

Metro-West Adult Baseball League Manual/Rule Book ***Updated for the 2020 Season***



Previous MWABL Champions:

2019	Northboro Cardinals	<i>(def. Framingham Orioles, 2-1)</i>
2018	Metrowest Royals	<i>(def. Northborough Phillies, 2-0)</i>
2017	Framingham Orioles	<i>(def. Hudson Mets, 2-0)</i>
2016	Sudbury Royals	<i>(def. Hudson Mets, 2-0)</i>
2015	Hudson Mets	<i>(def. Sudbury Royals, 2-1)</i>
2014	Hudson Mets	<i>(def. Framingham Orioles, 2-0)</i>
2013	Sudbury Royals	<i>(def. Hudson Mets, 2-1)</i>
2012	Framingham Orioles	<i>(def. Southborough Cubs, 2-1)</i>
2011	Framingham Orioles	<i>(def. Southborough Cubs, 2-1)</i>
2010	Framingham Orioles	<i>(def. Southborough Cubs, 2-0)</i>
2009	Southborough Cubs	<i>(def. Framingham Orioles, 2-0)</i>
2008	Southborough Cubs	<i>(def. Framingham Orioles, 2-0)</i>
2007	Ashland Red Sox	<i>(def. Medway Phillies, 2-0)</i>
2006	Ashland Red Sox	<i>(def. Medway Phillies, 2-0)</i>
2005	Framingham Orioles	<i>(def. Medway Phillies, 2-0)</i>
2004	Framingham Orioles	<i>(def. Northborough Braves, 2-0)</i>
2003	Framingham Orioles	<i>(def. Southborough Cubs, 2-1)</i>
2002	Framingham Orioles	<i>(def. Southborough Cubs, 2-0)</i>
2001	Framingham Orioles	<i>(def. Medway Phillies, 2-0)</i>
2000	Milford Red Sox	<i>(def. Northborough Cubs, 2-0)</i>
1999	Framingham Orioles	<i>(def. Medway Phillies, 2-0)</i>
1998	Tri-boro Cubs	<i>(def. Framingham Orioles, 2-0)</i>
1997	Framingham Orioles	<i>(def. Tri-boro Cubs, 2-0)</i>
1996	Framingham Orioles	<i>(def. Marlborough Tigers, 2-0)</i>
1995	Framingham Yankees	<i>(def. Marlborough Tigers, 2-0)</i>
1994	Framingham Orioles	<i>(def. Framingham Yankees, 2-0)</i>

League Information

Affiliation:	MSBL/MABL, Boston Men's Baseball League
Founded:	1994 (as the Middlesex MSBL), 26 years
President:	Christopher Currie, 2013-current
Vice President:	Anthony Perry
Board of Directors:	Chris Cronin, Kevin Donfield, Aaron Loeber, TJ Rizzo, Russ Wells
Website:	http://www.bostonmabl.com
Address:	
Email:	christopher.currie@unibank.com

Table of Contents:

1.00	NAME, PURPOSE, MISSION STATEMENT				
2.00	MEMBERSHIP / FRANCHISES				
	2.01	Franchises	2.04	Agreement	
	2.02	Franchise Holder	2.05	Franchise Transfer	
	2.03	Compliance	2.06	League Meetings	
3.00	FRANCHISE RESPONSIBILITIES				
	3.01	Duties & Fees	3.05	Helmets	3.09 Managers/Coaches
	3.02	League Meetings	3.06	Catchers Equipment	3.10 Liability Waiver
	3.03	League Events	3.07	Bats	3.11 Forfeit Fees
	3.04	Uniforms	3.08	Home Fields	
4.00	FRANCHISE REMOVAL				
	4.01	Non-Performance	4.04	Revocation of Membership	
	4.02	Financial Obligations	4.05	Appeal of Revocation of Membership	
	4.03	Multiple Forfeits	4.06	Revocation of Membership Appeal Format	
5.00	NEW TEAM APPLICATION PROCESS				
	5.01	Process	5.03	Compliance	
	5.02	Application Fee	5.04	"New Team" Requirements	
6.00	GAME DAY DUTIES				
	6.01	Scheduled Game	6.06	Forfeit Lineup Card Guide	6.11 Changing Clothes
	6.02	.400 Hitter Updates	6.07	Lineup Card Compliance	6.12 Field Maintenance
	6.03	MWABL Baseballs	6.08	Ground Rules	6.13 Pre-Game
	6.04	Bases	6.09	Scorekeeping	6.14 Post-Game
	6.05	Lineup Cards Guidelines	6.10	Tobacco at Fields	
7.00	REGULAR SEASON SCHEDULE				
	7.01	League Format	7.05	Starting Times	7.09 Forfeits
	7.02	Length of Schedule	7.06	Format & Schedule Changes	7.10 Day Off Request
	7.03	Permits	7.07	Shortened Season	
	7.04	Changes to Schedule	7.08	Make-Up Games	
8.00	ROSTER GUIDELINES AND PLAYER MOVEMENT				
	8.01	Player Eligibility	8.05	Additions/Changes to Roster	8.09 Compound Rosters
	8.02	Preliminary Roster	8.06	Roster Management	8.10 Conflict
	8.03	Amateur Status	8.07	Player Movement Period	
	8.04	Obtaining Players	8.08	Player Movement Limits	
9.00	POST-SEASON FORMAT / PLAYER ELIGIBILITY RULES				
	9.01	Playoffs	9.06	Tiebreakers	9.11 Game Credit
	9.02	Final Regular Season Roster	9.07	Tie for 4 th Place	9.12 Player Eligibility Tracking
	9.03	Playoff Roster	9.08	Playoff Meeting	9.13 Playoff Protest
	9.04	Qualification for Post-Season	9.09	Playoff Series Guidelines/Schedule	
	9.05	Playoff Seeding	9.10	Playoff Eligibility	
10.00	INCLEMENT WEATHER				
	10.01	Postponements	10.02	Rain Delays/Restart of Game	
11.00	METRO WEST ADULT BASEBALL LEAGUE RULES OF PLAY				
	11.01	Called Game (Official)	11.05	Mercy Rule	11.09 Courtesy Runners
	11.02	Curfew	11.06	Batting Order/Lineup	11.10 Pinch Runners
	11.03	Grace Period	11.07	Slide Rule	
	11.04	Length of Games	11.08	Pitching/Visitation Rules	
12.00	PROTEST PROCEDURE				
	12.01	What can be protested?	12.03	Protests at Game	12.05 Protest Decision
	12.02	What cannot be protested?	12.04	Investigation of Protest	12.06 Protest Ruling
13.00	UMPIRES				
	13.01	Umpires/Commissioner	13.02	Regular Season Games	13.03 Post-Season Games
14.00	BYLAWS AND ADMENDMENTS				
	14.01	Approval	14.02	Amendments	14.03 Editorial Changes
15.00	CODE OF ETHCIS / PLAYER CONDUCT				
	15.01	Ejections	15.04	Intentionally HBP	15.07 Behavior at Fields
	15.02	Abuse of Officials	15.05	Verbal Abuse	
	15.03	Fighting	15.06	Social Media Behavior	
16.00	LEAGUE DISCIPLINE				
	16.01	Appeals of League Discipline	16.03	Ejection Discipline	
	16.02	Suspensions	16.04	Payment of Fines	
17.00	LEAGUE PRESIDENT, BOARD OF DIRECTORS AND FRANCHISES				
	17.01	Duties of the President	17.02	Board of Directors	17.03 Meetings & Voting

