rule. **Penalty:** non-team players shall be removed from the playing field and team players will be returned to the dugout and replaced by an adult or another player.

Bat Rule:

1. Bats: All non-wood bats and multi-piece bats must be stamped with the USA Baseball mark signifying that the bat meets the bat performance standard established by USA Baseball. The barrel of the bat shall not exceed 2 5/8” inches in diameter nor exceed 33” inches in length.
2. No Pine Tar or any adhesive spray is allowed on bats.

Player Participation Requirement:

1. Every player must play three (3) consecutive outs in the field. **Penalty:** The penalty for the violation of this rule shall be forfeiture of any game in which all available players do not participate if the opposing team files a protest before the game ends.
2. At the start of the game, all available players on each team will be listed in the batting lineup and **bat in a continuous batting order.** **Local League Rule:** If a player shows up late, they can be added to the line up as long as they can fulfill their defensive requirements.
3. **Free Substitution on Defense:** With the exception of the pitcher, any player may enter the game on defense in any defensive position as many times as deemed necessary by the team manager. Players may enter the game on defense only at the beginning of each team’s defensive inning unless the defensive player enters

the game to replace an injured, ill, or ejected player or enters the game during a pitching change.

Pitching & Bases Distances:

The 9-10 League will pitch from 46 feet. Bases will be 60 feet.

Pitching Rules:

1. During the regular season, pitchers are limited to six (6) innings per week. A week is defined as Monday through Sunday.
2. If a pitcher pitches four (4) or more innings during a game, the pitcher must have a minimum rest period of thirty-six (36) hours before the pitcher is eligible to pitch again.
The rest period begins when the pitcher leaves the mound. One (1) pitch in an inning constitutes an inning pitched.
3. A pitcher removed from the mound for any reason **shall not** return to the mound to pitch in the same game.
4. Innings pitched in games declared “no contest” shall count if the umpire calls the game.

Zero Policy for Coaches

1. Head Coaches are not allowed on the field to argue, or appeal calls and Assistant Coaches do not argue calls period.
2. An Assistant Coach will be issued a warning (IF not overzealous) if on the field. No more after that. An ejection is warranted immediately for an overzealous assistant coach or a second complaint after a warning. If the assistant coach is in the dugout a restriction can be used the first time **if desired** without warning.
3. If the Head Coach wishes to communicate with the umpire for assistance with a judgment call or a rule; they may come out of the dugout in a professional manner and stay between the dugout and the foul line. The plate umpire will go to the coach. After the Head Coach tells the plate umpire what he is appealing, he is to return to the dugout. If the Head Coach comes back out of the dugout after the umpire’s discussion on the play call or rule, they will be ejected. If the call is changed the opposing coach can come out of their dugout between his dugout and the foul line for an explanation. Once the explanation is given the coach is to return to the dugout. No Arguing.
4. If the Head Coach is acting as a base coach; he may ask to speak with the home plate umpire in a professional manner as above. Coach must remain in coach’s box and home plate umpire will come to the coach. Procedures same as above.
5. After the game is complete; there is to be **No Communication or Contact** between coaches and umpires. If you have a question about a rule; you can ask the field supervisor or call the parks and rec office the next day.

Sportsmanship:

It is the primary goal of this program to develop good sportsmanship attitudes in its participants. As coaches, it is your responsibility to set a good example for your players and parents. Any coach, assistant coach, scorekeeper or anyone else in the dugouts ejected from a game for any reason must leave the park. If this person does not leave the park, the game will not be resumed until the ejected person leaves the playing field or dugout area. The ejected person is also subject to a two (2) game suspension. After further investigation by the Moore County Parks and Recreation Department, a more severe penalty may be imposed on any person that gets ejected from a game. It is our intention for this to be a fun and enjoyable league for all participants. Let's teach fundamentals of baseball and let them have fun.

Moore County Parks and Recreation reserves the right to change, add, or delete any rule, rules or regulation at any time.

Revised 9/17/2025

Moore County Parks and Recreation

11-12 Baseball League

Rules and Regulations

General Policies:

1. A regulation game will be one (1) hour twenty (20) minute time limit. After the one (1) hour twenty (20) minute time limit is over, the batter at bat will finish his/her at bat and the game is over. The winner will be determined by the team with the most runs after the last completed inning. The clock will begin on the first pitch of the game.
2. An inning is over when three (3) outs are made, or seven (7) runs are scored.
3. The fifteen (15) run rule will apply after three (3) complete innings, the ten (10) run rule will apply after four (4) complete innings even if the one (1) hour twenty (20) minute hour clock has not expired.
4. The on-deck batter must be in the on-deck circle to the back of the batter.
5. Teams will play with three (3) outfielders.
6. A continuous batting order will be used for the entire game.
7. Bats: All non-wood bats and multi-piece bats must be stamped with the **USA Baseball mark** signifying that the bat meets the bat performance standard established by USA Baseball. The barrel of the bat shall not exceed 2 5/8" inches in diameter nor exceed 33" inches in length.
8. No Pine Tar or any adhesive spray is allowed on bats.
9. Speed up rules for the catcher will be used. A courtesy runner is optional for the catcher until there are two (2) outs. It is mandatory with two (2) outs. The courtesy runner must be a substitute (someone not currently in the batting order), if a team does not have any substitutes available, the player making the last out who batted prior to the catcher must be used as the courtesy runner.
10. Defensive timeouts: A manager shall be entitled to request time to talk to his players once during the same inning while the same pitcher is on the mound without penalty. On the second request for time, with the same pitcher on the mound, the manager shall be required to remove the pitcher from the mound, but not the game.
11. A total of three (3) timeouts per inning shall be allowed on offense to talk with a batter.
If a fourth (4) offensive timeout in the inning is requested, it will result in the manger/coach being removed from the coach's box and placed in the dugout for the remainder of the game.
12. No straight steal of home is allowed. Penalty: the batter is out whether he swings or not.
13. **No headfirst slides going to a base or home. May slide headfirst if retreating to a base.**
14. All coaches must be in their respective dugouts when their team is on defense.
15. After the game, a coach must sign the pitching chart in the Scoring Tower with the scorekeeper. This should be done immediately after the game.

