

BASEBALL RULES INSTRUCTIONAL



WESTFIELD YOUTH SPORTS

1. GAME SETUP:

- 1.1. Games will be 45 minutes long. Please keep on track as delays throw off everyone's schedule.
- 1.2. No score will be kept during any game.
- 1.3. Innings
 - 1.3.1. An inning consists of all players on both teams batting 1 time through.
 - 1.3.2. If you cannot finish a full inning within the time limit, don't start one.

2. BATS & CLEATS:

- 2.1. There are no bat restrictions.
- 2.2. Metal cleats are not allowed.

3. FIELD DIMENSIONS:

- 3.1. Bases will be spaced 60' for play.
- 3.2. The pitching rubber will be 15' from home plate.

4. BATTING ORDER:

- 4.1. All players must bat in consecutive order.

5. DUGOUT:

- 5.1. All players who are not fielding, batting, on deck, base running, or warming up to pitch must always stay in the dugout or coach designated safe zone unless given explicit permission by a coach to leave (to go to the bathroom, for example).
- 5.2. All equipment is to remain in the dugout during the game.
- 5.3. Assistant coaches/parents should be in the dugout to keep control of the batting order and kids.

6. ON DECK:

- 6.1. Only one player may be on deck swinging outside the dugout.
- 6.2. The on-deck batter must wear a helmet.

7. AT BAT:

- 7.1. A coach will pitch to each batter a maximum of 4 pitches.
- 7.2. If the batter doesn't hit from the coach, a tee will be used.

8. BASE RUNNING:

- 8.1. No stealing is allowed.
- 8.2. A runner can only advance 1 base at a time regardless of the hit or a overthrow.
- 8.3. If a batter gets out during his/her at bat he/she will continue to stay on the base until reaching home plate.
- 8.4. The last batter from each team will run from 1st base around to home plate clearing all base runners.

9. PITCHING:

- 9.1. A coach from the batting team will be the pitcher.
- 9.2. The pitcher must pitch behind the 15' line from either a standing position or from a knee.
- 9.3. Pitching is generally overhand but allows underhanded pitching to players who plan to play softball in the future.

10. DEFENSE:

- 10.1. All players must play in the field.
- 10.2. Assistant coaches/parents should be used for the catcher's position and base coaches during your at bat.
- 10.3. The pitcher's helper must wear a helmet with a face guard, a heart-guard, and cannot be any closer to the batter than the pitcher until the ball is in play.
- 10.4. If you have 2 helmets with face guards (Ex. borrowing the opposing teams) you can have 2 pitcher helpers. Both must wear a heart-guard.

11. PLAYING TIME:

- 11.1. Coaches are expected to teach all players how to play each position. This includes rotating line-ups such that the number of innings played at any given position is generally distributed evenly among all players.
- 11.2. Players should not be put in a position where they could be risking safety (i.e., if a player cannot focus and catch a ball consistently then playing 1st base should not be considered).

12. COACHES/PLAYERS/PARENTS:

- 12.1. All people watching or participating should keep in mind this is for fun and promote a safe environment for the players.
- 12.2. No arguing or combative behavior will be tolerated from coaches, players, parents, or spectators. Violators will be removed from the baseball fields immediately and may be banned from attending games in the future.
- 12.3. Please keep the baseball fields, dug outs and stands clean or picked up after your game.