



2026

**Middle School/Prep League
Coaches Handbook & Bylaws**

These By-Laws are designed to cover any additional rules that have been adopted for the Prep League Baseball program. This league will play under National High School Federation Rules and the Georgia High School Association. With the exceptions found in these By-Laws. This Prep League Baseball program has no affiliation with any school or school district. This program is sponsored and directed by the Rome-Floyd Parks and Recreation Authority (RFPR).

*The fee for prep league baseball is \$1,100 per team. Team rosters and fees are due by 1/30/2026 and checks should be made payable to RFPR. The team fee will cover game facility preparation and upkeep, practice facility availability at community fields, game officials, scorekeepers, program supervision, league administration and awards. ***RFPR needs to know how many teams you will have by the first Thursday in January****

Team Structure

RFPR Prep League Baseball program shall consist of participants from Rome City/Floyd County and the surrounding cities and counties. The prep league baseball program will be made up of two divisions: **Junior Varsity (5-6 graders)** and **Varsity (6-8 graders)**. **Participants in the 5th grade are only allowed to play Junior Varsity, they are not eligible for Varsity. Participants in the 6th or 7th grade are allowed to play Varsity, or Junior Varsity, but are not allowed to play on both teams. Each participant is only allowed to be on (1) roster.** Teams will have no less than 9 rostered players. Participants are allowed to play on (1) team within our league AND 1 additional team; whether it be a travel ball team or their HS JV team. If they pitch in the other league during the same week, they will not be allowed to pitch in their games with the RFPR prep league. Players must be on the official roster, and cannot turn 15 years of age during the season. Prep League Baseball schedules will not be created or altered due to scheduling conflicts with other leagues. Official Prep League Baseball Team Rosters must be completed and on file with the RFPR League Coordinator with all information requested, prior to their first game. Players will only be **allowed to play on one RFPR Prep League Baseball team** throughout the season. All players must currently attend the school they are representing. Coaches must provide an official prep league baseball roster verified by a **school principal's signature** one week prior to their first game.

Each Prep League Baseball Varsity head coach and assistant coaches must promote and invite all students to participate in open tryouts. Home school students will be allowed to play on a team based on the district where they reside. Students from schools not participating in this RFPRA Prep League Baseball program cannot be placed on any other team's roster.

To be eligible for the post season tournament, a player must meet the following criteria:

A. Be on the official team roster from the time the season begins, to the date of the post season tournament.

B. Must play in a minimal of 60% of the prep league scheduled games during the regular season.

Equipment

- The **official bat** shall be round, and made of wood, metal, or other material acceptable for batting as approved by rules governing play in the National Federation of State High School Associations (NFHS) and Georgia High School Association (GHSA) **BB-COR .50** or a **USA bat** or a **1.15BPF bat** with current logo. (Bat weight rules: Varsity = -5 | JV = -8 (7th grade JV = -5))
- **Varsity:**
 - **BB-COR .50** or **-5 USA bat** or **1.15BPF bat** will be allowed for RFPRA Prep League Varsity Baseball. **USSSA bats are allowed for prep league, with the same drop -5 requirement and a USSSA stamp on the bat. For USSSA bats a 2 ¾ in diameter barrel is permitted.**
 - Bat diameter at the thickest part shall be 2 5/8" or less. The length shall be 34" or less. All -3 Bats must include marking of **BB-COR .50** as required and may not be altered. All -5 bats for RFPRA Varsity Prep League Baseball must have a **USA Bat Logo or 1.15BPF Logo**. 2 ¼" bats are not allowed in RFPRA Prep League Baseball program.
 - **Example:** A 33" long bat cannot be less than 28 ounces in weight.
- **Junior Varsity:**
 - Same bat requirements as varsity with the addition of a -8 with a **USA Bat Logo or 1.15BPF Logo**. (7th graders playing JV must swing -5)
 - **BB-COR .50** or -5 or -8 bats will be allowed for RFPRA Prep League Junior Varsity Baseball.
 - **USSSA bats are allowed for prep league, with the drop (-8) requirement and a USSSA stamp on the bat. For USSSA bats a 2 ¾ in diameter barrel is permitted.**
 - **Example:** A 33" long bat cannot be less than 25 ounces in weight.