- 16. Absolutely no tobacco products of any kind are permitted on the field during games or practices. No smoking on Moore County Property.**
17. If a game is suspended due to weather, four (4) complete innings constitute a regulation game. On rainy days, coaches and parents can go to our website www.moorecountync.gov/parks-and-recreation to check the status of the games for that day; text message will be sent out if and when games have been cancelled to those that signed up to receive text from MCPR.

Player Participation Requirement:

1. Every player must play three (3) consecutive outs in the field. **Penalty:** The penalty for the violation of this rule shall be forfeiture of any game in which all available players do not participate if the opposing team files a protest before the game ends.
2. At the start of the game, all available players on each team will be listed in the starting offensive batting lineup and **bat in a continuous batting order.** **Local League Rule:** If a player shows up late, they can be added to the line up as long as they can fulfill their defensive requirements.
3. **Free Substitution on Defense:** With the exception of the pitcher, any player may enter the game on defense in any defensive position as many times as deemed necessary by the team manager. Players may enter the game on defense only at the beginning of each team's defensive inning unless the defensive player enters the game to replace an injured, ill, or ejected player or enters the game during a pitching change.

Pitching & Bases Distance:

- 11-12 pitching distance is 50 feet. Bases will be 70 feet.

Pitching Rules for 11-12 League:

1. During the regular season, pitchers are limited to six (6) innings per week. A week is defined as Monday through Sunday.
2. If a pitcher pitches four (4) or more innings during a game, the pitcher must have a minimum rest period of thirty-six (36) hours before the pitcher is eligible to pitch again.
The rest period begins when the pitcher leaves the mound. One (1) pitch in an inning constitutes an inning pitched.
3. A pitcher removed from the mound for any reason shall not return to the mound to pitch in the same game.
4. Innings pitched in games declared "no contest" shall count if the umpire calls the game.

Helmet Rule:

- A player shall not remove their helmet while outside the dugout on offense. **Penalty:** First offense the team shall receive a team warning by the umpire. Second and subsequent team offenses; the player shall be called “out”. If the player is already “out” due to a play on the field, then that player will receive a warning by the umpire and the next offense by that player will result in an ejection from the game.
- All youth base coaches and batboys under the age of fifteen (15) shall comply with the helmet rule. **Penalty:** Non team players shall be removed from the playing field and will be returned to the dugout and replaced by an adult or another player.
- No headfirst sliding into a base. A player can slide headfirst when returning to a base.

Zero Policy for Coaches

1. **Head Coaches** are allowed on the field to argue or appeal calls. **Assistant Coaches do not argue calls period.**
2. An Assistant Coach will be issued a warning (IF not overzealous) if on the field. No more after. An ejection is warranted immediately for an overzealous assistant coach or a second complaint after a warning. If the assistant coach is in the dugout a restriction can be used the first time if desired without warning.
3. If the Head Coach wishes to communicate with the umpire for assistance with a judgement call or a rule; they may come out of the dugout in a professional manner and stay between the dugout and the foul line. The plate umpire will go to the head coach. After the Head Coach tells the plate umpire what he is appealing; the coach must return to the dugout. If the head coach comes back out of the dugout after the umpire’s discussion on the play call or rule, they will be ejected. If the call is changed the opposing coach can come out of their dugout between his dugout and the foul line for an explanation. Once the explanation is given the coach is to return to the dugout. No Arguing.
4. If the Head Coach is acting as a base coach; he may ask to speak with the home plate umpire in a professional manner as above. Coach must remain in coach’s box and home plate umpire will come to the coach. Coach must remain in coach’s box and home plate umpire will come to the coach. Procedures same as above.
5. After the game is complete; there is to be No Communication or Contact between coaches and umpires. If you have a question about a rule; you can ask the field supervisor or call the parks and rec office the next day.

Sportsmanship:

It is the primary goal of this program to develop good sportsmanship attitudes in its participants. As coaches, it is your responsibility to set a good example for your players and parents. Any coach, assistant coach, scorekeeper or anyone else in the

dugouts ejected from a game for any reason must leave the park. If this person does not leave the park, the game will not be resumed until the ejected person leaves the playing field or dugout area. The ejected person is also subject to a two (2) game suspension. After further investigation by the Moore County Parks and Recreation Department, a more severe penalty may be imposed on any person that gets ejected from a game. It is our intention for this to be a fun and enjoyable league for all participants. Let's teach fundamentals of baseball and let them have fun.

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Revised 9/17/25

Moore County Parks & Recreation

9-10, 11-12 & 13-15 Fast Pitch Softball

Rules and Regulations

General Policies:

**** 9-10 Angels – All Pitchers and Infielders are required to wear a protective face mask,**

**** 11-12 Ponytails & 13-15 Belles – All Pitchers are required to wear a protective face mask and All Infielders are required to either wear a protective face mask or a protective mouth piece when on defense. Mouth pieces will be available at the concession stand for one dollar each.**

1. A regulation game will be one (1) hour twenty (20) minute time limit. After the one (1) hour twenty (20) minute time limit is over, the batter at bat will finish his/her at bat and the game is over. The winner will be determined by the team with the most runs after the last completed inning. The clock will begin on the first pitch of the game.
2. Ages 9-10: Each team may score a maximum of five (5) runs per inning, if a team scores five (5) runs before 3 outs are recorded, the teams will automatically change sides. Ages 11-15: Each team may score a maximum of seven (7) runs per inning, if a team scores seven (7) runs before 3 outs are recorded, the teams will automatically change sides.
3. If a batter is hit by a pitch, she will be allowed to advance to first base if she is hit by player/pitcher. Batter must attempt to move out of the way. If batter squares up to bunt and does not pull bat back it is a strike. ****Our league does not allow hitters to show bunt pull back and swing.**
4. **9-10 Local League Pitching Rule: After four (4) batters have walked in an inning, the offensive team's manager or coach comes in to pitch for the rest of the inning. A hit batter does not count as a walk.** Present coach-pitch rules that appear in the Dixie Darlings specific playing rules will apply to satisfy this rule.

