

City of Lakeland 2019 Coach Pitch Rules

Game Time Rules:

1. A game will consist of 3 innings or around 1-1:15 minutes, or when all players have batted 3 times, whichever occurs first.
2. No new inning will begin after the time limit.
3. Since the game time is limited, players should hustle on and off the field.

Batting:

1. No bats should be swung outside of the playing field.
2. Each batter will receive up to, but no more than 5 pitches. If no hit is made in those five pitches, then the player will hit from the Tee. If the 5th pitch is a foul, the batter will receive one more pitch.
3. No balls or strikes called.
4. No walks or hit by pitch.
5. No bunting.
6. If a foul ball is hit and caught in the air, the batter is out.
7. Batters and baserunners **ARE REQUIRED** to wear a helmet. To avoid delays, batters should be ready on deck before their turn at bat.
8. A batted ball that does not pass the painted 15-foot line will be considered a dead ball and will not be counted in the five pitches. A ball that continues past the line will be considered in play and a live ball.
9. A batting order will be at the coaches' discretion. No need to turn in a batting lineup, as each player will bat each inning.
10. Throwing the bat in any way will not be allowed. For safety purposes, please teach this to your players.
11. Players who are not batting must be sitting on the bench and monitored by a coach.

Base running:

1. Runners may not advance to the next base until the ball is put into play by the hitter. Runners are not allowed to leadoff, and must remain on the bag until the ball is hit.
2. Once the ball is thrown back to the coach at the pitching position, all runners must stop at the base they are currently occupying or running towards.
3. If a batter or baserunner comes in contact with a fair ball, the play will be called dead.
4. If a runner interferes or collides with a player trying to field a ball, then the runner will be sent to the bench, and the play will be dead.
5. Overthrown ball: Runner must stop at the base where the ball is overthrown.
6. If a runner is thrown out at a base, they will return to the bench. No outs are recorded. But it is important for the players to learn this aspect of the game.
7. There will be no infield fly rule.
8. A warning will be given to the baserunner if they run more than five feet out of the baseline. After the first warning, the runner will be sent to the bench.
9. Sliding into 2nd, 3rd, or home plate will be allowed, but a runner cannot slide into another player.
10. A runner must give themselves up if a catcher has the ball and is in position to make a play at the plate.
11. The final batter of the inning will clear the bases.
12. Teams should provide a 1st & 3rd base coach during their time at bat. If one is not available, then I will stand in. *I will be in attendance on the fields on all game days, so please let me know if you need help.*

Defense:

1. 9-10 players will constitute a team on the field. Games may be played with 7 players.
 - If a game is played with 7 players, then there will be no pitcher or catcher.
 - You may opt to have a catcher and 2 outfielders.
 - If there is not a catcher, a coach or parent must be behind the plate.
 - If there are less than 7 players, then the option of using a player from another team to fill-in is possible.
2. Infield:
 - Positions of 1st, 2nd, SS, and 3rd base will always have a player in position.
 - A catcher's mask must be worn if there is a catcher on the field.** The catcher will stand behind the opposite batter's box of the batter.
 - If there is a player in pitcher position, the player will stand in the area of the coach pitcher.

-Infield players can only be in the baseline while attempting to field the ball.

3. Outfield:

-**NO** outfielders may play shallow behind 2nd base (i.e. a short centerfielder cannot be used).

-Players must be at least 15 feet from the end of the infield line. Markings will be on the outfield for reference.

4. The coach will play all of the players in each inning. It is recommended that a coach rotate their players through the various positions during the game.

Pitching:

1. A coach will pitch to the players. A coach may choose to throw overhand or underhand as they feel necessary.
2. A coach will pitch from 25-30 feet or from a range they feel comfortable. You may be on one knee to pitch, or use the ball bucket.
3. Five hittable pitches will be allowed. Only 3 pitches (total of 8 pitches in all) can be declared as unhittable and they may hit from the tee at that point. Please make sure that the coach who is doing the pitching is consistent in getting the ball over the plate.
4. The coach pitching will be considered part of the field and should not interfere with hit balls. However, a coach may step in as a safety precaution to protect a player from a hit ball. If a coach steps in, the ball will be considered dead, and will be re-pitched.

Umpire/Coaches:

1. The coach that is pitching will be in charge of keeping a pitch count for each batter.
2. Coaches will work together to call outs and monitor base running.
3. This league is entry level and non-competitive. **There will be no score kept or outs recorded.**
4. If a player is thrown out at a base, they will return to the bench.
5. 2 coaches are allowed on the field at a time.

Dead Ball:

1. Ball thrown that leaves field of play or is deemed "out of play" by coaches.
2. Coach or spectator picks up ball.
3. Player or Coach Injury.
4. Pitching coach has the ball.

Weather:

1. Field Updates will be posted on the Blue Sombrero website at www.lakelandtn.gov/leagues by 3pm every game or practice day. If the weather conditions are questionable after 3pm, then we will either make a game-time decision, or coaches will be emailed by 5:15pm with a status, at which point they will pass along to their team.
2. Teams may have to show up right at game time, with the understanding that it may be cancelled. We will make every effort to play, unless lightning or the heat are a factor.
3. Games will be made up on Mondays if possible.
4. Refer to the Heat Index Guidelines and National Lightning Safety Policy.

