



Baseball Rules

T-Ball (Age 3-4)

Note to parents, coaches, spectators, and participants: All YMCA Youth Sports programs are meant for fun and fair play while in a casual, non-intimidating atmosphere. ***All parties are expected to support and respect all players, coaches, spectators, and officials. All parties will be held accountable to uphold the values of YMCA Youth Sports.***

Equipment

- The batter and all base runners must wear a helmet.

Starting the Game

- The T-stand is placed on home plate. Play begins once the coach calls “*Play Ball.*” (The coach is responsible for placing the ball on the tee and preparing everyone for play.)
- The teams switch once the batting team has gone through its entire order. Last batter hits a “Home Run” to clear bases.

Timing/Scoring

- No score is kept.
- No outs are recorded.
- If the batting child is “out” he/she may remain on base. The out is not officially recorded.
- A regulation game is either three innings or 30 Minutes – whichever comes first.
- The home team must have the opportunity to bat before the game is over.

Officiating

- Coaches and parents may be on the field during the game to help instruct.

Batting

- When batting, only one person is allowed in the warm-up area. All others must be sitting on the bench or ground
- The ball, not the T-stand, must be hit to initiate play
- The ball must be in fair territory to continue play.
- The batter may swing and miss 3 good pitches. Once this occurs, the T will be used. No Strikeouts!
- When using the T, the batter may swing as many times as necessary. No Strikeouts!
- The batter must drop the bat once the ball is hit. If a batter throws the bat, he/she will be warned. The next infraction will result in an out (player will return to bench).
- Infield fly rule does not apply.

Base running

- Base runners must stay in contact with the base until the ball is hit. No steals or lead-offs.
- Base runners may advance only one base at a time.
- If a base runner passes the runner in front of him/her, he/she will return to previous base.
- If two base runners occupy a base, the second runner must return to previous base.

Defense

- One defensive player may be stationed on either side of the pitcher. All other fielders must be behind the baselines in their specified zones.
- Players will only field a ball if it is in their zone.
- All fielded balls will be thrown to first base.



Baseball Rules

Coach Pitch (Age 5-6)

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Equipment

- The batter and all base runners must wear a helmet.

Starting the Game

- The T-stand will not be on home plate – it will be off to the side. Play begins once the pitching coach calls “Play Ball.”
- The teams switch once the batting team has gone through its entire order. Last batter of each side hits a “Home Run” to clear bases.

Timing/Scoring

- No score is kept.
- No outs are recorded.
- If the batting child is “out” he/she may remain on base. The out is not officially recorded.
- A regulation game is either three innings or 30 Minutes – which ever comes first.
- The home team must have the opportunity to bat before the game is over.

Officiating

- Coaches and parents may be on the field during the game to help instruct.

Batting

- When batting, only one person is allowed in the warm-up area. All others must be sitting on the bench or ground.
- The ball must be in fair territory to continue play.
- The batter may swing and miss 5 good pitches. Once this occurs, the T will be used. No Strikeouts!
- No bunting.
- The batter must drop the bat once the ball is hit. If a batter throws the bat, he/she will be warned. The next infraction will result in an out (player will return to bench).
- Infield fly rule does not apply.

Baserunning

- Base runners must stay in contact with the base until the ball is hit. No steals or lead-offs.
- Base runners may advance only one base at a time.
- If a base runner passes the runner in front of him/her, he/she will return to previous base.
- If two base runners occupy a base, the second runner must return to previous base.

Defense

- One defensive player may be stationed on either side of the pitcher. All other fielders must be behind the baselines in their specified zones.
- Players will only field a ball if it is in their zone.
- All fielded balls will be thrown to first base.



Baseball Rules

Coach Pitch (Age 7-9)

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General

1. Runs will be kept.
2. Positions will be set as follows:
1st Base, 2nd Base, 3rd Base, Catcher, Pitcher's Helper, Short Stop, Outfield (4 players)
3. Each player must try every position during the course of the season.
4. Catchers must wear a mask and chest protector. Shin/knee guards are optional but will be provided.
5. A regulation game is three innings, however, if time is still permitting within the hour, additional innings may be played. The home team must have the opportunity to bat before the game is over.
6. Coaches and base-parents may be on the field during the game to help instruct.
7. Once the ball has been thrown back to the Pitcher's Helper, time-out will be called and the next batter will step up to the plate.

Batting

1. When batting, only one person is allowed in the batting area. All others must be sitting in the designated waiting area.
2. Play begins once the coach calls "play ball."
3. Innings: The teams switch once 3 outs have occurred or the batting team has gone through the entire order. If a player gets "out" they must return to the bench.
4. The ball must be hit past the infield chalk arch to initiate play.
5. The ball must fall in fair territory to continue play.
6. Strikes & Strike-outs:
 - a) Foul Balls will count as a strike on any pitch.
 - b) A player missing the ball on a swing will be a strike.
 - c) Players get 5 strikes.
7. **No T's will be used.**
8. The batter must drop the bat once the ball is hit. If a batter throws the bat, he/she will be warned. The next infraction will result in an out.
9. There will be an 8 run maximum per batting side. Once 8 runs have been recorded for a team during their at bat, they will switch out of their side of the inning.
10. Infield fly rule does not apply.
11. **The batter and all base runners must wear a helmet.**
12. No bunts. A complete swing must be made.

Base Running

1. Base runners must stay in contact with the base until the ball is hit. Not steals or lead-offs.
2. If a base runner passes the runner in front of him/her, he/she is out.
3. If two base runners occupy a base, the second runner must be tagged for an "out."
4. Once the Pitcher's Helper has received the baseball all base-runners must stop and go to the closest base either coming from or going towards.