DIXIE DARLINGS coach pitch rules to satisfy this local league options:

- Each batter will be allowed five (5) pitches to be thrown to her in which she can: 1) Strike at and miss three (3) pitches thus creating a "strike out" or 2) Hit the ball into fair territory

Note: if, on the fifth (5th) pitch the batter hits a foul ball, the batter shall continue batting until she either swings at and misses the ball or hits the ball into fair territory.

Note: A hit batter (by the pitcher or coach) DOES NOT count as a walk

Note: A pitcher removed from the mound under this rule may return to the mound in the next inning and continue to pitch until such time her coach removes her for circumstances other than what is covered in this rule

Note: Coach that comes into pitch must move out of the defenses way after the ball is hit. He/She may not coach any players (hitter, base runners) after the first pitch has been thrown.

Note: If a batted ball hits the Coach pitching it is declared a dead ball and no runners may advance.

Note: A game will be considered over by Run Rule when 1 Team is up by 10 runs after 4 innings.

5. Only coaches, assistant coaches and players are allowed in the dugouts. Umpires can have anyone removed from the dugout area, if necessary.
6. Infield fly rule is in effect.
7. Do not have to pitch to a batter to walk them; just tell the umpire that you wish to walk the batter. You do not have to pitch to the batter.
8. If a game is suspended due to weather, four (4) complete innings constitutes a regulation game. On rainy days, coaches and parents may call the recreation office at 947-4495 for cancellations or go to our web site www.moorecountync.gov/parks-and-recreation to check the status of the games for that day.
9. Absolutely no tobacco products may be used during games or practices, either on or off the field. Smoking is prohibited on all Moore County owned property which includes Hillcrest Park.
10. All youth base coaches and bat persons under the age of sixteen must wear a batting helmet while on the playing field or be restricted to the dugout.

Player Participation Requirement

1. All eligible players must play defense for at least one full inning (three consecutive outs). If a player is kept out of a game due to injury, the coach must report this to the field supervisor before game begins.
2. Ten (10) players play defense in the field in the 9-10 & 11-12 leagues and nine (9) players in the 13-15 league. A team must field eight (8) players to start a game. If a player shows up after the start of a game, she must be added to the bottom of the line-up. All eligible players at the game shall bat in a continuous batting order for the entire game. **Local League Rule: If a player shows up late, they can be added to the line up as long as they can fulfill their defensive requirements.**

Pitching Distance and Ball Size:

1. **9-10** Pitching distance will be 35 feet.
2. **11-12** Pitching distance will be 40 feet.
3. **13-15** pitching distance will be 43 feet.
4. Bases will be set at 60 feet apart for all leagues.
5. The 9-10 league will use the 11-inch softball
6. The 11-12 & 13-15 league will use a 12-inch softball.

Pitching Rules:

1. **9-10 & 11-12 rule;** A pitcher shall not pitch more than eight (8) innings between Monday through the following Sunday night except that in a tie game at the end of five (5) innings in the 9-10 and six (6) innings in the 11-12's; the starting pitcher may pitch one more inning. Under no condition shall a pitcher pitch in more than five (5) innings in the 9-10 & six (6) innings in the 11-12 league except as noted above.

- Note: The extra inning rule does not apply to a starting pitcher who was removed from and returned to the mound in the same game, regardless of which inning she returned. Once a starting pitcher is removed from the mound in a game, she will be allowed five (5) innings in a 9-10 game & six (6) innings in an 11-12 game.
- Note: The pitcher shall be charged only for the innings pitched. If a pitcher does not have to pitch in the bottom half of the inning she is NOT charged for that inning.

13-15 rule: A pitcher shall not pitch more than ten (10) innings between Monday through Sunday night except that in a tie game at the end of the seven innings the starting pitcher may pitch the eighth (8) inning. The extra inning rule does not apply to a starting pitcher who was removed and returned to the mound in the same game, regardless of which inning she returned. Once a starting pitcher is removed from the mound she is only allowed seven (7) innings in which to pitch in that game.

Note: The pitcher shall be charged only for the innings pitched. If a pitcher does not have to pitch in the bottom half of the inning she is NOT charged for that inning.

A pitcher removed from the mound shall be allowed to return to the mound one (1) time in the same game. Note: To satisfy this rule it will be ruled that if a pitcher returns to the mound in the same inning of a game in which she was removed she shall be credited with pitching only one (1) inning for the inning she was removed.

2. A pitcher removed from the mound shall be allowed to return to the mound one (1) time in the same game.
 - Note: To satisfy this rule it will be ruled that if a pitcher returns to the mound in the same inning of a game in which she was removed she shall be credited with pitching only one (1) inning for the inning she was removed.
3. Innings pitched in games declared "no contest" shall count.
4. After the game is finished, the head coach from each team participating will sign the official pitcher's inning chart with the official scorekeeper for that field in the field house.
5. All other pitching rules should be referred to the General Pitching Rules in the Dixie Softball Rule Book.

Base Running

(9-10 league):

1. The base runner shall NOT steal a base.
2. The base runner shall NOT advance on a wild Pitch by the pitcher or a passed ball by the catcher.
3. No Headfirst slides going to a base or home. May slide headfirst if retreating to a base.
4. The base runner shall advance only when a ball has been hit into fair territory by the batter or when or when forced to advance by a base on balls and/or a hit batter or when a fly ball is caught in foul territory.
5. If the base runner leaves her base before the pitch reaches the batter, the base umpire shall signal, “delayed dead ball” to indicate the violation at the time it occurs. The defensive team shall have the privilege of having nullified any portion of the play that occurred on the violation.