1.00 NAME, PURPOSE & MISSION STATEMENT

The Metro-West Adult Baseball League (MWL) is an official amateur baseball organization that is organized in the Commonwealth of Massachusetts. We have taken significant steps with our organizational rules, regulations, policies and procedures to exhibit the highest quality image of our League and the communities in which we play.

Our Mission Statement is as follows:

The Metro-West League will provide a healthy environment for the players of our communities. Our focus is to encourage participation, develop character and discipline, promote teamwork and advocate citizenship and community pride. The purpose of the league is to protect, promote and stimulate competition among amateur baseball teams and leagues in the Metro-West area. We will strive to provide quality fields, strong leadership, sportsmanship, competitiveness and fair play. The Metro-West League is committed to enriching the lives of our players, coaches and staffs while fostering a love of the game.

2.00 MEMBERSHIP / FRANCHISES

2.01 Franchises

The membership of the MWL shall consist of duly elected and acceptable baseball teams, each of which shall hold a franchise in the league. Teams are defined as "Franchises". They are owned and operated by a registered and identified principal person known as the "Franchise Holder". Franchises must have a town designation from cities/towns located in the Metro-West area of Boston, Massachusetts.

2.02 Franchise Holder

The franchise holder has all the right, title and interest in the team.

2.03 Compliance

The franchise holder is responsible for compliance with all rules, regulations, guidelines, conduct, ethics, financial requirements and operating procedures of the Metro-West Baseball League.

2.04 Agreement

All franchises and team members (staff, coaches and players) agree to abide by the official "Code of Ethics / Player Conduct" (from this point on referred to as the MWL's "Code of Ethics").

2.05 Franchise Transfer

A franchise may be sold or transferred upon the approval of the Board of Directors and ratification from the registered franchise holders.

2.06 League Meetings

A team representative is required to attend all MWL meetings.

3.00 FRANCHISE RESPONSIBILITIES

3.01 Dues & Fees

- a. Teams are responsible to commit to participation each season and to pay all established league dues and fees to be eligible to participate in league games.
- b. Each team must declare their interest in returning to the Metro-West Adult 28+ Baseball League for the upcoming season by paying a non-refundable deposit of \$250.00, which will be credited towards the franchise's annual team dues, by January 15th.
- c. Failure to meet the duties under rule 3.01a or 3.01b may result in the termination of a franchise's membership in the MWABL. A decision in which will be made by the MWABL Board of Directors.

3.02 League Meetings

Each franchise is required to send their franchise holder or representative to all scheduled league meetings. Teams that fail to do so are subject to not have a vote in important league matters.

3.03 League Events

Each year the league will have a small number of events that each team is required to participate in. Details are provided during league meetings, email and social media. This list may include and is not limited to the following...

- Metro-West Adult 28+ Baseball League All-Star Game (TBA)
- Annual Metro-West / Masters All-Star Game (Saturday night in late July)
- Boston Men's Baseball League Awards Banquet (Late October)

3.04 Uniforms (reference MLB 1.11)

MWABL teams must have complete matching baseball uniforms consisting of caps, jerseys, pants, belts, socks and spikes. Jerseys must have a number for identification purposes. Coaches are also required to be in a complete uniform (note: coaches and substitutes may wear a team jacket, fleece pullover or cage jacket). Any uniformed member of a team must stay in uniform for the duration of the game. Coaches must wear spikes, turfs or sneakers.

3.05 Helmets

All batters, baserunners, catchers and base coaches must wear un-cracked protective helmets. Batters must have at least one earflap on the side facing the pitcher. Baserunners may not switch the batting helmet to a catcher's helmet.

Catchers must wear either a skull cap/mask combination or "goalie" mask style. No soft caps are to be worn.

Coaches must wear a protective helmet while coaching bases. A skull cap (no ear flaps) may be used in the coaching boxes during games.

3.06 Catchers Equipment (reference MLB 1.12)

Teams must provide at least one full set (helmet, mask, chest protector and shin guards) that are free of defects and are in good working order for all MWABL games.

3.07 Bats (reference MLB 1.10)

Wood bats that meet the specifications of MLB bats will be used. The use of aluminum and

composite bats are prohibited. Any illegal and/or doctored bats will be removed and the player will be ejected. The league will review each case and may impose additional fines/suspensions.

*****SPECIAL NOTE: Rules 3.05, 3.06 and 3.07 are safety rules. Failure to comply with these will result in a breach of the BMBL/MWABL Insurance Policy leaving an offender NOT covered in the event of an accident/incident.*****

3.08 Home Fields

Each team is required to obtain the use of a home field for its regular season and postseason games.

