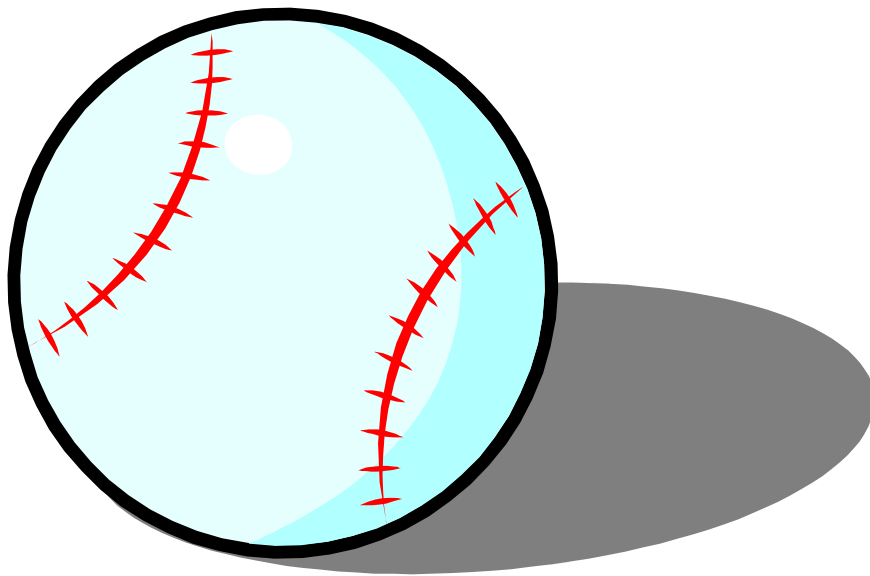


PARK CITIES & TOWN NORTH



We build strong kids, strong families, strong communities.



2010 T-BALL/BASEBALL/SOFTBALL RULE BOOK

Revised 7-8-09

Park Cities YMCA

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Sports Department

| Name | Title | Email |
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YMCA Mission Statement:

To put Christian values into practice through programs that build healthy spirit, mind, and body for all.

YMCA Philosophy:

YMCA youth sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate.

Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports programs provide an excellent environment for developing sound spirit, mind, and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports program will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills, and have fun. It is for the development of such virtues that the YMCA promotes its youth sports programs. At the YMCA, "Everyone is a Winner."

YMCA Coaches' Code of Conduct:

The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by this Code of Conduct. Following the Code of Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

- 1. I will remember that I am a youth sports coach and that the youth sports experience should be enjoyable for the players and their families, spectators, officials, and all others concerned.**
- 2. I will place the emotional and physical well being of my players ahead of a personal desire to win.**
- 3. I will not engage in negative discussions with any game official, player, parent, coach, spectator, committee member or YMCA employee.**
- 4. I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness & citizenship) to my players, with my words and my actions.**
- 5. I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.**
- 6. I will abide by all the rules and regulations of the YMCA.**

YMCA Coaches' Code of Conduct Continued:

- 7. I will assure that my players and I recite the sports pledge before each game and shake hands with the opposing team after each game.**
- 8. I will see that any disputes are handled calmly and by the proper procedures and proper authorities.**
- 9. I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.**
 - ❖ At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:**
 - Restriction of water**
 - Restriction of use of bathroom**
 - Physical exercise**
 - Harsh demeaning or negative yelling, or physical force**

Boys and Girls Sports Committees:

1. The Boys and Girls Sports Committees (the “Committee”) oversee the boys & girls sports programs for the Park Cities YMCA (“PCYMCA”). Duties of the Committee include:
 - (a) Set rules for each sport
 - (b) Scout and evaluate teams for placement in appropriate divisions
 - (c) Monitor conduct of coaches, players, parents and fans at games and practices
 - (d) Listen to and act on any concerns or complaints expressed to the PCYMCA Sports Department
 - (e) Attend monthly meetings
 - (f) Intervene at games if issues arise
 - (g) Attend team formations
 - (h) Communicate with school coordinators (where applicable)
 - (i) Nominate and approve new committee members
 - (j) Serve on subcommittees

2. The Committee shall be made up of the following:
 - (a) Chairman
 - (b) Vice-chairman
 - (c) School representatives
 - (d) At-large members

3. Requirements to become a Committee member include:
 - (a) Complete a volunteer application
 - (b) Submit to an annual background check
 - (c) Serve a one-year term
 - (d) Never been removed as a coach or volunteer in any YMCA program.
 - (e) Work on our Annual Partners Campaign
 - (f) Work special events for the Park Cities YMCA (i.e. track meet, scouting for football & basketball)
 - (g) Attendance to meetings is required