Note: This rule allows a Dixie Angels base runner to leave the base when the ball reaches the batter but does not allow her to steal a base.

(11-12 league):

1. The base runner is allowed to steal once the ball reaches the batter.
 - If a base runner leaves her base before the pitch reaches the batter, the base umpire shall signal “delayed dead ball” to indicate the violation at the time it occurs. The defensive team shall have the privilege of having nullified any portion of the play that occurred on the violation.
 - No Headfirst slides going to a base or home. May slide headfirst if retreating to a base.

(13-15 league):

Base runners are not allowed to lead off bases. Players may steal once the pitched ball leaves the pitcher’s hand.

- No Headfirst slides going to a base or home. May slide headfirst if retreating to a base.

Third Strike Rule:

(9-10 league)

The catcher shall NOT be required to catch the third (3rd) strike, except for a foul tip. The batter shall be out, and the base runners shall NOT advance.

(11-12 league)

The catcher shall NOT be required to catch the third (3rd) strike, except for a foul tip. The batter shall be out, and all base runners advance at their own risk.

(13-15 league)

The third strike rule is in effect, Runners/Batter may advance if the 3rd strike is dropped by the catcher.

Offensive/Defensive Timeouts

Offensive- An offensive team may call time to speak with a batter (1) time per inning.

Defensive- A coach may call time to speak with the defensive team two (2) times in the same inning without penalty. On the third time, he shall be required to remove the pitcher from the mound, but not the game.

Helmet Rule:

- A player shall not remove their helmet while outside the dugout on offense.

PENALTY: First offense the team shall receive a team warning by the umpire. Second and subsequent team offenses; the player shall be called “out”. If the player was already “out” due to a play on the field, then that player will receive a warning by the umpire and the next offense by that player will result in ejection from the game.

- All youth base coaches and batboys under the age of sixteen (16) shall comply with the helmet rule.

PENALTY: Non team players shall be removed from the playing field and team players will be returned to the dugout and replaced by an adult or another player.

Bat Rule:

All bats must be stamped and legible with one of the following for league play: “Official softball”, “Youth Softball” and/or “Fast Pitch Softball”. Page 23 rule book.

Zero Policy for Coaches

1. Head Coaches are not allowed on the field to argue or appeal calls and Assistant Coaches do not argue calls period.
2. An Assistant Coach will be issued a warning (IF not overzealous) if on the field. No more after that. An ejection is warranted immediately for an overzealous assistant coach or a second complaint after a warning. If the assistant coach is in the dugout a restriction can be used the first time **if desired** without warning.
3. If the Head Coach wishes to communicate with the umpire for assistance with a judgment call or a rule; they may come out of the dugout in a professional manner and stay between the dugout and the foul line. The plate umpire will go to the coach. After the Head Coach tells the plate umpire what he is appealing, he is to return to the dugout. If the Head Coach comes back out of the dugout after the umpire’s discussion on the play call or rule, they will be ejected. If the call is changed the opposing coach can come out of their dugout between his dugout and the foul line for an explanation. Once the explanation is given the coach is to return to the dugout. No Arguing.

4. If the Head Coach is acting as a base coach; he may ask to speak with the home plate umpire in a professional manner as above. Coach must remain in coach's box and home plate umpire will come to the coach. Procedures same as above.
5. After the game is complete; there is to be **No Communication or Contact** between coaches and umpires. If you have a question about a rule; you can ask the field supervisor or call the parks and rec office the next day.

Sportsmanship:

A **coach** that is ejected from a game must serve a two game suspension for the next two games his/her team plays. The coach that has been ejected may attend the next two games as a *spectator*; but will not be allowed inside fenced area or participate in **any** form with the team or game. The penalty may be carried over to the next sport or season.

A **Player** that is ejected from a game is restricted to the dugout for the remainder of that game and must serve a one game suspension for the next game his team plays.

Any spectator ejected from a park must leave the premises immediately; the game will be delayed until the offender leaves. If the spectator does not leave the premises in a timely fashion the game will be forfeited. The person who was ejected is subject to the two game suspension rule (same as a coach); they may come to games but must stay outside the park area (fenced). The person who was ejected may not attend another game until he/she meets with a Moore County Parks and Recreation staff person.

*** Coaches may not get rosters until background check is turned in to MCPR.***
All other Rules & Regulations are governed by the Dixie Softball Rule Book.
www.dixiegirlsoftball.org

Moore County Parks & Recreation reserves the right to change, add or delete any rule(s) or regulation at any time.

Revised 9/17/2025

Moore County Parks and Recreation
6-12 Flag Football
Rules and Regulations

1. **Mouthpieces are mandatory for practice and games:** No player will be allowed to participate without one. Mouthpieces are available at the concession for \$2.00
2. **Playing Time:** Each Player is required to play a minimum of two series (a set of at least three plays) on defense and offense.
3. Game Times will be 6:00pm, 6:45pm & 7:30pm on Monday, Tuesday, and Thursday
4. **Defenders are not allowed to rush the quarterback: In 6-8, 9-10 & 11-12 league** if the ball is handed off or pitched, all players may cross the line of scrimmage to get the offensive players' flag.
Penalty: Automatic 1st down
5. **Scoring:**
 - Touchdown: 6 points
 - Safety: 2 points
 1. Fumble in the end zone – Defense receives the ball on its five-yard line
 2. Flag pulled or flag falls off – Defense receives the ball on its five-yard line
6. **Extra point after touchdown:**
 - 1 point: 5-yard line – Team must pass for extra point
 - 2 points: 12-yard line – Team may pass or run
7. Offensive players cannot “guard” or run beside the player running the ball deliberately shielding the defenders from the runner. Penalty: 10 yards from line of scrimmage and loss of down
8. If a player running the football falls to the ground: the play is dead, and football spotted where players' knees landed. If a player in possession of the ball - flag falls off without being pulled, the play is dead at the point where the flag fell off. If a receiver catches a pass with flag out; the catch is good, and the ball is dead where the catch was made.
9. **No Pitches or laterals in the 6-8 yr old league.** Penalty: Loss of Down
10. **9-10 & 11-12 League:** one pitch behind the line of scrimmage will be permitted.

