

Softball Coach Pitch Rules (Age 7-9)

GOALS

1. Build upon catching, throwing, batting skills, and base running basics.
2. Advance players understanding of fielding situations.

EQUIPMENT

1. Jerseys, hats, and pants will be given to the players to wear at the games. No shorts or jewelry are allowed for safety purposes.
2. All batters, base runners and players on deck, **MUST** wear protective headgear.
3. Players supply their own gloves and soft spikes. Tennis shoes are allowed at this age.

COACHES/MANAGERS

1. You **MUST** always set a good example of **GOOD SPORTSMANSHIP** for all players and spectators.
2. Coaches will meet before the beginning each game to go over ground rules and cover any questions.
3. Injured player **MUST** be attended to immediately. Ice packs will be made available at the concession stand as needed for injuries.
4. Coaches are responsible for forwarding all practices, games and events to the players in a timely manner.
5. Remember to keep it simple. Rookie League is a time to build upon each player's basic knowledge of baseball. Coaches should work to improve each player's skills and confidence on the baseball field. While Rookie League is a more competitive league than T-Ball, it is also still a learning league.

FIELD

1. The base paths will be 60 feet in length and pitcher's mound will be 20 feet from the home plate.

LENGTH OF GAME

1. Regulation games will be 3 innings or 1 hour in length (all innings started **MUST** be completed in full). If time limit is almost up, **DO NOT** start another inning.
2. Rainouts will be cancelled and rescheduled by the Police Athletic League and can be viewed on the website. Players **MUST** show up to their scheduled game/field time (unless called before hand) and any cancellations may be done up to 15 minutes after the start time of the game.
3. Teams **MUST** have 7 players present to begin a game. Any team not having at least 7 players present will forfeit.

OFFENSIVE RULES

1. First and third base coaches may be used on offense. Both coaches must remain out of the field of play at all times. Any interference with a ball in play, or a defensive player, will result in the batter being called out and no advancement by base runners. Base coaches are not to interact, in any way, with defensive players during play. They are to only instruct base runners.
2. Each player is placed in a numbered sequence for the batting line-up before the game begins. A copy of this line-up will be given to the score keeper, and the opposing coach, before each game. The line-up must contain each player's name and number. Any batter that bats in a different spot in the line-up

other than the one given to the score keeper will be called out after taking one pitch. It is the responsibility of the score keeper of each game to alert the umpire if a team is batting out of order.

3. When the ball is hit into the outfield, the batter may run the bases until the ball is returned to the pitcher. The runner must stop at the base he/she is at. If she is advancing to the next base already, he/she may continue to the next base.

4. If the batter throws the bat, he/she will be given one warning. After that, he/she will be called out.

5. Runners that run past a teammate on the base in front of him/her will be called out.

7. If an offensive team scores five runs in one inning, the other team will then have an opportunity to bat regardless of how many outs have been recorded. No more than five runs can be scored by an offensive team, per inning, at any time.

8. A runner who crosses home plate prior to the third out being made shall be awarded the score for that run unless the third out is a forced out. Forced out meaning the hit ball is caught in the air; the bases are loaded and an out is made by tagging the base prior to the runner making it safely to the base. If the 3rd base runner crosses home plate prior to the 3rd out being made by way of an attempted base steal, the run shall count.

9. The following is **NOT ALLOWED**: lead offs, stealing, head first sliding, pinch hitting, infield fly rules or protesting.

DEFENSIVE RULES

1. One coach will be allowed outside his/her team's dugout while their team is on the field. This coach is to stay in close proximity to the dugout and be sure not to interfere with other base coaches or base runners.

2. The defensive team will field up to 10 players. This is to include standard baseball infield positions and up to four outfield positions.

3. Outfielders **MUST** throw the ball to the infield. They are not allowed to tag a base or a runner.

4. The pitcher **MUST** remain immediately to the left or right of the Coach Pitcher until the ball is hit.

5. A ground ball fielded by the pitcher, or catcher, **MUST** be thrown to 1st base for the out.

6. Runners on base may be forced out or tagged out per regulation baseball rules.

7. A runner may make an attempt to advance to the next base on an infield overthrow.

8. The following is **NOT ALLOWED**: baseline interference or protests.

SCORING

1. Scoring will be kept using regular baseball rules. There is to be more emphasis placed on each child learning and building upon the fundamentals of the game than on winning and losing each game. Failure to adhere to this principle can result in coaches being required to meet with the Police Athletic League Program Director and possibly dismissed from coaching.

All issues involving rules, as well as disputes during gameplay, are to be addressed to the Athletic League Program Director or a program representative present at the ball park. Disputes should not be handled between the parents and/or coaches for each team. All rulings made by umpires or Police Athletic League representatives are **FINAL**.