YMCA PLEDGE:

**WIN OR LOSE,
I PLEDGE BEFORE GOD,
TO PLAY THE GAME AS WELL AS I KNOW HOW,
TO OBEY THE RULES,
TO BE A GOOD SPORT AT ALL TIMES,
AND TO IMPROVE MYSELF
IN SPIRIT, MIND AND BODY.**

PLAYER REGISTRATION:

- (a) A player must be a program or family member in good standing of the PC YMCA, must be registered on a YMCA Sports Registration Card (parent signature required) and must have paid the registration fee prior to any participation in practices or games.
- (b) LATE REGISTRATION – If a player registers after the registration deadline, the player will be placed on a waiting list and you are not guaranteed to be on any team. If you are taken off the waiting list, the registration fee plus a nonrefundable late fee of \$50.00 must be paid in order for the child to play.
- (c) Coaches may not recruit or promise players a specific team assignment. Team assignment is solely the responsibility of the Committee. Coaches who allow players to play on their teams who were not placed on the team through the team formation process and/or who are not registered at the PC YMCA will be suspended.

SPECIAL REQUESTS - All special requests must be submitted in writing at the PC YMCA front desk. The Committee reviews special requests at periodic meetings.. The Committee's decision will be communicated to the requester as timely as possible. The Committee's decision is final. Special request forms are available at the PC YMCA front desk. The PC YMCA Sports Department staff may not grant any special requests.

NOTE: Anyone involved in the PC YMCA Sports program (e.g., coach, referee, parent, player, spectator, Committee member, or Sports Department staff) may file a complaint. All complaints must be in writing and submitted to the PC YMCA Sports Department. If a complaint is submitted to the Sports Department, it will be reported immediately to the Committee Chairman. These situations will be handled case by case, depending on the circumstances of the incident. The Committee will resolve all complaints and the Committee's decision is final

RULES FOR TEAMS & PLAYERS:

1. Each player must be a member in good standing of the YMCA, must be registered on a YMCA Sports Registration Card (parent signature required), and must have paid the sports fee.
2. Each player must attend a scheduled weekly practice in order to be eligible to play the

RULES FOR TEAMS & PLAYERS CONTINUED:

required amount in that week's game, or have an approved absence. If a coach intends to not allow a player to participate in a game or to limit the players' participation, due to a failure to attend practice the coach must notify both the YMCA Sports Staff, along with the players' parents in advance prior to the start of the next game. Absences must be communicated with the **coach** and must involve circumstances wherein the conflict with practice could not have been avoided. During weeks when multiple practices are allowed, players may not miss more than one practice without an approved absence.

3. Every player must play in the grade in which he or she is enrolled in school.

RULES FOR COACHES:

1. Each team will have at least one adult coach who will be responsible for the team at games. If the head coach is absent it is his/her responsibility to provide a replacement (Asst) to carry out the duties of head coach.
2. The YMCA prohibits the hiring of coaches. Coaching in the YMCA Sports Program is strictly a volunteer position designed to give parents or other interested parties the opportunity to serve the children of our community. **However, if a coach/team desires a skills coach for instruction, the following rules apply:**

Practices:

Pre-K through 4th Grade: A team can **ONLY** use a skills coach **2 times** before the **1st regular season game.**

5th through 6th Grade: A team can use a skills coach for **ALL** practices **both before and during the season.**

Games:

No skills coaches are allowed to coach, instruct, or help the team's coaches or players at any games. IT IS ADVISED THAT THEY NOT COME TO ANY GAMES IN ORDER TO AVOID ANY CONFLICTS. However, if a skills coach wants to come just to encourage the team, he/she must remain removed from the players and coaches and assume the role of a fan **ONLY!**

Compensation:

No coach or parent may pressure or force any other parent or family to participate in the compensation of a skills coach. This must be communicated as a voluntary contribution that in no way affects the players' status, playing time, or participation on the team. If a coach really wants a skills coach for his team, he must assume the responsibility for the compensation and must do so willingly, without any conflict with other parents or players on the team.

3. Coaches are required to distribute a copy of this rulebook to all team parents.
COACHES ARE RESPONSIBLE FOR THE BEHAVIOR OF THE PLAYERS, PARENTS, AND FANS OF THEIR TEAM!
4. Coaches are recommended to have a parents' meeting prior to beginning practices.