11. No Jewelry or beads in the hair

12. One coach per team may be in their teams' huddle but must move back away from the players prior to the ball being snapped.

13. Timing: Games are played with a running clock of 47 minutes. Play (20) minute halves with a five (5) minute half time, Referee will control the game, but clock will run continuously. No overtime will be played: if the game is tied, game ends in a tie.

No score will be kept on the scoreboards.

14. Players: Teams play with five players

Basics

- The quarterback cannot run with the ball and has seven (7) seconds to throw the ball & must remain inside the six (6') foot area (tackle box)
- The player who takes the handoff can throw the ball as long as he/she is behind the line of scrimmage
- Spinning is allowed, but player cannot leave their feet
- No diving for flags
- All players are eligible to receive passes, including the QB after handing off the ball
- Only one player allowed in motion
- Cleats are allowed: **no metal cleats**
- Interceptions can be returned
- **No Blocking is allowed**
- The ball must be snapped between the legs to start play
- Substitutions may be made on any dead ball
- **All passes must be thrown from behind the line of scrimmage and received on the other side of the line of scrimmage. This includes shovel passes**

Game

- Visitors get first possession in the first half; home team gets possession in the second half
- The offensive team takes possession of the ball at its five (5) yard line and has three (3) plays to cross midfield to receive a first down, then has three (3) plays to score a touchdown. If the offensive team fails to score the other team will take possession on its five (5) yard line
- If the offensive team fails to cross midfield, possession changes and the opposition starts on its five (5) yard line

- Each time the ball is spotted the offensive team has 30 seconds to snap the football

Field Dimensions

- Playing field is 70 yards long x 30 yards wide
- Each End Zone is 10 yards deep
- Each half is 25 yards from end zone to midfield
- No Run Zones are located five (5) yards from each end zone and five (5) yards on either side of midfield (painted orange on game days).

Balls

- Ages 6-8 use Pee Wee Football
- Ages 9-10 & 11-12 use Junior Football

Sportsmanship:

It is the primary goal of this program to develop good sportsmanship attitudes in its participants. As coaches, it is your responsibility to set a good example for your players and parents. Any coach, assistant coach, scorekeeper or anyone else in the dugouts ejected from a game for any reason must leave the park. If this person does not leave the park, the game will not be resumed until the ejected person leaves the playing field or dugout area. The ejected person is also subject to a two (2) game suspension. After further investigation by the Moore County Parks and Recreation Department, a more severe penalty may be imposed on any person that gets ejected from a game. It is our intention for this to be a fun and enjoyable league for all participants. Let's teach fundamentals of baseball and let them have fun.

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Moore County Parks and Recreation 5-6 Co-Ed & 7-8 Boys and Girls Basketball Rules & Regulations

Player Eligibility:

- A. The Moore County Parks and Recreation Youth Basketball League is for boys and girls ages 5 to 8.

The age cut-off date is October 16th of the current year. Players are put in age divisions based on the age as of this date. Proof of age is required for each participant. Teams are formed based on where the participant attends school or the school district that they live in.

Rules and Regulations:

A. Every player on each team must play at least one full quarter each game.

This will be done as follows:

The five players who begin the first quarter must remain in the game for that whole quarter except for the following situations: (a) player injury, (b) player is removed because of conduct by the referee (c) fouls out. In the final 3 quarters, a combination of new players and those who have already played may be used. Free substitution will be allowed among those who have already participated in their full quarter. **Any player removed from the game due to sickness; cannot re-enter game.**

1. A team may start with only four (4) players if there are not five (5) players present at game time. If the fifth player arrives after the game has begun, they may enter the ballgame at the next dead ball. All players on the team roster must be entered in scorebook prior to game, regardless of whether they are present or not. The Penalty for a player showing up and not listed in the scorebook will be a technical foul.
2. In the situation that a player is not attending practice but comes to the games, the coach should contact the Parks & Recreation office so that Parks and Recreation can contact the parents to see what the problem might be. Coaches do not have the right to sit a player out of a game for missing practice.
3. Length of Games:
All Leagues will play four (4) –six (6) minute quarters. If game ends in a tie, no overtime period will be played.
There will be five (5) minute warm-ups before each game. Half-time will consist of ten (10) minutes. The first five (5) minutes will be allowed for Cheerleading squads to perform. The remaining five (5) minutes will be used for teams to warm-up before the start of the third quarter. If cheerleaders do

not use entire five (5) minutes or there are not any cheerleading squads at the game, the five (5) minute half-time will begin immediately.

