

West Fargo Baseball 5U/6U Rules:

Miscellaneous Information:

- Please ensure GC is setup and running.
- Please distribute your uniforms at the first practice/game.
- With it being inside, we will never cancel for weather unless no travel is advised due to extreme rain, tornado conditions, etc.
- The Rustad Center staff will set up and put away at the end of the night. Please ensure that we do our part as a team and organization to ensure cleanliness.
- Please do not take any of the baseballs or equipment it stays at the Rustad Center.
- Helmets are also at the Rustad Center for us to share.
- Each day is a 30-minute practice and 45-minute game, as the season progresses, please feel free to play for more than 45 minutes, but we should still focus on partner catch and at least one skill development each day.

Practices:

- I will go through a variety of drills at our coaches meeting.
- USA Baseball also has a coach's mobile app that has a variety of drills.
- Please utilize small groups and get additional support from your families.

Games:

- Utilize cones for positions to go and find the position.
- Every player must play an infield position at least once per day.
 - Do not have anyone sit.
- Batting order should be round robin.
- Clear bases after three outs so the athletes learn the game, but you switch offense and defense when everyone has hit.
- Please have coaches out on the field providing instruction.
- Coach Pitch with a coach kneeling 30 feet away. After 3 swinging strikes or 5 balls, put the baseball on the tee for them.
- Walks are not allowed.
- No leading off or stealing.