RULES FOR COACHES CONTINUED:

5. During this meeting the following information should be conveyed:
 - The YMCA Coaches' Code of Conduct also applies to parents and players.
 - No alcoholic beverages or illegal drugs will be allowed at any team practice, game, meeting or other function.
 - Parents are expected to conduct themselves in an adult manner at all times and to set an example of good citizenship and sportsmanship.
 - Game and practice information.
 - Explain team discipline (e.g., if a player is late for or misses a practice or game). Discipline must be consistent for every team member.
 - Describe any rules of play that are unique to the PCYMCA.
 - Make sure parents know their views are welcome after a game or practice.

All coaches are required to fill out and turn in the YMCA Coaches Application packet, which will include a background check, BEFORE he/she coaches a practice or game.

GENERAL SOFTBALL/BASEBALL RULES

Pre-K through 6th

1. Players must play at least once every other inning. Coaches must **SUBSTITUTE** all players on their bench every inning to play defense.
2. The **BATTING ORDER** shall consist of all players present and that order remains throughout the game, regardless of whether or not a player was in the field during that particular inning.
3. For grades Pre-K through 4th the batter is **not permitted** to run on a **THIRD STRIKE**, and the catcher is not required to catch the third strike for the batter to be out. For 5th & 6th grade, batters can advance on the drop of **THIRD STRIKE** and the **THIRD STRIKE** must be caught for the batter to be out.
4. **THROWING THE BAT** constitutes an automatic out. T-Ball players will be given one warning, but if the batter gets on base, the play is nullified.
5. **Pre-K-6th GRADE MUST HAVE TWO ADULT BASE COACHES** control the players in the dugout or designated team area.
6. **CATCHERS** are required to wear all issued equipment. Batters must wear **HELMETS**.
7. **ON A NON-FORCE PLAY AT HOME PLATE**, a base runner that stays on their feet may not run into the defensive player with the ball, otherwise the runner is out and the ball is dead. This rule does not mean that a runner may leave the base path to avoid tag. **A slide into home plate is both permitted and encouraged (For Grades 1-6th ONLY)**. Conversely, no defensive player is allowed in the base path without the ball, and contact in that case is the responsibility of the defensive player.
8. All games will be played to **CONCLUSION** (either time limit or maximum innings); in other words we will finish any inning that is started unless the home team is ahead.

BASE RUNNER'S RULES:

1. If the ball is hit to an outfielder, runners may advance until the ball is in the possession of an infielder standing inside the base path. Thereafter, base runners may advance no further than the base to which they were running at their own risk.
2. If the ball is hit to an infielder, runners may advance until the infielder attempts, in the opinion of the umpire, to return the ball to the pitcher. Thereafter, base runners may advance no further than the base to which they were running at their own risk.
3. In any base runner situation, a base runner may attempt one additional base at their own risk in the event of an overthrow at any base. One overthrow per at bat.
4. **(Pre-K & K)** Base runners must be touching their base when the ball is placed on the tee. **NO STEALING ALLOWED.**
5. The batter/runner or any other runner may advance only on a batted ball, and a base runner is out if he leaves before the ball is hit.
6. **No Tagging Up on a Fly Ball is permitted until 3rd Grade (Revised on 6-29-09).**
7. **No bunting or Slapping is allowed until 3rd Grade (Revised on 6-29-09).**

Equipment/Uniforms:

YMCA Softball jerseys with the YMCA logo, a number on the back and appropriate school color. **Starting the Spring Baseball/Softball season for 2009 all teams will be required to have jerseys for Grades K through 4th based on school and these specific colors. Please refer to the chart on the next page for jersey colors by school.**

SCHOOL & JERSEY COLORS:

| | |
|----------------------------------|-------------------------------|
| ARMSTRONG | GOLD & KELLY GREEN |
| BRADFIELD | ROYAL BLUE & GOLD |
| HYER | WHITE & GOLD |
| UNIVERSITY PARK (UP) | MAROON & GOLD |
| ESD | RED & WHITE |
| CHRIST THE KING | RED & GOLD |
| PROVIDENCE | SILVER & NAVY |
| COVENANT | BLACK & RED |
| ALL OTHER PRIVATE SCHOOLS | PURPLE & WHITE |

THESE COLORS WILL APPLY TO GRADES PRE-K THROUGH 4TH FOR BOTH BOYS & GIRLS

GRADES 5th & 6th IS OPEN TO ANY STYLE/COLOR

Equipment/Uniforms Continued:

1. Players in grades Pre-K-6 may wear pants or shorts (the coach may select the color).
2. Hats are optional.
3. Rubber soled Softball/Baseball/Soccer cleats are preferred but Tennis shoes may be worn.