4. There will be no jump ball to start the game. The Visiting Team will receive the ball to begin the first half (take ball out under the home team's goal) and the Home Team will receive the ball to begin the second half (take ball out under the Visiting team goal)
5. The clock will run continuously during games, except in the following circumstances:
 - (a) Foul shots
 - (b) Player injury
 - (c) Jump ball is called
 - (d) Time-outs
 - (e) During the last two (2) minutes of the fourth quarter, the clock will stop every time the whistle blows.
6. Full court press is not allowed in any age group. In the 5-6 yr old Co-Ed league, defenders must play defense inside the 3-pt line the entire game. Defenders in the 7-8 Boys' and Girls' leagues may play defense once the ball crosses half court; **backcourt defense is not allowed**; the first offense will be a team warning. All other occurrences will result in a one-shot technical foul on the team.
7. Mercy Rule in effect in the 7-8 leagues. Once a team is ahead by 20 points or more in the second half, they must play defense inside the 3-pt line for the remainder of the game.
8. With less than one (1) minute to play in the game: 1) if time out is called in the backcourt, the ball will be put into play in the front court and cannot be thrown into the backcourt 2) if you call timeout in the front court, you cannot throw the inbound pass into the backcourt.
9. Each team is entitled to (2) two charged time-outs per half during a regulation game. Time-outs not used during the first half do not carry over to the second half. Each time-out is 45 seconds.
10. Free throws will be taken three (3) feet in front of the regulation high school foul line in all Leagues ages 5 to 8. The 5-6 League may stand on the line.
FYI - At all school (practice) gyms – the free throw line to practice is two (2) feet due to using the drop-down goals it equals three feet
11. When a team has two (2) scheduled games in a week, that team is not allowed

to practice during that same week. (A week is defined as Sunday through Saturday).

****No Practice dates for holidays are January 19 (MLK Day)**

12. Only the head coach and assistant coach are allowed on the bench. **Only one (1) coach on the bench is permitted to stand during the ballgame.**
13. **Each team is required to get a sponsor for their team shirts. No sponsor logos or phone numbers are allowed on uniforms. Sponsorship is \$100**
14. Coaches Line: The coaches' line will be a white line on the floor restricting him/her from standing in the way of the clock/scorekeeper.
15. No Coach will be allowed to participate wearing tee shirts or hats advertising tobacco products, alcohol products, illegal drug products, or tee shirts with obscene or vulgar language printed on it.
16. No Jewelry (earrings, necklaces, bracelets, etc.), Ponytail holders are allowed, but must not contain any metal. No beads or metal clasps are allowed.

Sportsmanship:

- A. It is the primary goal of this program to develop good sportsmanship attitudes in its participants. As coaches, it is your responsibility to set a good example for your players and parents. Any coach, assistant coach, scorekeeper or anyone else in the dugouts ejected from a game for any reason must leave the park. If this person does not leave the park, the game will not be resumed until the ejected person leaves the playing field or dugout area. The ejected person is also subject to a two (2) game suspension. After further investigation by the Moore County Parks and Recreation Department, a more severe penalty may be imposed on any person that gets ejected from a game. It is our intention for this to be a fun and enjoyable league for all participants. Let's teach fundamentals of baseball and let them have fun.
- B. Any coach, player or spectator who physically abuses any official will be banned from all Parks & Recreation activities for one year and are subject to criminal punishment. Parks & Recreation officials are defined as:
 - (1) Staff personnel
 - (2) Referees
 - (3) Gym supervisors
 - (4) Clock-keepers
 - (5) Scorekeepers

Moore County Parks and Recreation reserves the right to change, add or

delete any rule or regulation for the benefit of the League and its players.
All head coaches will be notified of any rule changes.

Revised 9/17/2025

Moore County Parks and Recreation 9-10 & 11-12 Boys and Girls Basketball Rules and Regulations

Player Eligibility:

- A. The Moore County Parks and Recreation Youth Basketball League is for Boys and Girls Ages 9-12.

The age cut-off date is October 16th of the current year. Players are put in age divisions based on the age as of this date. Proof of age is required on each participant. Teams are formed based on where the participant attends school.

Rules and Regulations:

- A. **Every player on each team must play at least one full quarter each game.**
- B. This will be done as follows:
- a. The five players who begin the first quarter must remain in the game for that whole quarter except for the following situations: (a) player injury, (b) player is removed because of conduct by the referee (c) fouls out. In the final 3 quarters, a combination of new players and those who have already played may be used. Free substitution will be allowed among those who have already participated in their full quarter. Any player removed from the game due to sickness; cannot re-enter the game.
1. A team may start with only four (4) players if there are not five (5) players present at game time. If the fifth player arrives after the game has begun, they may enter the ballgame at the next dead ball. All players on team roster must be entered in scorebook prior to game, regardless if they are present or not. The Penalty for a player showing up and not listed in the scorebook will be a technical foul.
 2. In the situation that a player is not attending practices but comes to the games, the coach should contact the Parks & Recreation office so that Parks and Recreation can get up with the parents to see what the problem might be. Coaches do not have the right to sit a player out of a game.
 3. Length of Games:
All Leagues will play four (4) –six (6) minute quarters. All leagues will play 2-minute overtime, if needed. **If tied after overtime, game ends in a tie.**
There will be five (5) minute warm-ups before each game. Half-time will be five (5) minutes: unless there is a cheerleading squad present at the game. Then the cheerleaders will get five (5) minutes to perform. Players warm up time is reduced to three (3) minutes before the third quarter begins.
If no Cheer Squads are at the game, then the five (5) minute half time begins immediately.