Permits (via email, if necessary) must be provided to the MWABL to verify that the use of the field has been approved.

Home teams are asked to perform routine maintenance on fields so as to have them ready for play. (Exceptions for fields where the town prohibits them from doing so.) It is recommended that home teams have equipment (shovels and rakes) to assist in providing maintenance before and during a game.

3.09 Manager/Coaches

It is recommended that each team have a head coach and, when possible, assistant coaches to manage games to assure that MWABL rules are followed as well as to support and manage your team on the field and in the dugout.

3.10 Liability Waiver

All uniformed personnel need to sign and return to the MWABL in order to participate in any official MWABL game. Any player without one on file WILL NOT be eligible to play in any official MWABL game. Those who are found in violation of this rule, is subject to having all games in which an un-waivered player appeared in to be deemed a forfeit and will not have that game count towards playoff eligibility for the entire offending team's roster.

3.11 Forfeit Fees

Any team that forfeits a game shall pay the MWABL a \$100 fine in addition to any costs incurred by both teams including but not limited to: umpire fees, field permit fees, etc. (Note: Forfeiture is further explained in MWABL rule 11.09)

4.00 FRANCHISE REMOVAL

4.01 Non-Performance

Franchises exhibiting any of the following may be subject to removal by the league:

Underperforming or deficient in competitive or management skills (MWABL 3.00)

Poor participation in league events or functions (ex: all-star games, awards dinner – see rule 4.03)

Disrespect of the league's objectives or public image

Found to be in violation of the MWABL's Code of Ethics / Player Conduct

4.02 Financial Obligations

Teams that fail to pay league dues and fees or fail to meet other financial responsibilities of the league will be subject to removal from the league.

In order for MWABL teams to be in good standing they must have no active applications with any other leagues.

4.03 Multiple Forfeits

A franchise will be at risk of termination from the league if it has forfeited games on two separate occasions during a season. A team removed for forfeits will have its remaining schedule declared forfeit losses and its membership in the league revoked. Forfeits may occur as a result of, but are not limited to:

Not showing up to a game

The ejection/injury or lack of a 8th player and can't complete game

Not returning with enough players after a rain delay

Not completing a game per MWABL or baseball rules

A ruled forfeit after completion of the game.

(Note: teams that are terminated may reapply for entry but will be considered a new team and if accepted they will be under probation for three seasons. Also, Forfeiture is further explained in MWABL rule 11.09).

4.04 Revocation of Membership

Members whose franchise is in jeopardy will be notified by e-mail by the Commissioner or Vice President. They'll be afforded an opportunity to address the Board of Directors regarding deficient areas in question.

The membership of a franchise shall be revoked upon the vote of 67% or greater of the Board of Directors to terminate membership.

4.05 Appeal of Revocation of Membership

Revoked franchises (MWABL 3.00) may appeal the decision to the membership of franchise holders. Franchise holders can overturn the vote of the Board of Directors with a membership vote of 67% or greater.

4.06 Revocation of Membership Appeal Format

The Board of Directors will determine the format, ground rules and logistics necessary to fulfill its obligation to do what is best for the League during any hearing or appeals process.

5.00 NEW TEAM APPLICATION PROCESS

5.01 Process

The Board of Directors shall annually appraise new teams wishing to gain entry into the Yawkey Baseball League. The membership officer will establish the format, ground rules, logistics and other necessary requirements to accomplish the task.

5.02 Application Fee

A non-refundable \$50.00 application/interview fee plus a \$200.00 deposit of a franchise fee will be required of all new applicants. The deposit fee will be refunded to teams not accepted into the MWABL. Upon acceptance in the league the deposit will be credited towards the upcoming season's franchise fees.

5.03 Compliance

Teams wishing to gain entry into the MWABL must comply fully with any and all requests for information from the membership officer on a timely basis. Failure to do so may jeopardize the team's chances for entry into the league and result in the loss of the application fee.

5.04 "New Team" Requirements

A new team gaining entry into the league must pay a supplementary "new team" franchise fee assessed over a three-year probationary period after which the franchise fee will be equal to that of existing franchises. Additional financial requirements may be added for other league events or undertakings. The Board of Directors will determine the supplemental fees to be assessed annually.

6.00 GAME DAY DUTIES

6.01 Scheduled Games

Each team is required to field a team on all dates their team is scheduled to play (original schedule and makeups).

6.02 .400 Hitter Updates

Teams should be sure that .400Hitter is updated to assure the following:

All players attending the game are listed as 'active'

Any new player(s) to the league or your team are registered with the MWABL (re: signed waiver)

No more than 25 players are listed as active (you will be limited to use these players)

(Note: Please feel free to bring a .400Hitter printout of your roster to validate on game day.)

6.03 MWABL Baseballs

The home team is required to have a supply of officially approved baseballs necessary to complete all their games in that season. The league will approve the brand of baseballs to be used annually and have a name or logo stamped on each ball. In the event a team's stock of BMBL/MWABL stamped balls is depleted and there is no more surplus, the team may substitute an approved ball of the same brand.

(Note: In 2016, Diamond D1Pro is the approved balls for all league sanctioned games.)

6.04 Bases

The home team must supply MLB sized bases for play (15"x15"x3"). Teams are encouraged to own both anchored bases and weighted throw-down bases as fields will vary in the Metro-West Boston area.

6.05 Line-up Card Guidelines

Both teams bring one fully completed line-up card to home plate prior to the start of the game for umpires and managers to review. The umpire is given a copy as the official record at the start of the game.

Players can be added to the cards as the game continues by notifying the home plate umpire and the opposing coach. Once the game has become official no one else can be added to the card for the purposes of attendance/eligibility

(Note: Players can play still but won't get credit towards eligibility).

Teams are advised to keep their line-up copy as well as their scorebooks as the league will use the line-up cards to determine players' eligibility status for playoff participation. Both may be needed to challenge the accuracy of the league's count. If a team cannot support a claim with documented evidence it will be denied.

Teams will be given 20 copies of the line-up card before the beginning of the season. The home team is required to provide a line-up card for each home game. Visiting teams should bring a few extra copies to games in the event the home team is unable to provide one.