T-BALL RULES:

PRE-K & KINDERGARTEN BOYS & GIRLS

GAME TIME: 50 minutes or maximum of 6 innings.

NUMBER OF PLAYERS ON FIELD: 10 players are allowed; minimum of 8 players must be present to start the game. The tenth player will play a rover, as in slow pitch softball, and will, for the purpose of the rules, be considered an outfielder. When the ball is placed on the Tee, the rover and the three outfielders must be standing beyond the base path and farther than any of the infielders. All other players will play a normal defensive position, and infielders may be stationed no more than three feet inside the base path.

BALL SIZE: 9 inch Baseball (Softie)

BASE DISTANCE: 55 ft

PITCHER'S MARK: 40 ft. In T-Ball, the pitcher must be on the pitching mark when the ball is on the tee.

15 ft ARC RULE: In T-Ball a 15 ft arc will be drawn in fair territory in front of home plate. The batted ball must travel beyond the 15 ft arc; otherwise it will be considered a foul ball.

ADJUSTMENT OF TEE: The Umpire is responsible for placing the ball on the tee and for moving the tee out of the field of play after the ball is hit.

RUN RULE: 6 runs per inning and NOT accumulative (Revised on 6-29-09).

OUTS: Each batter will get 6 total # of swings per at bat to hit the ball or be called out. A team's turn at bat ends after 3 outs (Revised 6-29-09).

COACH PITCH RULES:

1st & 2nd GRADE GIRLS

GAME TIME: 60 minutes or maximum of 6 innings.

NUMBER OF PLAYERS ON THE FIELD 10 players are allowed; minimum of 8 players must be present to start the game. The tenth player will play a rover, as in slow pitch Softball, and will, for the purpose of the rules, be considered an outfielder. Prior to each pitch, there must be 4 defensive players standing beyond the base path and farther from home plate than any of the infielders.

BALL SIZE: 11 inch Softball (Softie)

BASE DISANCE: 55 ft

RUN RULE: 6 runs per inning and NOT accumulative (Revised on 6-29-09).

PITCHER'S MARK: 35 ft. The coach or designated adult will pitch to their own team. The ball will be thrown from a distance of 35ft, but there will be no rule requiring the coach-pitcher to have a foot on the pitching mark. The ball must be thrown under-hand. In the event the coach/pitcher delivers the ball before the defensive team is ready; the umpire will rule a **NO PITCH**. The catcher is not required to catch the 3rd strike. The batter will not be allowed 1st base by virtue of being hit by a pitch or by walk.

PITCH COUNT: 3 strikes or 6 pitches (no called strikes, just swinging strikers, no walks); foul balls may prolong the at bat (Revised 6-29-09).

PITCHER AND COACH POSITION: The defensive team will have a player fielding the pitcher's position beside the coach. This player must remain behind the pitcher's mark until the coach/pitcher releases the ball. After releasing the ball, the coach/pitcher should assume the position slightly behind and to the first base side of the pitchers mark. In order to minimize the chance of interference with the play, the coach/pitcher should never assume the role of base coach.

COACH/PITCHER HIT BY BALL: In the event a batted ball unavoidably strikes the coach/pitcher, the ball will be ruled a foul ball. In the event the coach/pitch obstructs a thrown ball, to a given base, the ball becomes dead, and the runner attempting to reach that base is out, and all other runners will be awarded the base they are running for, providing there are less than 3 outs.

BASEBALL MACHINE-PITCH RULES:

1st & 2nd GRADE BOYS (Park Cities) & 3rd GRADE BOYS (Town North)

GAME TIME: 75 minutes or maximum of 6 innings.

NUMBER OF PLAYERS ON THE FIELD: 10 players are allowed; minimum of 8 players must be present to start the game. The tenth player will play rover, as in slow pitch softball, and will, for the purpose of the rules, be considered an outfielder. Prior to each pitch, there must be four defensive players standing beyond the base path and farther from home plate than any of the infielders.

BALL SIZE: Regulation Baseball

| BASE PATH | PITCHER'S MARK | SPEED OF MACHINE |
|-----------|----------------|------------------|
| 55 ft | 30 ft | 30-35 mph |

RUN RULE: 6 runs per inning and NOT accumulative (Revised on 6-29-09).

OUTS: A teams turn at bat ends after 3 outs.

PITCHING CIRCLE: A circle will be drawn around the pitching machine. The player/pitcher must have at least one foot on the circle when the umpire places the ball into the machine.

