

Equipment & Uniforms

Uniforms

All players on each team must have matching caps, pants & numbered jerseys for each game. Jerseys are to be tucked in. Hats are to be worn while playing defense.

Pitcher's Uniform

Pitchers cannot wear white or light gray long sleeves, sweat bands, or jewelry while on the mound. Batting gloves cannot be worn in pockets. (Wearing these or other distracting items may take the batter's attention from the ball.)

Footwear

Players may wear metal, plastic or rubber baseball or softball cleats.

Batting Helmets

All batters, base runners, and on-deck batters must wear a helmet with at least one earflap facing the pitcher.

A base runner is required to wear a helmet at all times. If, in the opinion of the presiding umpires, the base runner intentionally removes her helmet during the course of play, the base runner will be issued a warning. If this player commits a second offense, she may be removed from the game at the discretion of the umpire.

Catcher's Equipment

Catchers must wear either a catcher's helmet or protective skullcap with mask when catching. Catchers must also wear a chest protector and shin guards.

Bats

Baseball bats with up to a -8.5 drop between length and weight are allowed. (For example, a 32-inch bat must weigh at least 23.5 ounces.) No softball bats are allowed.

Baseballs

1. Only league-approved baseballs may be used during league play. Teams will be given balls at the beginning of the season.
2. Each team is required to supply 2 balls per game. The umpires will return unused balls.
3. If the supply of balls becomes exhausted during play, both managers and presiding umpires may use a previously used approved ball upon consent.