The line-up cards should not be completed until the team has finalized its lineup. The cards should not be used as scratch paper, as extra copies may be needed later for rainouts, canceled games or if the home team is not able to provide one.

No more than 25 players may be listed on the line-up card for any one game as well as no more than 25 players may be listed as active on .400Hitter at any one time.

To be included on a line-up card a player must be...

Present at the game prior to the game becoming official.

In full uniform.

Listed as active on the .400Hitter website.

6.06 Forfeit Line-up Card Guidelines

In the event of a forfeited game that never started (a 7-0 no show or prearranged forfeit where the game is not played) the forfeiting team's players receive no credit for any player in attendance. The non-forfeiting team will get credit for all active players on its roster on the day of that game per .400Hitter and by completing a line-up card and submitting it to the umpire or to the league.

(Note: pitchers and position players will only earn attendance credit towards the playoffs. No start or innings can be granted for pitchers, no appearance can be granted for position players.)

If the game has started and was played to a point where a forfeit is declared, the winning team will only get credit for the players that are on the lineup card up to the point where the game was stopped. The losing team will not get any credit for the players on their card for that game.

(Note: The stats will count and the final score will be logged in as of the stoppage of the game if winning team is leading, if not – a 7-0 score will be recorded and the stats will still be entered as played.)

6.07 Line-up Card Compliance

Any team that submits false data on a line-up card (listing players that are ineligible, inactive, etc.) will have its players ruled as ineligible for the game and for playoff credit. The team may also face sanctions for inappropriate unsportsmanlike actions for violations of the MWABL's Code of Ethics.

6.08 Ground Rules

Prior to all games, each team will discuss and review the ground rule for the park. The home team should explain to the visiting team and the umpires the ground rules. The MWABL does not have a standard set of rules for each park, and may change from game to game (depending on field conditions) or from team to team. If there is a dispute, it needs to be resolved prior to the start of the game in the pregame conference. Once the game starts these may not be changed, unless for safety reasons per the games assigned umpires and both teams agreeing.

6.09 Scorekeeping

Each team should maintain a scorebook at all games. We ask that teams do their best to fairly score each game. If there is a dispute on a particular play or plays, we ask that you meet post game to be sure the scorebooks match to assure stats that are updated on .400Hitter are correct and match. Should inconsistencies be posted the MWABL may rule on it to have stats match.

6.10 Tobacco at Fields

Tobacco products of all kinds are illegal at all Metro-West Adult Baseball League fields.

6.11 Changing Clothes

All Metro-West Adult Baseball League fields are in residential neighborhoods or on school grounds therefore changing clothes and publicly nudity is prohibited.

6.12 Field Maintenance

Home teams are asked to perform routine maintenance on fields so as to have them ready for play if they are allowed to do so according to their permit. It is recommended that home teams have equipment (shovels and rakes) to assist in providing maintenance before and during a game.

(Note: In the event of inclement weather conditions BOTH teams are asked to assist in performing maintenance necessary to have fields ready for play (unless prohibited by a town or a certain fields rules). It should be the goal of both teams that the game gets played as scheduled).

6.13 Pre-Game

Each team should be allowed enough time to take I/O before games. The home team decides what the pregame schedule is if there is the field is open before the league game. It must include equal time for both teams.

6.14 Post-Game

Teams should exit the fields in a timely and orderly manner. Please review the dugout areas and be sure to remove all trash and be sure that it is picked up and thrown away. If you find any equipment left behind please contact the other team or a MWABL officer to assist.

Within 15 minutes of the completion of an official game the winning team's management is required to contact Anthony Perry at 978-973-4664 to report the final score.

Team management is required to update the .400Hitter website with scores, stats and a game summary (game summary to be provided by the manager of the winning team) within 72 hours of the completion of an official game. Failure to do so may result in the failing team's players not receiving credit towards playoff eligibility.

7.00 REGULAR SEASON SCHEDULE

7.01 League Format

The league format will be one conference adjusted by the number of teams to match the number of games. For the 2020 season we will be comprised of seven teams.

7.02 Length of Schedule

The MWABL regular season schedule will be determined each season based on factors that affect the organization of the MWABL for that season (re: amount of teams). Based on factors such as teams, permits and costs we always seek to play 16 regular season games. For the 2020 season we will be playing an 18 game regular season.

7.03 Permits

The regular season schedule shall be completed by March 1st of each year. All franchises must submit to the league their home field locations, dates available, and any dates they will be unable to play well in advance to ensure that the schedule deadline is met. The Board of Directors may adjust the deadline date should it become necessary or required.

7.04 Changes to Schedule

Once the schedule has been declared official no changes may be made without the approval of the League Scheduler. The MWABL Scheduler may move games that he deems are in the best interest of the League. The Commissioner and/or the Board of Directors may review for cause.

7.05 Starting Times

The starting time of all regular season Sunday games shall not be earlier than 9:00 AM.

7.06 Format & Schedule Changes

The President and Board of Directors may adjust the number of games or teams in the league should circumstances require adjustments to either or both situations before or during the season of play.

7.07 Shortened Season

The President and Board of Directors may cut short the season and/or the playoffs in order to complete the season and/or playoffs in a timely manner in the event of extenuating circumstances such as weather, going past planned end of the regular season for unforeseen conditions or events that might necessitate doing so.

7.08 Make-Up Games

All regular season games must be played unless MWABL 11.07 has been implemented. The President and Board of Directors will directly supervise the re-scheduling of postponed or cancelled games. Failure to complete your make up schedule will result in forfeits for any make up games that are scheduled and not played. All Rainouts will be added past the final regular season date first released in March. (i.e. If the Regular Season was originally scheduled to be the last Sunday in July, the make-up game(s) will be played on the first Sunday of August.)

Note: Neutral sites can and will be used to best complete the season when needed

7.09 Forfeits

Games must be played as scheduled. Failure to show for a scheduled game inconveniences others and damages the reputation of the league. Consideration may be given for a team that makes an effort to inform the league prior to 24 hours of the start time that a forfeit will result and such notice enables the league to notify the opponent and the assigned umpires in advance. Please note we cannot guarantee that all requests can be honored.