Uniform & Equipment:

1. For games: Players must wear the City of Lakeland provided team jerseys and team hats. Parents/Guardians will supply the pants or shorts. This needs to be decided as a team before the first game.
2. Plastic cleats and tennis shoes are permitted. Metal cleats are not permitted.
3. Catchers are **REQUIRED** to wear helmet with mask.
4. Coaches will be issued an equipment bag for the season, and are responsible for returning all equipment issued to the league supervisor at the end of the season.

Unsportsmanlike Conduct:

1. Players will be benched by coaches if they are unsportsmanlike to another player or coach.
2. Parents and/or coaches will be removed from the game, and suspended from the next game if they are unsportsmanlike to players or coaches.
3. **PLEASE DO NOT ALLOW CHILDREN TO HANG ON OR CLIMB THE BACKSTOP.**
4. **NO TOBACCO or ALCOHOL** of any kind is permitted on the practice or game fields, or anywhere in the vicinity of any and all players, coaches, parents, etc. Any Coach is permitted to remove any person not following said rule.

City of Lakeland 2019 T-Ball Rules

Game Time Rules:

4. A game will consist of 3 innings or around 1-1:15 minutes, or when all players have batted around 3 times, whichever occurs first.
5. No new inning will begin after the time limit.
6. Since the game time is limited, players should hustle on and off the field.

Batting:

1. No bats should be swung outside of the playing field.
2. A batter has 5 attempts to hit the ball from the tee. The batter will take first base after the 5th attempt.
3. No balls or strikes called.
4. If a foul ball is hit and caught in the air, the batter is out.
5. Batters and baserunners **ARE REQUIRED** to wear a helmet. To avoid delays, batters should be ready on deck before their turn at bat.
6. A batted ball that does not pass the painted 15-foot line will be considered a dead ball and will not be counted in the five attempts. A ball that continues past the line will be considered in play and a live ball.
7. A batting order will be at the coaches' discretion. No need to turn in a batting lineup, as each player will bat each inning.
8. Throwing the bat in any way will not be allowed. For safety purposes, please teach this to your players.
9. Players who are not batting must be sitting on the bench and be monitored by a coach/parent.

Base running:

13. Runners may not advance to the next base until the ball is put into play by the hitter. Runners are not allowed to leadoff, and must remain on the bag until the ball is hit.
14. Once the ball is thrown back to the coach at the pitching position, all runners must stop at the base they are currently occupying or running towards.
15. If a batter or baserunner comes in contact with a fair ball, the play will be called dead.
16. If a runner interferes or collides with a player trying to field a ball, then the runner will be sent to the bench, and the play will be dead.
17. Overthrown ball: Runner must stop at the base where the ball is overthrown.
18. If a runner is thrown out at a base, they will return to the bench. No outs are recorded. But it is important for the players to learn this aspect of the game.
19. There will be no infield fly rule.
20. A warning will be given to the baserunner if they run more than five feet out of the baseline. After the first warning, the runner will be sent to the bench.
21. Sliding into 2nd, 3rd, or home plate will be allowed, but a runner cannot slide into another player.
22. The final batter of the inning will clear the bases.
23. Teams should provide a 1st & 3rd base coach during their time at bat. If one is not available, then I will stand in. *I will be in attendance on the fields on all game days, so please let me know if you need help.*

Defense:

5. 8-10 players will constitute a team on the field. For 4-6 yr. T-Ball, games may be played with 6-7 players. For 3yr. T-Ball the game may be played with 5 players. If teams are short players, then the option of using a player from another team to fill-in is possible.
6. Positions:
 - 4-6 yr. T-Ball: 1st, 2nd, SS, and 3rd base will always have a player in position. Use the outfield for the remaining players. Shallow outfield position is allowed in T-Ball. A coach should remain in the pitcher and catcher positions.
 - 3 yr. T-Ball: we are just happy to keep them on the infield watching the player hit off the tee 😊
7. The coach will play all of the players in the field during each inning. It is recommended that a coach rotate their players through the various positions during the game.

Umpire/Coaches:

6. The coach that is behind the tee will be in charge of keeping a swing count for each batter.
7. The coach in the pitching position will have the ball returned to him after each play to signify a dead ball.
8. Coaches will work together to call outs and monitor base running.
9. This league is entry level and non-competitive. **There will be no score kept or outs recorded.**
10. If a player is thrown out at a base, they will return to the bench.
11. 2 coaches are allowed on the field at a time.

Dead Ball:

5. Ball thrown that leaves field of play or is deemed “out of play” by coaches.
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7. Catchers are **REQUIRED** to wear helmet with mask.
8. Coaches will be issued an equipment bag for the season, and are responsible for returning all equipment issued to the league supervisor at the end of the season.

Unsportsmanlike Conduct:

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