4. The clock will run continuously during games, except in the following circumstances:
 - a) Foul shots
 - b) Player injury
 - c) Jump ball is called
 - d) Time-outs
 - e) During the last two (2) minutes of the fourth quarter and all overtime periods, the clock will stop every time the whistle blows.
5. In Ages 11-12, full court press can start at the one (1) minute mark. If a team is up by 10 points at the minute mark, neither team can press the rest of the game.
6. In Ages 9-10, defenders may play defense once the ball crosses half court. Backcourt defense **will not** be allowed; the first offense will be a team warning; all other occurrences will result in a **one-shot technical foul** on the team.
7. In Ages 9-10, with less than one (1) minute left to play in the game; if time out is called in the backcourt, the ball will be put in play in the front court.
8. Each team is entitled to (2) two charged time-outs per half during a regulation game. Time-outs not used during the first half do not carry over. During the overtime period, both teams will receive one (1) additional time-out. Those time-outs not used in the second half do carry over to the overtime period. Each time-out is 45 seconds.
9. Free throws will be taken two (2) feet in front of the regulation high school foul line in 9-10 boys' and girls' leagues. The 11-12 boys' and 11-12 girls' leagues will shoot from the regulation high school line.
10. Three-point field goals will be counted in the 11-12 boys' and 11-12 girls' leagues only.
11. When a team has two (2) scheduled games in a week, that team is not allowed to practice during that same week. (A week is defined as Sunday thru Saturday). If your team is not going to practice, please call the gym open/close person to notify them so that they are not waiting on you to show up.
**No Practice dates for school holidays are:
Thanksgiving
Christmas/New Years
Martin Luther King
12. Only the head coach and assistant coach are allowed on the bench. **Only one (1) coach on the bench is permitted to stand during the ballgame.**
13. Each team is required to get a sponsor for their team shirts. No sponsor phone numbers or logos are allowed on uniforms.
14. Coaches Line: The coach's box will be the white lines on the floor restricting him/her from standing in the way of the clock/scorekeeper.
15. No Coach will be allowed to participate wearing tee shirts or hats advertising tobacco products, alcohol products, illegal drug products, or tee shirts with obscene or vulgar language printed on it.
16. If a parent wants to discipline their child for personal reasons by sitting him out of a game, they must contact the Athletic Staff at the

Recreation office prior to the game. If after 5:00pm, the parent should speak with the gym supervisor.

17. No Jewelry (earrings, necklaces, bracelets, etc.), Ponytail holders are allowed, but must not contain any metal. No beads or metal clasps are allowed.

Sportsmanship:

- C. It is the primary goal of this program to develop good sportsmanship attitudes in its participants. As coaches, it is your responsibility to set a good example for your players and parents. Any coach, assistant coach, scorekeeper or anyone else in the dugouts ejected from a game for any reason must leave the park. If this person does not leave the park, the game will not be resumed until the ejected person leaves the playing field or dugout area. The ejected person is also subject to a two (2) game suspension. After further investigation by the Moore County Parks and Recreation Department, a more severe penalty may be imposed on any person that gets ejected from a game. It is our intention for this to be a fun and enjoyable league for all participants. Let's teach fundamentals of baseball and let them have fun.
- D. Any coach, player or spectator who physically abuses any official will be banned from all Parks & Recreation activities for one year and are subject to criminal punishment. Parks & Recreation officials are defined as:
 - (6) Staff personnel
 - (7) Referees
 - (8) Gym supervisors
 - (9) Clock-keepers
 - (10) Scorekeepers

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Revised 9/17/25

Moore County Parks & Recreation

2025 Adult Co-Ed Softball

Rules and Regulations

Purpose and Objectives:

The purpose of this league is to encourage, promote and operate a Co-Ed slow pitch softball league. The objective of such a league shall be a program for men and women solely for the purpose of recreation.

Rules and Regulations:

1. The first game of the day (6:30pm) will begin within five (5) minutes of the scheduled start time or a forfeit will result. For all games following that day, game time is forfeit time. In case of forfeit, the teams involved can practice until ten (10) minutes prior to the next scheduled game time; unless the forfeit is the last game of the day, in that case the facility will be closed within 10 minutes of scheduled game time.
2. Uniform shirts with numbers on the back are encouraged to promote the quality of the league. All Sponsors must be approved by Parks and Recreation staff.
3. Teams may play games with (9) nine players or ten (10) players.
 - A 10-player team will consist of 6 male and 4 female players: 1 male and 1 female in the pitcher-catcher positions.
 - A 9-player team will consist of 5 male and 4 female players: 1 male and 1 female in the pitcher-catcher positions.
 - Extra hitters are allowed. If used, the team must have both a male extra hitter and a female extra hitter in the lineup. If not, then the extra player position cannot be used.
 - Females will bat in the 2, 4, 6 and 8 slots in a 9 or 10 player line up. In a 12-player lineup; the females will bat in the 2, 4, 6, 8 and 11 slots in the line up.
 - If a team begins the game with nine (9) players; the tenth player can be added when they arrive as long it is before the second inning begins. This player that fills the 10 spot can be male or female. If a team begins with nine players, they cannot add the extra hitter positions to the line up. **If playing with only nine (9) players; the tenth position in the batting line up is not an out.**
 - Teams will be allowed to play games with five (5) males and five (5) females if the team so desires. In this case, the females would alternate in the lineup all the way through. (Females would hit in the 2, 4, 6, 8 and 10 slots in the line up).
4. Defensive positioning shall include six (6) males and four (4) females; one (1) male & one (1) female in the pitcher-catcher position. The other female players

may play anywhere in the field. Team must always have four (4) female players on the field whether they are playing with nine (9) or ten (10) players. If a female player has to be removed from the game for any reason (injury, ejection, etc.) she can only be replaced with another female player. **Outfielders must remain behind a 200-foot commitment line until ball is batted. Penalty: Offense may choose the outcome of play or may choose to replay the pitch.**

- **When a female player is batting – Infields must remain in the infield dirt (they may not play on the grass)**