Illegal Bat Protests

- **Any Head Coach** wishing to protest the use of an illegal bat must notify the plate umpire before the next batter enters the batter's box. Once the first pitch to the next batter has been thrown, the protest will be considered invalid.
- **Result of Successful Protest** will result in the automatic ejection of the player committing the infraction and the head coach of the infracting team. The protesting team can then choose to accept an automatic out or the result of the play.
- **Metal cleats** and molded cleats are permitted. Tennis shoes, basketball shoes or running shoes are the only other shoes approved for play. **NO METAL CLEATS** allowed on Turf Fields **OR** synthetic pitching mound.
- All **players** must be in **full uniform**. Any player **not in uniform** will not be approved for play.
- **New NOCSAE Catchers Gear** requirement will **NOT** be in place for Prep League Baseball program.
- **No other protests will be allowed – including judgement calls, or game outcomes.**

Game Times

- **The tentative start date for Prep league is February 16th, 2026.**
- **All days are open for play.** Wednesday, Friday and/or Saturday will be designated for games that were rained out. Games will primarily be played on Mondays, Tuesdays and Thursdays.
- The first game of the day will start at **5:30 PM**. Last game will start at **7:15 PM**.
- Games will be **6 innings** in duration with a **1 hour and 30 minute** time limit. No new inning will start once the time clock has expired. At the end of 6 innings if both teams are tied the **International tie-breaker rule** for extra innings will take place. Each team will place their last due up batter at 2nd base. Game clock starts after umpires/coaches meeting prior to first batter.
- **Forfeits** result in the other team will be awarded a victory of 6-0. **(One run for each inning.)**

- Any **interruption** (timeouts, mound visits, equipment failure, etc.) in play with less than 5 minutes on the game clock will result in a clock stoppage at the discretion of the umpires.

Pitching Restrictions and Guidelines

- Pitchers are allowed to throw for 8 innings per week.
 - If a pitcher pitches 4 innings in one game he/she must take a MANDATORY 72 hour rest.
- Home team will keep up with pitch inning count. **(Recommended for both teams to keep up with their inning count as well as the other teams.)**
- **Once a pitcher leaves the mound**, he/she **cannot return** to the mound in that game.
- **In case of a suspended game**, the pitching regulations will still apply. The intent of this rule is for the pitcher's arm to be protected.

Substitution Rules

- **Courtesy runners** will only be allowed for the **pitcher** and **catcher**. The courtesy runner must be a player not currently in the batting order if there are any substitute players available. If there are no substitute players available then the player that was the last recorded out will be used for the courtesy runner.
- **On defense**, any legally rostered player present is eligible to freely substitute from position to position at any point throughout the game except for the starting pitcher.
- **On defense** free substitution will be allowed. The intent of this rule is for maximum participation.
- **On offense**, players are only allowed to occupy one spot in the batting order.
- Teams will be allowed an optional **extra hitter**, but must declare before the game via lineup if they will be using an E.H. and will be required to maintain that declaration for the duration of the game. Teams will also be allowed to use a **designated hitter**.

- If an Extra hitter is ejected or injured and unable to continue to play. Each time that batting position comes up there will be declared an out. If a designated hitter is ejected or injured and unable to continue to play, the player who was being DH for would then be required to bat.
- There is **not** a **Mandatory Play Rule** in RFPRA Prep League Baseball.