NO PITCH RULE: A batted ball that hits the machine or the umpire and stays in the circle is called a dead ball and does not count against the batter. If the ball hits the machine or umpire and stays in fair territory then the play is playable. **NO DEFENSIVE PLAYER MAY ENTER THE CIRCLE TO PLAY THE BATTED BALL. (Revised on 5-21-07)**

NUMBER OF PITCHES: 5 pitches: A batter is allowed up to 5 pitches to either hit the ball in play or to strike out (3 swinging strikes), whichever comes first.

STEALS AND LEAD OFFS: There are no steals or lead offs. The batter/runner or any other base runner may advance only on a batted ball. A base runner is out if they leave the base before the ball is hit.

MODIFIED PLAYER PITCH:

3rd & 4th GRADE GIRLS

GAME TIME: 75 minutes or maximum of 6 innings.

NUMBER OF PLAYERS ON THE FIELD: 9 players are allowed; minimum of 7 players must be present to start the game.

BALL SIZE: 11 inch Softball (Yellow or White)

RUN RULE: 6 runs per inning and NOT accumulative (Revised on 6-29-09).

BASE PATH: 60 ft.

PITCHER'S MARK: 35 ft.

STRIKE ZONE: The strike zone is measured from the top of the knees to the bottom of the knees.

PITCHING CIRCLE: A circle will be drawn around the pitcher's mound.

NUMBER OF PITCHES: The maximum number of pitches that any pitcher will throw to each batter is 6 (which does not include foul balls). When the batter has 4 balls, the coach will come in (inheriting the batter's strikes) to pitch to the batter. The coach is given a maximum of 3 pitches/strikes (for the batter to either hit the ball or be called out).

IT IS RECOMMENDED BUT NOT REQUIRED TO PITCH THE WINDMILL/FASTPITCH STYLE

STEALS AND LEAD OFFS: There are no steals or lead offs. The batter/runner or any other base runner may advance only on a batted ball. A base runner is out if they leave the base before the ball is hit.

INFIELD FLY RULE: IN EFFECT; If there are runners on 1st and 2nd, or bases loaded with less than 2 outs, the batter hits a routine easy to play pop-up to the infield, it is an automatic out. Therefore, the batter is out. If the infielder drops the ball, the base runners may, but are not forced to advance to the next base. The batter remains out even when it is dropped by the defensive player.

MODIFIED PLAYER PITCH CONTINUED:

3rd & 4th GRADE GIRLS

PITCHERS:

1. The pitcher may have 5 warm up pitches between innings.
2. Maximum of 3 innings pitched **per game** & 6 innings pitched **per week** (If the pitcher throws just one pitch, they will be charged with having pitched a full inning).
3. Coaches may have two conferences at the mound per inning. On the 3rd conference the pitcher must be replaced.
4. After a pitcher is replaced they may not be reentered as a pitcher during the same game.
5. A coach may change a pitcher at anytime during the game. If a coach replaces a pitcher during an inning both pitchers are charged with an inning pitched.

COACH PITCH RULES:

3rd BOYS (Park Cities)

GAME TIME: 60 minutes or maximum of 6 innings.

NUMBER OF PLAYERS ON THE FIELD: 9 players are allowed; minimum of 7 players must be present to start the game.

BALL SIZE: Regulation Baseball

BASE DISANCE: 60 ft

RUN RULE: 6 runs per inning and NOT accumulative (Revised on 6-29-09).

PITCHER'S MARK: 35 ft. The coach or designated adult will pitch to their own team. The ball will be thrown from a distance of 35ft, but there will be no rule requiring the coach-pitcher to have a foot on the pitching mark. The ball must be thrown over-hand. In the event the coach/pitcher delivers the ball before the defensive team is ready; the umpire will rule a **NO PITCH**. The catcher is not required to catch the 3rd strike. The batter will not be allowed 1st base by virtue of being hit by a pitch or by walk.

PITCH COUNT: 3 strikes or 6 pitches (no called strikes, just swinging strikes, no walks); foul balls may prolong the at bat (Revised 6-29-09).

PITCHER AND COACH POSITION: The defensive team will have a player fielding the pitcher's position beside the coach. This player must remain behind the pitcher's mark until the coach/pitcher releases the ball. After releasing the ball, the coach/pitcher should assume the position slightly behind and to the first base side of the pitchers mark. In order to minimize the chance of interference with the play, the coach/pitcher should never assume the role of base coach.

