

Cocoa Expo High School Baseball Spring Training Rules & Procedures

- All games/scrimmages will be 7 innings.
- There will be a 10-run rule (after 4 and a half or five innings) on all games/scrimmages.
- All 7 inning games will have a 2 ½ hour time limit (this means that no new inning can start after the time limit has been reached. If an inning starts and then the time limit is reached during the inning, the inning will be completed.
- Teams should arrive at the field no later than 30 minutes prior to the scheduled start time.
- The grounds crew will get 15 minutes to prepare the field for the game. Each team will get 10 minutes of infield/outfield practice providing the weather and schedule allows. It is imperative that all games start on time so that games can be kept on schedule. If the preceding game goes long you will not get any pre-game warm up on the field.
- A toss of the coin will determine the visitor and home teams. The umpires do not need to be present for the coin toss.
- The umpires will bring the game balls to the field with them.
- The home team shall designate someone to operate the scoreboard
- The home plate umpire shall keep official game lineups and substitutions.
- Teams should vacate the dugouts as soon as the game is over so that the next games teams can get ready to play. We ask all teams to clean up their respective dugouts before vacating them.
- All full field practice sessions are two and one-half hours in duration.
- Batting tunnel practice sessions are one and one-half hours in duration.