5. Games will be seven (7) innings or 1 hour and 10 minutes. **No new inning will begin after 1 hour and 5 minutes.** Time will be kept on the scoreboard. Tied games will be played until a winner is declared. **Tournament games:** run rule and time limit remain in play. High seed will be home throughout tournament until Championship and if game, then flip for home team.
6. A 3-2 count will be played. Each batter will have an automatic 1-1 count when they come to bat and will receive (1) additional foul. If a male batter is walked, the next female has the choice to walk or hit. The umpire must be informed prior to the first pitch to the batter if she wants to receive the walk.
7. There will be a limit of three (3) home runs allowed per team per game. Each additional ball hit out of the park will be a single and all base runners will advance one base. (A home run is determined to occur when a batted fair ball clears the outfield fence on the fly). We will use the hit and sit rule (all players who hit a home run over the fence do not have to run the bases).
8. **All bats** will be furnished by the league (MCPR). No other bat can be used. Any player that damages a bat on purpose will have to pay \$200 for a replacement. Any player caught using a bat that is not owned by MCPR will be ejected from the game and serve a two-game suspension.
9. **There will be a 10 Run Rule in effect for each game. If at the end of five (5) or more innings one team is leading by ten (10) or more runs, the game will be called. In three (3) innings, a 15 Run Rule will be in effect. This will also apply to tournament play.**
10. Moore County Parks and Recreation will provide an official scorekeeper in the scorer's tower. The coach should before each game obtain a line up card from the Field Supervisor, fill it out with **players first and last name and number,** and then return it to the field supervisor.
11. Only team personnel are permitted in the dug out or on the playing field.

12. **The team manager or coach is the only person to discuss rule interpretations with the umpire. There will be no discussion on a judgment call.** If there is a discussion with the umpire about a call and the umpire declares “Play Ball” if the offending team refuses to begin play, the game shall be forfeited and counted as a loss.
13. **All players and coaches will be expected to behave in a sportsmanlike manner. Anyone ejected from a game must leave the softball complex (outside the fenced gate) and will also be suspended for the next two (2) games that their team plays.**
No smoking on Moore County Property, Field Supervisor will issue one warning per team, per season. After that, offenders will be ejected from the ball game and will also be suspended for the next two (2) games their team plays. When a player is ejected, a more severe penalty may be imposed by the Moore County Parks & Recreation Department after investigation. Suspensions can carry over to the next season. The Recreation department reserves the right to eject any team from the league, without a refund, that is disruptive or does not follow league rules.
14. **Alcoholic beverages are strictly prohibited on the premises of Moore County Sports Complex. Anyone caught consuming, possessing, or under the influence of alcohol by the field supervisor, umpires, parks & recreation staff or Carthage Police will be banned from Moore County Sports Complex and from participation in any activity sponsored by Moore County Parks and Recreation for (1) one year.**
15. Pitched balls must reach 6’ from ground and be no higher than 10’ from the ground at its highest peak.
16. A courtesy runner must be the same sex as the player they run for, and must either be the last player out, or a roster player not in the game. **Teams will be limited to one (1) courtesy runner per inning per sex.**
17. When a runner is on first or third base and they feel that it would be safer for them to be off the base in foul territory to keep from getting hit by the batted ball, then they may be off the base; they must retouch the base before moving to second base or home plate whichever applies.
18. ASA Softball Rules will govern play except for local league rules.
19. If a team forfeits three games they will not be allowed to play in the tournament.

Postponement and Rescheduling:

- A. Games may be postponed due to weather or field conditions. Whenever a game is cancelled, it shall be played in the order of cancellation according to the Parks & Recreation Department.
- B. In the event of rain during the day, the Athletic Department will inspect and decide on the condition of the field. Players can check our website @ www.moorecountync.gov/164/parks-recreation for any weather updates. After 5:00 p.m. the decision will be made by the Field Supervisor. Their decision shall be final.
- C. If for rain or other conditions the game is delayed by the Field Supervisor or officials, teams must remain at the ballfield area until a decision is made if the games are to be cancelled. Should either team leave or not be ready to resume play at the time the umpire declares the game may proceed, the game will be forfeited.
- D. It is the responsibility of the team manager to notify all team members of cancelled games and the correct date and time of any rescheduled games.

Uniforms and Equipment:

Uniform shirts with numbers on the back are encouraged to promote the quality of the league.

All sponsors and uniform logos must be approved by the Parks & Recreation office.

Metal or steel cleats are not allowed.

Each team will furnish their own softballs for their team to hit. White or Yellow balls may be used; it is each team's option. Males will hit a readable 12-inch .52 cor 300 lb compression ball with ASA stamp or USA stamp and the Females will hit a readable 11- inch .52 cor 300 lb compression ball with ASA stamp or USA stamp

Females can option to hit the 12-inch ball if they wish. The base coach will switch balls with the pitcher as needed.

Eligibility of Players:

- 1. League players must be at least 18 years old; players under age 18 can play with the approval of the Moore County Parks and Recreation and a parent's signature, age is determined by August 1 of current year.
- 2. Players remain on the roster they first participate with; players may not switch teams.

3. **Players must participate in three (3) games to be eligible to play in the tournament.** If your team receives a forfeit; the coach will gather all his/her players in the dugout for the field supervisor to check names off the line up card to be claimed as participating in that game.
4. All players must have filled out their individual registration form to be listed on the official roster form. If a players' name is not on the team roster, they are considered an illegal player. All games in which an illegal player participates will be forfeited. **Players may be added to rosters up to the teams' third (3) game.** Individual registration may be done at the ball field with the field supervisor or at the Parks and Recreation office.

Sportsmanship:

E. It is the primary goal of this program to develop good sportsmanship attitudes in its participants. As coaches, it is your responsibility to set a good example for your players and parents. Any coach, assistant coach, scorekeeper or anyone else in the dugouts ejected from a game for any reason must leave the park. If this person does not leave the park, the game will not be resumed until the ejected person leaves the playing field or dugout area. The ejected person is also subject to a two (2) game suspension. After further investigation by the Moore County Parks and Recreation Department, a more severe penalty may be imposed on any person that gets ejected from a game. It is our intention for this to be a fun and enjoyable league for all participants. Let's teach fundamentals of baseball and let them have fun.

F. Any coach, player or spectator who physically abuses any official will be banned from all Parks & Recreation activities for one year and are subject to criminal punishment. Parks & Recreation officials are defined as:

- (11) Staff personnel
- (12) Referees
- (13) Gym supervisors
- (14) Clock-keepers
- (15) Scorekeepers

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