COACH/PITCHER HIT BY BALL: In the event a batted ball unavoidably strikes the coach/pitcher, the ball will be ruled a foul ball. In the event the coach/pitch obstructs a thrown ball, to a given base, the ball becomes dead, and the runner attempting to reach that base is out, and all other runners will be awarded the base they are running for, providing there are less than 3 outs.

MODIFIED PLAYER PITCH:

4th BOYS

GAME TIME: 75 minutes or maximum of 6 innings.

NUMBER OF PLAYERS ON THE FIELD: 9 players are allowed; minimum of 7 players must be present to start the game.

BALL SIZE: Regulation Baseball

RUN RULE: 6 runs per inning and NOT accumulative (Revised on 6-29-09).

BASE PATH: 65 ft.

PITCHER'S MARK: 43 ft.

PITCHING CIRCLE: A circle will be drawn around the pitcher's mound.

STRIKE ZONE: The strike zone is measured from the top of the letters to the bottom of the knees.

NUMBER OF PITCHES: The maximum number of pitches that any pitcher will throw to each batter is 6 (which does not include foul balls). When the batter has 4 balls, the coach will come in (inheriting the batter's strikes) to pitch to the batter. The coach is given a maximum of 3 pitches/strikes (for the batter to either hit the ball or be called out).

STEALS AND LEAD OFFS: There are no steals or lead offs. The batter/runner or any other base runner may advance only on a batted ball. A base runner is out if they leave the base before the ball is hit.

INFIELD FLY RULE: IN EFFECT; If there are runners on 1st and 2nd, or bases loaded with less than 2 outs, the batter hits a routine easy to play pop-up to the infield, it is an automatic out. Therefore, the batter is out. If the infielder drops the ball, the base runners may, but are not forced to advance to the next base. The batter remains out even when it is dropped by the defensive player.

PITCHERS:

1. The pitcher may have 5 warm up pitches between innings.
2. Maximum of 3 innings pitched **per game** & 6 innings pitched **per week** (If the pitcher throws just one pitch, they will be charged with having pitched a full inning).
3. Coaches may have two conferences at the mound per inning. On the 3rd conference the pitcher must be replaced.
4. After a pitcher is replaced they may not be reentered as a pitcher during the same game.
5. A coach may change a pitcher at anytime during the game. If a coach replaces a pitcher during an inning both pitchers are charged with an inning pitched.

SOFTBALL PLAYER-PITCH RULES:

5TH/6TH GRADE GIRLS

GAME TIME: 75 minutes or maximum of 6 innings. No inning will start after 75 minute of play.

NUMBER OF PLAYERS ON THE FIELD: 9 players are allowed; minimum of 7 players must be present to start the game.

BALL SIZE: 12 inch Regulation Softball (Yellow Softball is preferred)

RUN RULE: 6 runs per inning and NOT accumulative (Revised on 6-29-09).

OUTS: A teams turn at bat ends after 3 outs.

BASE DISTANCE: 60 ft

PITCHER'S MARK: 35 ft

STRIKE ZONE: The strike zone is measured from the top of the letters to the bottom of the knees.

IT IS RECOMMENDED BUT NOT REQUIRED TO PITCH THE WINDMILL/FASTPITCH STYLE

PITCHERS:

1. The pitcher may have 5 warm up pitches between innings.
2. Maximum of 3 innings pitched **per game** & 6 innings pitched **per week** (If the pitcher throws just one pitch, they will be charged with having pitched a full inning).
3. Coaches may have two conferences at the mound per inning. On the 3rd conference the pitcher must be replaced.
4. After a pitcher is replaced they may not be reentered as a pitcher during the same game.
5. A coach may change a pitcher at anytime during the game. If a coach replaces a pitcher during an inning both pitchers are charged with an inning pitched.

INTENTIONAL WALK: An intentional walk cannot be done verbally; four pitches must be thrown.

SOFTBALL PLAYER-PITCH RULES CONTINUED:

5TH/6TH GRADE GIRLS

CATCHERS:

1. At all time during a game and practice, all catchers must wear protective gear (skull helmet, face mask, chest protector, and shin guards) that is issued by the YMCA.
2. While the pitcher is in motion toward home plate a catcher may not distract the batter in any way.
3. A catcher may not block home plate if they are not in possession of the ball.
4. Catcher on base with 2 outs: see Courtesy Runner Rules.

SUBSTITUTION:

1. Every player must receive a minimum of 2 defensive innings. Exception: see Practice Rules
2. Pitchers; see Practice Rules
3. Substitute freely except for the pitcher.

BATTERS BOX RULE: Batters must keep one foot in the batters box. The umpire will give teams one warning per inning, thereafter, it is a strike.