7.10 Day Off Request

Teams are asked to contact the President and Board of Directors in the preseason of any and all dates that will prohibit your team from fielding a team. Such an event should remove a majority of your players from being able to play (re: Wedding, Bachelor Party, Group Trip). We do not grant days off to accommodate games in other leagues. If an event comes up after the schedule is posted, you must inform the MWABL immediately in order for us to assist you. If we are told a wedding is "this weekend" that will not be granted as like event are planned well in advance.

8.00 ROSTER GUIDELINES & PLAYER MOVEMENT

Players may not be recruited or contacted by any existing franchise holder/team official for the express purpose to take them away from another existing MWABL team. This rule is limited to players who have qualified for postseason play the prior season for a team per MWABL rules (re: if a player from the Red Sox qualified for the postseason he is bound to the Red Sox for the next season and falls under the limit of players that can move. If a player for the Red Sox did not qualify for the postseason there are no restrictions on the player's movement under this rule).

Penalty

– In cases where a franchise holder or team official has been found to have recruited or contacted any players (regardless of whether they move or not), a team will be sanctioned and penalized.

8.01 Player Eligibility

The Metro West Adult Baseball League is a baseball league for players that are 28 years of age or older. A player must turn 28 within the calendar year in order for him to be eligible for that season. Managers are responsible for verifying the age of a player. If a manager has a concern about the age of an opposing player, the issue must be raised on the day of the game between the teams (same rule applies for playoff games), whether before, during, or after the game. The league President and Board of Directors must be notified, and the manager of the player in question has a week to provide verification of the players' age. If the player is proved to be ineligible, all games in which that player has played in that season will be forfeited. The player is not allowed to play again that season until a valid age check can be made.

8.02 Preliminary Roster

Each team must submit a copy of its preliminary roster and staff to the MWABL Board prior to or at the March preseason league meeting. Rosters must also be posted on the .400Hitter website prior to the March meeting. Failure to meet these requirements may result in the punitive actions and possible suspension of team membership.

8.03 Amateur Status

No franchise holder, manager, coach or player shall be paid for his playing services. No player who is currently on a professional roster (Independent, MILB or MLB) can play any MWABL games.

(Note: If anyone is found in violation of this rule, he will be suspended for a full season of games and the team will forfeit all games in which said player participated while in violation.)

8.04 Obtaining Players

All teams are free to seek out players to play on their teams each season. We strongly urge that teams work to build from players that are not currently on any MWABL roster from the prior season. The MWABL will also make available all names that we receive from the MSBL/BMBL website signup system in a player pool. Ideally all teams will find people from the community or towns in which they play.

8.05 Additions/Changes to Active Roster

Any player who participates in a game must be listed as active on the .400Hitter website and have filled out the proper waiver form prior to the start of the game. Please add new players to your roster both on .400Hitter and by emailing a Board member. You may continue to add players throughout the entire season.

(Note: The daily activation and deactivation of players is vital to compliance.)

8.06 Roster Management (.400 Hitter)

Team management is required to update the .400Hitter website with a complete active roster in accordance with guidelines set up each season.

The .400Hitter website must include the player's full, legal name, uniform number, DOB, address, phone number(s) and biographical information. No team can have more than 25 players active at any time.

All players playing in a game must be listed as "active" at the start of the game. If a player does play while listed as inactive, he will not get an official game credit for eligibility and his team may face other sanctions for failure to update and have correct active status roster listed for each game. A game like this may be played under protest.

8.07 Player Movement Period

The time between the completion of the playoffs until the March Preliminary Roster has been submitted for the upcoming season is considered the "Player Movement Period". A grace period for which a player on one team's roster may move to another team's roster is before the 1st game of that season. This transfer may only be done upon the full agreement of the managers of both teams. A player transfer after the 1st game of the season may only be done upon the approval of the league President and the Board of Directors.

8.08 Player Movement Limits

A maximum of 2 players can move to one team from within the league per season.

Franchise Holder Duties:

Teams that are acquiring the player(s) per our Code of Ethics and rules are required to contact the franchise holder/team official from the team to which the player was previously bound. This is required in order to have all parties aware of the situation and to be able to discuss any outstanding items covered per our rules (re: return of uniforms and equipment and any payment of outstanding balances).

Penalty:

In cases when a franchise has been found to have recruited players, or contacted players and not communicated this with the other franchise (whether the player moves or not) that team and/or its member(s) that violates these rules will be sanctioned and penalized for the violations per YBL rules and the Code of Ethics. Penalties may include but are not limited to: fines, suspensions and/or the loss of the ability to add YBL players in future seasons.

8.09 Compound Rosters

Players may not be listed on more than one team's roster at any time. A player who appears on more than one roster must declare which team he is on prior to being considered eligible, if said player is in attendance and listed on a team's lineup card in a game he shall officially be on that team's roster.

8.10 Conflict

The Board of Directors will be the final decision makers without appeal if a conflict persists.

9.00 POSTSEASON FORMAT/PLAYER ELIGIBILITY RULES

9.01 Playoffs

Upon completion of the regular season the MWABL will start its postseason play. The playoffs will consist of 6 teams and typically starts in mid-August and runs up to or beyond Labor Day. Upon completion the MWABL will have one team remaining that will be named Champion for that season. The semifinal and championship round of the postseason will be a best of three series with the first two games being a double-header. The opening round shall be a single elimination 9-inning game. If a deciding game three is needed to be played, it will occur the following weekend as a single 9-inning contest.

9.02 Final Regular Season Roster

Each franchise will submit a Final Regular Season Active Roster of all potentially playoff eligible players by email to the President and Board of Directors, prior to playing its 17th game.

9.03 Playoff Roster

Each franchise qualifying for the league championship tournament must submit their Playoff Roster by email to the President and Board of Directors prior to the league playoff eligibility meeting, or by the date as designated by the league prior to the start of the playoff eligibility meeting. Players eligible for 25 man playoff roster must be submitted on the Final Regular Season Active Roster (see above). Additions or changes to the playoff roster (from MWABL 12.05 above) can be submitted to the President and the Board of Directors for approval. Roster changes can be made between series during the postseason.

