

2025 POTOMAC LEAGUE RULES

PLAYING TIME / PITCH COUNTS / GAME RULES

- Pitch Counts

- MAX- 6/16 – 6/30- 80 pitches / 7/1 – 7/31- 100 pitches
- Can finish batter for total pitch count- 100 (days rest is still final number after last pitch)

- Pitching- Days Rest / HS Rules

- 1 – 20 pitches- 0 days rest / 21 – 50 pitches- 1 days / 51 – 75 pitches- 2 days / 76 – 100- 3 days

- Playing Time

- Position players- must start every other game that they attend (resets if they miss a game)
 - This includes defense time and not just an EP/10th hitter / Must bat 2+ times
- 2 way players have to be treated as one or the other w/ minimums (whatever is primary pos)
- Pitchers- all PO's must throw 35 pitches a week minimum (if healthy) or 2 innings
 - Any PO's who miss the minimum due to rain the previous week will have to throw first before any other pitchers pitch the next week
 - All PO's should get a minimum of 12 innings over the course of the season

- Slaughter Rule

- 12 after 5 / 10 after 6

- Batting Order

- All teams must bat 10 players for every game (no more or no less)
- 10th player is an EP and can be put anywhere for defense at any point

- General Playing Rules

- NCAA College Rules with following exceptions:
 - 7 inn games / Federation re-entry allowed
 - EH- 10 hitters / Courtesy runners for P and C at any time
 - Coaches do not need to wear helmets when coaching bases
- Changes from 2024 Potomac League AND Focal Points
 - 2 minutes between innings (30 second warning)
 - No 3rd to 1st pickoff move
 - College pitching visits rule / 6 total (max of 3 by a coach)
 - Coaches cannot come on to the field of play (stop at foul line)
 - Only head coaches can talk to umpires about calls/plays
 - College sportsmanship rule- no chirping at opposing team
 - Pitch clock in play
 - Double 1B

- Extra Innings- 7 inning games

- Runners start on 2nd/3rd base for 8th and 9th inning for each team w/ 1 out (last batted outs)
- If still tied after 9th inning, the game ends in a tie (playoff- keep going until winner)
 - HR Derby- 1 hitter per team / 10 strikes each (no HR derby for playoffs)

- Ejections

- Players/Coaches- suspended for next game also (no exceptions)
 - Suspension could be significantly longer

The Double First Base

The double first base will be used at Capital One Park this summer for the Potomac College league. It is also being used at South County Middle school and Alabama Drive Park. Expect more locations to make this move within the coming months/ years as well. This is a safety rule and one that will prevent contact at first base.

Interpretation: When using the double first base the following guidelines shall be followed to properly administer the playing rules.

1) A batted ball hitting or bounding over the white portion of the bag is a fair ball. A batted ball hitting or bounding over the colored (orange or green) bag without first touching or bounding over the white section is foul.

2) When an initial play is being made on the batter-runner at first base, the defense must use the white section of the double base and the batter-runner must use the colored base with the following exceptions.

Exception 1—On a dropped third strike, the fielder and batter-runner may touch either the white or colored base. After a dropped third strike, if the fielder is drawn to a position in foul territory on the side of the colored base to receive a throw, the runner may touch the white base in order to avoid a collision. Normal running lane restrictions still apply.

Exception 2—When the defense fields a fair batted ball or throws from foul territory near first base to make a play on the batter-runner, or when an errant throw pulls the defense off the white portion of the base into foul ground, the batter-runner may use either portion of the double base and can run the last few steps to the base in fair territory in an effort to avoid a collision. In this situation, normal running lane violation rules do not apply; however, if intentional interference is ruled, the batter runner would be out. If the intentional interference is deemed to be flagrant, the runner will also be ejected. In this exception, the defense is still required to touch the white base to complete the force play.

3) If there is a play on the batter-runner and the batter-runner clearly touches only the white portion of the double base, it is treated the same as missing the base. If this failure to touch the proper base occurs during a close play and the batter-runner has not passed the base with both feet, the batter-runner should be called out. If the batter-runner clearly beats the throw to first base but misses the base and has both feet on the ground beyond the back edge of the base, the batter-runner would be called out if the defense appeals prior to the batter-runner returning to first base. The proper mechanic is for the umpire to make no call on this play as the batter-runner has not yet touched first base.

4) On extra-base hits or other balls hit to the outfield when there is no chance for a play to be made at the double base or other plays within the infield when there is no initial play made on the batter-runner, the batter-runner may touch either the white or colored section of the base. Should, however, the batter-runner reach and go beyond first base, they may only return to the white section of the base.

5) Once the batter-runner reaches first base, they shall then use only the white base.