BATTING LINEUP:

1. All players present at the time when the coach makes the lineup must bat.
2. Players in the line up, who are no longer available to play will be skipped without penalty for the remainder of the game. The coach must inform the scorekeeper.
3. In the event of a suspended game, the player will bat in the same position in the lineup when the game resumes.
4. Players not in the lineup during a suspended game or come late will be added to the end of the lineup for the continuation of the game. The scorekeeper must be notified.
5. Your lineup must be to the scorekeeper 10 minutes before the game begins. The only substitution the scorekeeper will be concerned about will be that of the pitcher situation. This will be to keep track of the number of innings a player has pitched per game or week.
6. A coach may bench a player for unsportsmanlike conduct, without consequences to the team.
7. No player may sit 2 consecutive innings.

DROPPED 3rd STRIKE: This rule is in effect. The rule states that if the 3rd strike is not caught by the catcher the batter will be able to run to first base if it is not occupied. Only on the third out will the batter be able to run to first base even if it is occupied. The catcher may tag the runner or throw the ball to first base to obtain the 3rd out.

SOFTBALL PLAYER-PITCH RULES CONTINUED:

5TH/6TH GRADE GIRLS

INFIELD FLY RULE: IN EFFECT; If there are runners on 1st and 2nd, or bases loaded with less than 2 outs, the batter hits a routine easy to play pop-up to the infield, it is an automatic out. Therefore, the batter is out. If the infielder drops the ball, the base runners may, but are not forced to advance to the next base. The batter remains out even when it is dropped by the defensive player.

THROWN BATS OR HELMETS: Intentionally or unintentionally will constitute an automatic out.

PINCH RUNNER: Not allowed, since everyone is in the lineup.

COURTESY RUNNER/CATCHER RULE: A courtesy runner is not the same as a pinch runner. A courtesy runner is only used for a catcher getting on or being on base with two outs. The player that will run for the catcher will either be someone that will not play defense or a player that just made the last out. Please make sure it is not one of the next three hitters. The reason for a courtesy runner is to speed the game along. It will give your catcher a longer time to get into their gear and catch their breath. The coach must notify the umpire so they can call an official timeout to make the switch.

SLIDING:

1. All base runners must slide if a play is being made at the base they are running toward.
2. Head first slides are allowed at first base to avoid a tag.
3. No base runner may lower their shoulder to run over any defensive player with the ball.

IMMEDIATE EJECTION from the game will occur for the base runner if this occurs.

STEALING: Players must remain on base until the ball crosses the plate. At that time, the runners may lead off; steal the next base and or bases. If the runner leaves the base before the ball crosses the plate, the runner is out.

RUNNING OUTSIDE THE BASE PATH: A runner is out if they take more than two steps outside the base path to avoid a tag. A runner is not out if they take more than two steps outside of the base path to avoid a collision with a player that does not have possession of the ball.

OUT OF PLAY BATTED BALL: Example: If the ball is hit in fair territory and rolls toward the bushes or under the fence and ends up out of play, the runner is awarded the base they are going to plus 1 more. The fielder must raise their hands to show that they have chosen to let the ball go. If the fielder attempts to play the ball, it is considered live, the runner's may advance at their own risk.

OVER THROWN BALL: One base on an over throws.

BASEBALL PLAYER-PITCH RULES

5TH/6TH GRADE BOYS

GAME TIME: All games are **75 minutes**.

PITCHING DISTANCE: 45 ft

BASE DISTANCE: 65 ft

NUMBER OF PLAYERS TO BEGIN: **9 players are allowed; minimum of 7 players must be present to start the game.**

BALL SIZE: Regulation Baseball

RUN RULE: **6 runs per inning and NOT accumulative (Revised on 6-29-09).**

OUTS: A teams turn at bat ends after 3 outs.

STRIKE ZONE: The strike zone is measured from the top of the letters to the bottom of the knees.

PITCHERS:

1. The pitcher may have 5 warm up pitches between innings.
2. Maximum of 3 innings pitched **per game** & 6 innings pitched **per week** (If the pitcher throws just one pitch, they will be charged with having pitched a full inning).
3. Coaches may have two conferences at the mound per inning. On the 3rd conference the pitcher must be replaced.
4. After a pitcher is replaced they may not be reentered as a pitcher during the same game.
5. A coach may change a pitcher at anytime during the game. If a coach replaces a pitcher during an inning both pitchers are charged with an inning pitched.

INTENTIONAL WALK: An intentional walk cannot be done verbally; four pitches must be thrown.