9.04 Qualification for Postseason Play

The top six teams will earn automatic entry into the postseason tournament.

9.05 Playoff Seeding

Seeding for the playoffs will be determined as follows:

- The teams with the 6 best records at the end of the regular season are eligible for the playoffs.
- In the opening round, the team with the 3rd best record will host the 6th best record and the 4th best record will host the 5th best record
- The winners of the opening round series then proceed to play the top two finishers (re-seeding). Home field is given to the highest remaining seed.
- The winners of the semifinal round then face off in the League Finals, and the victor is crowned MWABL League Champion. Again, the highest seed of the remaining teams earns home field.

9.06 Tiebreakers

Home fields and seeding for teams tied: season series head-to-head record, in the result of an even record – the next tie breaker will be record against the top seed and continue down until there is a decision. If still tied, a coin flip will determine the tie-breaking winner.

9.07 Tie for 6th Place

If there are two teams tied for the final playoff spot a single elimination game will decide which team advances. If more than two teams are tied for the final playoff spot a "round robin" single game elimination will be played. Match-ups will be determined by coin flip. The game is a considered a regular season game for the purposes of stats for the season, but the roster will be limited to your active playoff roster.

9.08 Playoff Meeting

The President may call a meeting of all MWABL managers (playoff and non-playoff teams) for the purpose of reviewing the playoff schedule and to approve each team's final roster of playoff eligible players. All teams in attendance must bring scorebooks / line-up cards and be able to adjudicate all matters regarding eligibility.

9.09 Playoff Series Guidelines / Schedule

The MWABL championship will consist of three rounds of play. The first round will be a single 9-inning elimination game. All subsequent rounds will be a Best-of-3 series. In all series, the home team will be the team with the higher seed. The final 2 rounds will be played in a 1-1-1 format at the higher seed's field. Meaning that the #1 seed will host both the double-header (where the lower seed will be the home team in game two) and the deciding game three. The President and Board of Directors reserve the right to handle any unforeseen circumstances with guidance and approval from the membership.

9.10 Playoff Eligibility

In order to be playoff eligible, players must fulfill one of following:

- A. Must have been in attendance for at least 50% (9 games) of his/her team's games and have participated in at least 9 of those games. Additionally, the player must have been listed on the team's final regular season roster (from MWABL 9.02 above).
- B. *Five-Game Exception* – Any player who does not qualify under 9.10A may qualify for postseason eligibility if he/she plays in at least five games. This player is not eligible to pitch in the postseason. Each team gets two exemption players per round. Additionally, the two players must have been listed on the team's final regular season roster (from MWABL 9.02).
- C. *Injury Waiver* – There will be no injury waiver for playoff eligibility in the MWABL.

9.11 Game Credit

If a player starts and finishes a game, then the player is credited with a game played toward playoff eligibility. If a player arrives late or leaves early (not due to an ejection), then the player must have 1 plate appearance in order to be credited with a game played for playoff eligibility. These are plate appearances and not official at bats, so if the player walks or is hit by a pitch, this still counts towards the required 1 appearance. Please see the section on game forfeits, which talks about potential penalties, including losing playoff eligibility for the games that are forfeited.

9.12 Player Eligibility Tracking

Designated members of the Board of Directors will verify and tally the line-up cards submitted for each league game. The line-up cards will be cross-checked with the .400Hitter website to substantiate and verify the eligibility of players.

9.13 Playoff Protest

The President and Board of Directors may designate a league officer or name a special representative to supervise playoff games. Said officer or representative at the scene will adjudicate any protest that may arise during the game. Any decision made will be final.

10.00 INCLEMENT WEATHER

10.01 Postponements

Postponements due to inclement weather, poor field conditions or other circumstances will be announced via email, on the .400Hitter website and on MWABL social media pages.

Managers, coaches, players and umpires should check these places prior to every game to verify a game's status. Each Franchise Holder or designee will follow weather reports throughout Saturday, check on fields, consult league members and make a final decision by 7:30am. Teams should look at every possible factor to make the most educated decisions possible. Teams failing to attend a scheduled game can be given a forfeit no matter how the field looks. The home team manager must contact the umpires, opposing manager and league Vice President before 7:30am in order to postpone a game due to weather. If the home team manager does not cancel the game, but the game is called off by the umpires – due to weather – before the game starts, then the home team is responsible for paying both the umpires. If the game starts, but then is called due to weather by the umpires, then both managers must still split the full cost of the umpires.

10.02 Rain Delays/Restart of the Game

Once a game has started the umpires are the sole judge on whether a game is to be stopped for unsafe weather or field conditions. When a delay is called, all players and coaches are to stay at the park in a safe area in uniform. Teams are responsible for being ready to play when the umpires are ready to resume. If a team cannot field 8 players when the game is restarted, the umpires will rule a forfeit of the game.

11.00 METRO WEST ADULT BASEBALL LEAGUE RULES OF PLAY

The major league baseball rulebook shall govern the playing of all league games except for the following rules adopted for use in the MWABL. Additional exceptions may be added as needed or necessary. Any rules not covered in this rule book will default to the MLB rules.

11.01 Called Game is Official

Games that are stopped as a result of inclement weather will be considered official if the losing team has completed five turns (innings) at bat.

11.02 Curfew

No inning shall start 15 minutes before the scheduled time for the scheduled start of another permitted game on the same field.

(Note: This time may fluctuate from field to field as permits may vary, these should be addressed during ground rules to assure teams and umpires are in agreement).

11.03 Grace Period

The MWABL allows a 15-minute grace period beyond the start time of a scheduled game. Should a team fail to field a team (8 players) by the end of the grace period then the game may be declared a forfeit. A forfeited game will be reported as a 7 -0 score in favor of the non-forfeiting team on the .400Hitter website.

11.04 Length of Games

The length of a game shall be 7 innings – in double-headers (starting pitcher must pitch 4 innings to earn a victory) – or 9 inning if it is a single contest. Games that are tied after 7 or 9 innings will continue as time allows.

