

Age of participant as at 31st August vs Baseball Category

Category vs Age	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Teeball															
Rookie Ball / U11															
U13 Minors															
U13 Majors															
U15															
U17															
Seniors (Women's)															
Seniors															

***Note:** Table must be read using the Age of child as at 31st August in a given year (“League Age” concept).



Typical Age Range for the given Baseball Category.



Acceptable under League Rules, exception process available for Club to assess capability (without League approval).



Not acceptable under League Rules, exception process available but requires League approval.

Baseball Categories Explained

	Teeball	Rookies / U11	U13 Minors	U13 Majors	U15	U17	Senior (Womens)	Seniors
Activity Type	Skill based learning and games	Competitive Game	Competitive Game	Competitive Game	Competitive Game	Competitive Game	Competitive Game	Competitive Game
Game Length	60 minutes	90 minutes	90 minutes	90 minutes	105 minutes	105 minutes	120 minutes	120 minutes
Pitching Type	No Pitching, hit off stationary tee	Coach Pitched	Player Pitched + Coach Pitched	Player Pitched	Player Pitched	Player Pitched	Player Pitched	Player Pitched
Pitching Distance	Not applicable	42 ft	42 ft	46 ft	54 ft	60 ft 6 in	60 ft 6 in	60 ft 6 in
Base Distance	50 ft	60 ft	60 ft	60 ft	80 ft	90 ft	90 ft	90 ft
Home Run Distance	Not applicable	120 ft	120 ft	200 ft	250 ft	Seniors size	Seniors size	Seniors size
Baseball Type	9” Reduced Injury Ball (RIB)	9” Reduced Injury Ball (RIB)	9” Reduced Injury Ball (RIB)	9” Approved Winter Baseball	9” Approved Winter Baseball	9” Approved Winter Baseball	9” Approved Winter Baseball	9” Approved Winter Baseball
Bat Type	USA or BBCOR metal bats	USA or BBCOR metal bats	USA or BBCOR metal bats	USA or BBCOR metal bats	USA or BBCOR metal bats Wood or Wood Composite may also be used	USA or BBCOR metal bats Wood or Wood Composite may also be used	USA or BBCOR metal bats Wood or Wood Composite may also be used	Wood or Wood Composite
Helmets	All batters must wear 2 eared helmet	All batters must wear 2 eared helmet	All batters must wear 2 eared helmet	All batters must wear 2 eared helmet	All batters must wear 2 eared helmet	All batters must wear 2 eared helmet	All batters must wear 2 eared helmet	All batters must wear 2 eared helmet
Cleats/Footwear	Runners or Moulded cleats – NO METAL CLEATS	Runners or Moulded cleats – NO METAL CLEATS	Moulded cleats – NO METAL CLEATS	Moulded cleats – NO METAL CLEATS	Moulded cleats – NO METAL CLEATS	Moulded cleats – NO METAL CLEATS	Moulded cleats or Metal Cleats	Moulded cleats or Metal Cleats