CATCHERS:

1. At all time during a game and practice, all catchers must wear protective gear (skull helmet, face mask, chest protector, and shin guards) that is issued by the YMCA.
2. All catchers must wear a hard cup when they are behind the plate or warming up the pitcher.
3. While the pitcher is in motion toward home plate a catcher may not distract the batter in any way.
4. A catcher may not block home plate if they are not in possession of the ball.
5. Catcher on base with 2 outs: see Courtesy Runner Rules.

BASEBALL PLAYER-PITCH RULES CONTINUED:

5TH/6TH GRADE BOYS

SUBSTITUTION:

1. Every player must receive a minimum of 2 defensive innings. Exception: see Practice Rules
2. Pitchers; see Practice Rules
3. Substitute freely except for the pitcher.

BATTERS BOX RULE: Batters must keep one foot in the batters box. The umpire will give teams one warning per inning, thereafter, it is a strike.

BATTING LINEUP:

1. All players present at the time when the coach makes the lineup must bat.
2. Players in the line up, who are no longer available to play will be skipped without penalty for the remainder of the game. The coach must inform the scorekeeper.
3. In the event of a suspended game, the player will bat in the same position in the lineup when the game resumes.
4. Players not in the lineup during a suspended game or come late will be added to the end of the lineup for the continuation of the game. The scorekeeper must be notified.
5. Your lineup must be to the scorekeeper 10 minutes before the game begins. The only substitution the scorekeeper will be concerned about will be that of the pitcher situation. This will be to keep track of the number of innings a player has pitched per game or week.
6. A coach may bench a player for unsportsmanlike conduct, without consequences to the team.
7. No player may sit 2 consecutive innings.

DROPPED 3rd STRIKE: This rule is in effect. The rule states that if the 3rd strike is not caught by the catcher the batter will be able to run to first base if it is not occupied. Only on the third out will the batter be able to run to first base even if it is occupied. The catcher may tag the runner or throw the ball to first base to obtain the 3rd out.

BALKS: A balk is when a pitcher tries to deceive the runners. After a balk is called, all base runners will advance one base. The umpire will be flexible with the balk rule at the beginning of the season. Listed below are some common balks, but not all balks.

1. A right-handed pitcher may not rotate their front shoulder toward first base while in contact with the rubber.
2. A left-handed pitcher may not cross his front leg over the back leg and then throw to first base. If they cross over their back leg they must go to home plate.
3. They may not take the ball out of their glove more than once while in contact with the rubber.
4. They may not start a forward motion toward home, then stop and throw to a base.
5. They may not pick off to a base that is not occupied.
6. When attempting to use the hidden ball deception, the pitcher must have both feet on the rubber.
7. A pitcher in the wind up position may only step off the rubber with opposite foot as normal.
8. The pitchers foot is not in contact with the pitching rubber when he delivers home.

BASEBALL PLAYER-PITCH RULES CONTINUED:

5TH/6TH GRADE BOYS

INFIELD FLY RULE: IN EFFECT; If there are men on 1st and 2nd and less than 2 outs, the batter hits a routine easy to play pop-up to the infield, it is an automatic out. Therefore, the batter is out. If the infielder drops the ball, the base runners may, but are not forced to advance to the next base. The batter remains out even when it is dropped by the defensive player.

THROWN BATS OR HELMETS: Intentionally or unintentionally will constitute an automatic out.

PINCH RUNNER: Not allowed, since everyone is in the lineup.

COURTESY RUNNER/CATCHER RULE: A courtesy runner is not the same as a pinch runner. A courtesy runner is only used for a catcher getting on or being on base with two outs. The player that will run for the catcher will either be someone that will not play defense or a player that just made the last out. Please make sure it is not one of the next three hitters. The reason for a courtesy runner is to speed the game along. It will give your catcher a longer time to get into their gear and catch their breath. The coach must notify the umpire so they can call an official timeout to make the switch.

SLIDING:

1. All base runners must slide if a play is being made at the base they are running toward.
2. Head first slides are allowed at first base to avoid a tag.
3. No base runner may lower their shoulder to run over any defensive player with the ball.

IMMEDIATE EJECTION from the game will occur for the base runner if this occurs.

STEALING: Players must remain on base until the ball crosses the plate. At that time, the runners may lead off; steal the next base and or bases. If the runner leaves the base before the ball crosses the plate, the runner is out.

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OVER THROWN BALL: One base on an over throw.

FAKE TAGS: No defensive player may apply a fake tag to deceive a runner. The defensive team will be subject to penalty.