Alameda, Dakota Ridge, Green Mountain, Lakewood & North Jefferson

General Information

- 1) It is the Head Coach's responsibility to inform assistant coaches and parents of these rules.
- 2) The Head Coach is responsible for the behavior of their players, coaches and parents.
- 3) Common sense shall govern play. Remember this is an instructional league.
- 4) Official scores and standings are not kept during league play, but scores will be kept for the end of season tournament (Coach Pitch and Modified Kid Pitch only).
- 5) All coaches, parents and participants must adhere to their league code of conduct and team sportsmanship guidelines.
- 6) HAVE FUN!!!!

T-Ball – Common Rules and Guidelines

1) Game and Field Requirements

- a) Bases shall be set at 50 feet.
- b) The pitching rubber shall be set at **40** feet from the back of home plate.
- c) Game times: 1 hour, no new innings may start after the 50 minute mark. Keep us on schedule!

2) Offense

- a) Every player will bat each inning.
- b) Each team will bat entirely though the order each inning.
- c) Coaches are encouraged to position their hitters to help with their at bat. Coaches can also be at 1st and 3rd (or all 3 bases at the T-Ball level) to help with base running.
- d) A hit must travel 10 feet or more or it is a foul ball.
- e) There are no strikeouts.
- f) There will be no bunting, leading off, or stealing in any 8U games.
- g) Players do not leave the bases when an out occurs.
- h) The last batter shall "clear the bases", thus ending the half-inning.

3) Defense

- a) Every player will play in the field each inning.
- b) All normal infield positions will be filled and the remaining players will be dispersed in the outfield at least
 20 feet behind the infield players except for the catcher. No catcher position is played in T-Ball. 2-3
 defensive coaches are allowed on the field to help with the positioning of players.
- c) Defensive players shall not cross over an imaginary arc of the same distance as the pitching mound until the ball is hit.
- d) Rotate players from infield to outfield and in multiple positions throughout the game (inning to inning is probably easiest)
- e) During the last batter the ball is returned to pitcher.

Coach Pitch – Common Rules and Guidelines

1) Game, Baseballs and Field Requirements

- a) Regulation hard baseballs are used in Coach Pitch.
- b) Bases shall be set at **60** feet.
- c) Coaches should pitch from a distance they are comfortable with. 30-40 feet would be the recommendation.
- d) Game time: **1 hour and 15 minutes**. No new innings may start after the **1** hour mark. Keep us on schedule!

2) Offense

- a) Every player will bat each inning. Each team will bat entirely though the order each inning.
- b) Each team should bat the number of players with the larger roster.
 - i) Example, Team #1 has 14 players and Team #2 has 9 players, Team #2 will bat 14 player per inning/ start batting order where it was left off previous inning.
- c) Coaches are encouraged to position their hitters to help them during their at bat.
- d) Each batter will get to see 7 pitches.
 - i) The batter may swing all 7 times if they like.
 - ii) If the ball is put in play then it is played as normal.
 - iii) If there is no hit in the 7 pitches the batter will return to the dugout. T's are not allowed at any point.
 - iv) If the 7th pitch is fouled off, the batter will continue until getting a hit or swing and miss.
 - v) If batter is hit by a coach pitch they are not awarded a base and the pitch is not counted toward the 7.

e) Players leave the bases when an out occurs (out at a base or a pop fly catch).

- f) Coaches should help with the collection of pitched balls behind home plate.
- g) A hit ball that hits the coach will be a dead ball and the player will be awarded a single.
- h) There will be no bunting, leading off or stealing in any coach pitch games.
- i) No running on over throws.
- j) There is no infield fly rule.
- k) The last batter will not "clear the bases" unless it is an earned homerun. Treat this at bat like any other.

3) Defense

- a) Every player will play in the field each inning.
- b) All normal infield positions will be filled and the remaining players will be dispersed in the outfield at least
 20 feet behind the infield players. 2-3 defensive coaches are allowed on the field to help with the positioning of players.
- c) Outs on the bases should be made by infielders.
- d) Outfielders should be taught to throw the ball in to the infielders or to a cut off person from the infield.
- e) Once the ball is secured by any player in the infield a base runner who is not at least half way to the next base must return to the previous base. (Infield is defined by dirt and the outfield is defined as grass).
 - "Dead Ball Situation" occurs when the outfield player throws the ball to an infield player to be secured but it is thrown and/or rolls out of play (dugout or foul territory).
 - (1) The base runner in a "Dead Ball Situation" who is not at least half way to the next base must return to previous base.

