



NPO registration number 259-160

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2025/26 Junior and Senior League Rules Draft

Dear CTBF Head Coaches,

Greetings from Somerset West. Please forgive me for not introducing myself before now. I have spent the first couple of months trying to wrap my head around the role of VP Technical. I have been playing and/or coaching my whole life but this is my first time being on this side of baseball so I am learning a lot. I am excited to learn and to grow Cape Town baseball together.

I live in Somerset West with my wife Kari and our three wonderful kids: Nolan, Quin, and Mia. We moved here from the USA in January of 2022. South Africa is now our home and we are grateful to live here and to be a part of the baseball family. We belong to the Helderberg Pirates baseball club and we have been blessed to be a part of the Pirate family as well as the greater CTBF family. So when I was asked to consider serving as VP Technical, I didn't really know what all that meant, but I knew I wanted to help in some way - so here I am.

With that being said, I would like to invite you to read through the updated playing rules for 2025-26 for the Senior and Junior leagues. These drafts were a team effort between Duwane (Juniors), Jody, and myself, and we feel they strike a good balance of competition and development; especially in the Junior leagues. We desire to equip our elite players for competing on the international stage while also not ignoring the grassroots aspect of Cape Town baseball. So, we feel that with some strategic modifications to the WBSC rules in combination with the Elite Training Squads, we can achieve this goal. We would also appreciate your feedback. However, please keep in mind that our goal and desire with these rules is to grow and develop baseball in Cape Town as a whole so it may not be possible to make sure every coach from every club's expectation is met.

There is a link to the updated WBSC rules for 2025/26.

Junior Rules

- We marked any rule additions or modifications in blue so you can see the major changes more easily. Most of these are clarifying existing rules with common and up to date language. The goal with that is, since there are not always "trained" umpires working Junior games and since we need to modify some rules to fit well with CTBF, we want to make the rules as clear as possible for the coaches and umpires to limit confusion.
- The rules strike a balance between competition and development. Please especially take note of the 10U rules. We will be playing coach pitch again this year but we are allowing for those that are first year players or those who you as a coach know cannot quite hit a pitched ball yet to use the tee.
- We included an Age Group Matrix Chart for easily identifying a child's proper age group based on the year and month they were born.

- Bat Regulations - please ensure your player's bats adhere to the bat regulations listed. It will be on you as coaches to make sure your player's bats are within the regulations. If this is a big issue for your club due to availability of equipment please reach out to me.

Senior Rules

- There were no big changes to rules. We mostly just updated the language around some of the more technical rules for things such as starting a game with 8 players until the 9th player enters and when they must enter the game by.
- Pitch Counts: We did not add a pitch-count limit; that has remained the same from last year. However, we cannot emphasize this enough that you as coaches and managers MUST protect pitchers arms. Please ramp up pitcher's workload in increments appropriately over the course of the season and give them adequate rest and recovery. While it is nice for your ace to not have a pitch limit, their arms must be in shape before pushing them too long.

Please review the rules and send us feedback or questions that you may have via the following Google Form by Monday, 15 September. We will take a look at the responses and consider rule revisions that we feel will benefit the growth and development of Cape Town baseball as a whole. bit.ly/ctbf2025rulesform. Also, please only head coaches respond to the form.

Thank you for your investment into the lives of these young men and women through baseball. You are not only developing baseballers; more importantly you are developing people. We understand that this is a sacrifice of your time so know that we are grateful for all that you do for CTBF baseball.

Warm Regards,



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