11.05 Mercy Rule

All MWABL games will follow the mercy rule standards set forth in this by law:

- A. For a 9-inning game, a team will be declared the winner by mercy rule if they are leading by 12 or more runs after the end of the 7th inning (6.5 innings if the home team is ahead).
- B. For a 7-inning game, a team will be declared the winner by mercy rule if they are leading by 10 or more runs after the end of the 5th inning (4.5 innings if the home team is ahead).

11.06 Batting Order / Lineup

- A. All teams will have the option to bat as many players as they want but not less than 9 (unless if there is only 8 players).
- B. Teams can play an official game with 8 players and bat only 8 players if that is all they have in uniform at the game, though the opposing team must still bat a minimum of nine batters.
- C. If a team has less than 8 players, the game is declared a forfeit and forfeiting team must pay all umpire fees.
- D. Games cannot be re-scheduled because a team does not have enough players.
- E. A manager may add batters to the bottom of the lineup at any time but if a batter is pinch hit or is pinch run (non-exempt; see MWABL Rule 11.10) for, the player may not re-enter the game.
- F. All players that are in the original batting order when lineups are exchanged or those who are added to the bottom of the lineup may freely move around the field except for the pitcher.
- G. If a pitcher is removed from the mound, but remains in the lineup, the reliving pitcher(s) must finish facing one hitter before the original pitcher can return to the mound. Only one pitcher per game, per team can re-enter.
- H. If a player leaves the game for any reason other than injury, an out is recorded every time his spot comes up in the batting order. *Exception:* If a manager informs the opposing manager and umpire before the game starts that one of his players will be leaving early, the preceding sentence will not apply and no out will be recorded when the departing player's spot comes up in the batting order.

11.07 Slide Rule

The NCAA Slide Rule will be in effect at all MWABL games.

11.08 Pitching and Visitation Rules

- a. Each team shall declare a manager before the game begins. The team's designee as a manager is limited to only two mound visits to the mound per inning (per MLB rules). On the second visit, the pitcher must be removed from the mound.

- b. Pitch-outs and Intentional Walks are legal (Allowed) in all MWABL games.
- c. A pitcher who hits three batters in one inning, or four batters total in a game, must be removed from the game is not eligible to pitch for the remainder of that game.

11.09 Courtesy Runners

- a. Each team is allowed to designate one courtesy runner per game.
- b. Players needing a courtesy runner must have their managers notify the opposing manager and umpires before the start of the game.
- c. If not so notified, the opposing manager may deny the request.
- d. The player to make the last batted out (unless it is the catcher) must be the courtesy runner.
- f. If a player is legitimately hurt during the game and his team has already used two courtesy runners, then the team is allowed a third courtesy runner – provided it is agreed upon by both managers and umpires.
- g. The player that caught the inning prior is eligible for an optional courtesy runner.

11.10 Pinch Runners

- a. Anyone on the current roster and present at the game may be used as a pinch runner.
- b. Each team is allotted three (3) exempt pinch runners per game.
- c. A player can only be used to pinch run once.
- d. If the player who is exempt pinch running is on base when their turn at bat comes up, the manager must use another pinch runner so the player can bat. If the manager has already used his three (3) allotted pinch runners, then an out is recorded – the runner remains on base and the next batter comes up (if the recorded out is the third out, then the inning is over.).

12.00 PROTEST PROCEDURE

12.01 What can be protested?

Protests for a misapplication of the rules or for player eligibility are the only protests given consideration.

12.02 What cannot be protested?

No protest of an umpire's judgment will be allowed.

12.03 Protests at Game

A protest of an umpire's misapplication of the rules must be made in accordance with Major League Baseball / Metro West Adult Baseball League rules to be valid. Managers or coaches should ask the umpire for instructions on how to properly lodge a protest immediately following a questionable play. Requests and protests to the umpire must be made in a courteous manner. *(Note: There is no cost for a hearing on a protested game.)*

12.04 Investigation of Protest

If the appeal is made in compliance with the rules regarding protests, the Commissioner will investigate the matter by consulting with the umpires, umpire in chief and members of both teams in order to gather information to assist in making a ruling. All parties are required to cooperate fully in any investigation.

12.05 Protest Decision

After the Commissioner has gathered the needed information he may decide the following:

The protest is invalid or that no misapplication of the rules occurred.

The protest is valid and a misapplication of the rules was made. If in the President's opinion however, the misapplication of the rule did not affect the outcome of the game, the game will not be replayed or continued and the results will stand.

The protest is valid and a misapplication of the rules was made. In the opinion of the President and Board of Directors, if the misapplication affected the protesting team's chances of winning the game, he may order the game be continued from the point of the protest or begin anew.

12.06 Protest Ruling

The Commissioner's ruling on any protest is final and no further appeal is allowed.

13.00 UMPIRES

13.01 Umpires / Commissioner of Umpires

The YBL will hire a Commissioner of Umpires to assign, track, supervise and account for umpires who will work our games. The League will negotiate umpire and commissioners fees with the appropriate parties on a regular basis.

13.02 Regular Season Games

Two umpires will be assigned to work each game during the regular season. A game may start and proceed with one umpire should it become necessary to do so.

13.03 Post Season / All Star Games

A minimum of two umpires will be assigned to work each post-season game. The league may request additional umpires to be assigned to work post-season games or all-star games as needed. The maximum for any post-season or all-star game will be six.

14.00 BYLAWS AND AMENDMENTS

14.01 Approval

These bylaws will be effective upon the approval of the Board of Directors and by the membership at a League meeting called for that purpose. A majority of votes is needed for ratification.

14.02 Amendments

Amendments to these bylaws may be made if approved by a two-thirds majority vote of league members present at a duly called meeting of members. The membership must be notified, in writing (email), of any proposed amendments as a part of the agenda for the meeting.

14.03 Editorial Changes

The Board of Directors without notice may make editorial, spelling or grammatical changes to these bylaws that serve to clarify, illuminate or explain a rule more thoroughly.