- f) Use of the Catcher position during regular season is at the coach's discretion. Catcher's role during the regular season is to collect pitched baseballs.
 - i) Tournament play catcher position is assigned to facilitate outs at home plate (gear is required and supplied by coach or league).
- g) Defensive players shall not cross over an imaginary arc of the same distance as the pitching mound until the ball is hit.
- h) Rotate players from infield to outfield and in multiple positions throughout the game (inning to inning is probably easiest)

4) Tournaments (added 6/21/2019)

- a) Offense will bat the full batting order or 3 outs per inning; whichever comes first.
 - i) The coach will announce "last batter" when he/she comes up.
 - The inning is over if a third out is made or the last batter's batted ball is controlled within the infield, or in foul territory within the infield area after putting the ball into fair play.
 - iii) The last batter of the inning does NOT clear bases, unless it is an earned home run.

Modified Kid Pitch – Common Rules and Guidelines

1) Player Eligibility

- a) Program is reserved for boys and girls ages 8 and under.
- b) Typically though, this program is for 7 to 8 year olds that have already played machine or coach pitch and are ready for live pitching.

2) Game, Baseballs and Field Requirements

- a) Regulation hard baseballs are used in Modified Kid Pitch.
- b) Bases shall be set at **60** feet.
- c) The pitching mound shall be set **40** feet from the back of home plate.
- d) Game times: **1 hour and 30 minutes or six innings**. New innings shall not be started after 1 hr and 15 minutes. Manage the game start and end ON TIME.

3) Offense

- a) Each batter will be pitched up to 7 pitches by the opposing pitcher.
 - i) 3 strikes constitute an out.
 - ii) After 4 balls, the coach for the batting team will pitch the remaining pitches until the player strikes out, or puts the ball in play.
 - iii) If a batter has two strikes, he can keep fouling off balls until he strikes out or puts the ball in play.
 Walks are not allowed.
 - iv) Players hit by a pitch are awarded first base.
- b) Offense will bat 9 batters or 3 outs per inning; whichever comes first.
 - i) The coach will announce "ninth batter" when he/she comes up.
 - ii) The inning is over if a third out is made or the 9th batter's batted ball is controlled within the infield, or in foul territory within the infield area after putting the ball into fair play.
 - iii) The last batter of the inning does NOT clear bases, unless it is an earned home run.
- c) A coach or parent will call balls and strikes and umpire the bases.
- d) If an out is recorded on defense the offensive player deemed out shall be removed from the bases.
- e) Once the ball is within the infield, runners must stop at the next base.
- f) Award one base only on an overthrow.
 - i) Players cannot advance home on an overthrow. They can be hit or walked home only.
 - ii) A second overthrow does not ever constitute extra bases.
 - iii) Runners should advance on bases with hits; however, runners shall not advance more than one base on fielding errors if the ball stays in the infield.
 - iv) This rule encourages the defense to throw the ball in an attempt to make outs without risk of an infield batted ball turning into an undeserved home run.
- g) Coaches can, and are encouraged to position their batters and help them during their at bat. Coaches may also have a traditional 1st base and 3rd base coach.
- h) There will be no bunting, leading off, or stealing in any 8U games.
- i) Don't "Windmill". Teach the kids how to identify and listen to the base coaches.

4) Defense

- a) All teams will field the normal 9 defensive positions.
- b) The coach shall make sure that no player sits out 2 innings consecutively.
- c) Players shall rotate defensive positions, infield to outfield, every other inning.
- d) Coach should strive to give each kid an opportunity over the course of the season to experience each and every playing position.
- e) Defensive players shall not cross over an imaginary arc of the same distance as the pitching mound until the ball is hit.
- f) Outs on the bases should be made by infielders. Outfielders should be taught to throw the ball into the infielders or to a cut off person from the infield.
- g) On defense, coaches may be in foul territory to assist positioning the players.
- h) There is no infield fly rule.
- i) Coaches shall develop multiple pitchers on each team. In no case shall a pitcher pitch more than 2 innings in a single game.
- j) To speed up the game, coaches shall assist in retrieving foul balls and balls that get past the catcher.

5) Tournaments

- a) In general league rules shall apply to the end of year tournament. However, the league may amend rules for tournaments.
- b) For the season-ending tournament, the 2 innings per game rule shall apply. In addition, no player may pitch more than 6 innings over the length of the tournament.
 - i) Coaches must keep accurate inning counts on all players and be prepared to present them if asked.
 - ii) If a coach is found to have pitched a player more than 6 innings the team will forfeit the current game.
 - iii) The teams can continue the game so the kids are not penalized for the coach's error but the score will no longer be kept as the outcome of the game has already been decided.