



Glen Allen Youth Athletic Association

www.GlenAllenSports.com

WIFFLE BALL RULES

Format

- a. 45 minutes of engagement per event
 - i. 20 minutes of practice time via stations
 - ii. 25 minutes of game time
- b. Teams meet Saturday weekly

Equipment

- a. Batting tee, wiffle ball, wiffle bats
- b. Helmets required for all batters and runners
- c. No Gloves needed for fielders

Field Layout

- a. Base paths: 35 feet

Player Positions

- a. 10 players on defense: 6 infielders, 4 outfielders
- b. No catcher (coach may stand behind batter to retrieve balls)
- c. Rotate positions each inning for equal play

Batting Rules

- a. Continuous batting order: all players bat each inning
- b. Hitting off Tee
- c. No strikeouts or walks



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Base Running

- a. No stealing or leading off
- b. One base per hit unless ball reaches outfield
- c. Play stops when ball is returned to pitcher

Scoring

- a. No official score
- b. Focus on skill development and fun
- c. Games typically 3–4 innings

Safety Guidelines

- a. Helmets required when batting or running
- b. No on deck batters
- c. Coaches monitor safe play and sportsmanship