15.00 CODE OF ETHICS / PLAYER CONDUCT

The MWABL Code of Ethics has been developed in order to help create a guideline as to the behavior that is expected of all Metro West Adult Baseball League participants. All MWABL participants are expected to show respect to players, coaches, officials, personnel and fans at

all times at any MWABL game or event. Being a part of the MWABL is a privilege provided by League officers and League benefactors and not something to which any individual is automatically entitled.

The COE is developed for the general welfare and betterment of our league. Regulations have been established to deal with those who break their promise to play in accordance with this Code. Implementation of fines and suspensions will take place if a player, manager or coach fails to live by this code. Those who fail to act according to this Code may lose their right to participate in the MWABL.

15.01 Ejections

Players ejected from a game are subject to penalties including fines, suspensions and expulsion from the league. Each ejection shall be examined for its severity to determine appropriate sanctions, if any.

15.02 Abuse of Officials

Disputing an umpire's judgment, making contact with an umpire or directing unsportsmanlike conduct toward any official will not be tolerated. Players or team personnel involved in such behavior will face disciplinary action up to and including permanent removal from the league.

15.03 Fighting

Any player or coach that participates in a fight will be ejected and suspended for the team's next three consecutive games. Additional sanctions may be assessed.

15.04 Intentionally Throwing at a Batter

Any pitcher that is ejected for intentionally throwing at a batter shall be suspended for the team's next four consecutive games. Additional sanctions may be assessed.

15.05 Verbal Abuse

Game personnel will not use language that reflects negatively on opposing players, coaches, umpires or spectators. The umpire will issue a warning and if the abuse continues will eject the offending person(s).

15.06 Social Media Behavior

While online, MWABL participants are expected to stay within the spirit of the MWABL Code of Ethics. Freedom of Speech will always be honored but airing negativity in a public forum can reflect poorly on everyone. Disagreements can be handled much easier by simply reaching out to any MWABL Board member for discussion. Our Board will always be accessible to its members.

15.07 Behavior at MWABL Fields

Public Drinking: The drinking of alcoholic beverages before, during or after a game is prohibited.

Field Decorum: Teams and players are guests at the fields we use during the season. Each franchise is asked to be mindful of their surroundings when it comes to cleaning their benches and obeying local parking rules before, during and after MWABL Games.

Tobacco Products: The use of tobacco products is prohibited at all times.

Changing of Clothes/Uniforms – We play in neighborhoods and schools all over the Metro-West area of Boston and we ask that players do all they can to arrive at, and leave games in uniform (at least pants) to minimize the need to change at a park.

(Note: Teams to have been found to violate maybe fined or have offending coach/player suspended).

16.00 LEAGUE DISCIPLINE

16.01 Appeals of League Discipline

Only multi-game suspensions or fines over \$50.00 can be appealed.

A Franchise Holder or Manager must make an appeal to the President via phone, email or in person within 24 hours of the penalty being announced.

The League decision will be final with no further appeal allowed.

16.02 Suspensions

Suspensions will begin immediately. If a suspension is under appeal it will not begin until a final ruling is made. No player can receive playoff credit while under suspension. If a suspension goes past the end of the last game of the regular season it will be continued into the postseason (if the team and/or player qualifies) or will be continued into the next season until completion.

16.03 Ejection Discipline

All ejections will be handled on a case by case basis by the President.

If a member is ejected a second time they will be given a 1 game suspension and may be fined.

If a member is ejected a third time he will be given a 3 game suspension and may be fined.

If a member is ejected a fourth time he will be suspended for the remainder of that season and postseason. He must pay a \$200 fine to be reinstated.

An ejection automatically cancels a member's playoff credit for that game.

16.04 Payment of Fines

A fined player may not participate in any league games until the League Treasurer has received payment of the fine in hand. Any player in violation of this rule will be considered an ineligible player. The team will be subject to taking a forfeit and the player may receive additional discipline.

17.00 LEAGUE PRESIDENT, BOARD OF DIRECTORS AND CURRENT MEMBERS

League President: Christopher Currie (Framingham Orioles) christopher.currie@unibank.com
Vice President: Anthony Perry (Metrowest Royals) aperry@rivier.edu
Umpire Assigner: Mike Pietila mike.pietila@umassmed.edu

<u>Franchise/Team</u>	<u>Franchise Holder</u>	<u>E-Mail Address</u>
Douglas Tigers	Russ Wells	rwells73176@gmail.com
Framingham Orioles	Christopher Currie	christopher.currie@unibank.com
Grafton Braves	T.J. Rizzo	triz1105@hotmail.com
Marlborough Twins	Matt Hamilton & Chris Cronin	mhamilton@hamilton-storage.com chriscronin8@me.com
Metrowest Royals	Anthony Perry	aperry@rivier.edu
Northborough Cardinals	Kevin Donfield	kdonfield@bigflytravel.com
Worcester Pirates	Aaron Loeber	aaron.loeber@gmail.com

17.01 DUTIES OF THE PRESIDENT

The league president will serve as the Executive Head of the MWABL and preside over its meetings. He will also call membership and special meetings in accordance with the bylaws. Other duties include, but are not limited to:

- Appoint Committees as deemed necessary
- Ensure that league officers discharge their duties impartially, accurately, faithfully and promptly.
- Enforce adherence to the rules, guidelines, directives and code of ethics of the league.
- Handle correspondence and communications with local and national media sources, if necessary.
- Supply reports as may be requested or required from the Board of Directors.
- Perform any other duties and powers assigned by the league.

17.02 BOARD OF DIRECTORS

- League managers vote on league rules and amendments. One vote per team.
- The League President serves a 3-year term, and can be reappointed by majority league vote. There are no term limits. All seven managers are on the MWABL Board of Directors.

17.03 MEETINGS & VOTING PROCEDURES

The league President will schedule and run all meetings. The President, by e-mail communications may make notification of meetings with information as to date, time, purpose and location of a scheduled meeting. All teams are to be represented. Failure to attend a meeting could result in votes being taken without your input. Matters brought to a vote at a league meeting will be decided by a simple majority of members present. (Note: when there is an instance a team cannot be in attendance, they may communicate their vote to the league President and board of directors prior to the vote)