Tournament Standings/General Information

- There will be a tournament, single elimination style, at the conclusion of the regular scheduled games.
- **All games** on your schedule will count toward your seeding in the tournament.
- (Tie-Breakers will be determined by head to head records first, then fewest runs allowed second, most runs scored third, lastly a coin toss.)
- **1 hour and 30 minute time limit will be in effect** for tournament games.

Field Specs:

- Varsity Division Mound: 54' Bases: 80'
- Junior Varsity Mound: 50' Bases: 70'

Game Locations

- Most, if not all, games will be played at Upper Alto Park Turf Complex.
 - Fields will be determined at the time of making the schedule.



**Upper Alto Park Turf Complex
1014 Burnett Ferry Rd.
Rome, Ga. 30165**

**Beginning January 16, 2026, you can practice at Upper Alto Park. All oth
*Please fill out the practice sheet before leaving today, and we will
accommodate the best we can.***

Varsity/Junior Varsity Head Coach's Responsibilities

- **Organize team tryouts** by inviting all students currently attending the middle school. Schedule so that players will have an adequate opportunity to attend.
- Each team varsity or junior varsity will be allowed 3 coaches per team.
- All volunteer coaches must fill out **volunteer applications** and pass a **background check** *prior* to attending practice or games.
- **Determine the number of Varsity and Junior Varsity teams** that will be participating as well as the coaching staff for each them. There is no limit of Varsity, or Junior Varsity teams that each school may organize.
- Have the **middle school principal sign off** on your roster(s) confirming that each player attends said middle school. All official rosters must be completed and on file with the RFPRA League Coordinator at least one week prior to first game.
- **By the first Monday in January**, provide RFPRA sports staff with a FINAL number of teams (with team names) your school will have in Varsity, and/or Junior Varsity so schedules can be planned.
- **All team fees** must be paid by deadline of Friday, January 30, 2026
- Prior to schedule creation, provide league coordinator with any date conflicts that would impact your game schedule. After schedules are released, **GAMES WILL ONLY BE RESCHEDULED FOR INCLEMENT WEATHER.**

IF YOU KNOW CONFLICTS TODAY – PLEASE TURN THEM IN BEFORE LEAVING!

Ejections

- Any coach (head or assistant), and/or spectator that is ejected from a game/facility must immediately leave the grounds, and will serve a one (1) game suspension. This is non-negotiable and must be served before returning to the facility. Any coach, or spectator who is ejected for a second time during the season will be suspended for the remainder of the year. **Failure to leave the facility and/or serve the suspension could result in a ban from RFPR facilities, and possible prosecution.**
- Any player ejected from a game does not have to leave the facility, unless the parent wants to leave with them. This rule is in place to protect the kids that may, or may not have a ride to and from the game. However, they cannot remain in the dugout for the remainder of the game. A one (1) game suspension will also be served for an ejection.

Weather Policy

- League Coordinator will make all reasonable attempts to notify league head coaches of pending weather that would alter game schedule. The goal will be to inform coaches of postponed games between 2:30 PM so that commuting arrangements can be made for players from school.
- Due to Prep Baseball's early start date and the threat of rain and lower temperatures during this time, the league coordinator will ensure that the safety of the participants will be included in the decision made to play, or not to play.

RFPRA Sports Staff Contact Information		
Name	Email	Phone #
Blake Lambert Sports Manager	Blake.Lambert@FloydCountyga.org	706.331.3256
Brad Hobbs Assistant Sports Manager	Brad.Hobbs@floydcountyga.org	
Adam Mull Sports Coordinator	Adam.Mull@FloydCountyga.org	706.252.6438
Pam Hobbs Sports Admin Specialist	Pam.Hobbs@FloydCountyga.org	706.676.0733

RFPRA Sports Offices:
1 Shorter Avenue
Rome, Ga. 30165
706-291-0766

Make Checks Payable to RFPRA



You've been invited to join

2025 Prep League Baseball Coaches

Use your **unique access code** below and follow the instructions.

Access Code

LUY4-MT43

Join via Website

New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**



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