



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Baseball/Softball Rule Book

The Child First- The Sport Second!

It is our hope that participants, coaches, officials, parents, and spectators will assist us in keeping YMCA sports fun and safe for all. Behavior which does not align with the mission, spirit, values, or rules of the YMCA will be addressed per the YMCA's behavior policy.

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Baseball Rules					
	Rookie/Prek T Ball	Tee Ball	Coach Pitch	Modified Player Pitch	Player Pitch
Ages	Rookie (3-4) Pre-K (4-5)	Kinder	1st/2nd	3rd/4th	5th and up
Players	7v7	10v10	9v9	9v9	9v9
Players needed to start	5	7	7	7	7
Type of ball	Soft Baseball	Soft Baseball	Hard baseball	Hard baseball	Hard Baseball
Base length	50ft	50ft	60ft	60ft	60ft
Players in the infield	7	7	6	6	6
Players in the outfield	0	Rest of team	Rest of team	4	3
Lineup	Everyone bats	Half the line up bats	Half the line up bats or 3 outs	Everyone bats until 3 outs 5 Run limit	Everyone bats until 3 outs 5 Run limit
Outs	none	3	3	3	3
Pitches	Players gets 5 swings off of the Tee	Player gets 3 swings off of the tee	Player will get 5 pitches from coach or 3 swings	3 strikes or 4 balls	3 Strikes or 4 balls
Game Play	50 minutes	50 minutes	75 minutes	75 minutes	90 minutes
Max Roster	7	12	12	13	13

Softball Rules			
	Coach Pitch	Modified Player Pitch	Player Pitch
Ages	1st / 2nd	3rd/4th	5th and up
Players	10v10	10v10	9 v9
Players needed to start	9	9	8
Type of ball	11 inch	11 inch	12inch
Base length	60	60	60
Players in the infield	6	6	6

Players in the outfield	4	4	4
Lineup	Everyone bats	Everyone bats	Everyone bats
Outs	3	3	3
Pitches	Player will get 5 pitches from coach or 3 swings	Player pitches until 4 balls, then Coach takes over for 3 pitches/3 Swings	3 strikes or 4 balls
Game Play	75 minutes	75 minutes	90 Minutes
Max Roster	13	13	13

Scheduling:

a) A minimum of 7 games will be scheduled for all divisions

Pre/Post Game Responsibilities

1. Prior to games, team warm-up activities will be conducted in the outfield grass.
2. On game days, individuals and/or teams are not allowed to take infield practice on the infield grass.

Home team: Third Base Side Dugout Visiting

team: First Base Side Dugout

- After game- Collect the garbage from inside dugout around the entire field and bleachers

Zero Tolerance Policy:

The YMCA requires coaches, parents, and spectators to abide by our **Zero Tolerance Policy**. Actions that will not be tolerated before, during or after practices or games are: verbal/physical abuse of referees, players, coaches or spectators; charging onto the field; arguing with referees, coaches or spectators; profanity or derogatory names or comments; any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches or fans. If a coach, parent or spectator does not abide by this policy a referee may give a warning, eject the offending person or penalize the team. If at any point the referee feels threatened, he/she may “abandon the game.” If this occurs, the offender’s team will suffer a loss by forfeit of the game.

YMCA Behavior Policy

The YMCA reserves the right to warn, suspend, expel, terminate any member, guest, or program participant in the following situations:

- Failure to follow YMCA behavior standards or from violation of any other posted, published or communicated rules or policies at a YMCA branch or program/event.

- If a person has been convicted of any crime involving sexual abuse, is or has been a registered sex offender, has been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.
- If a person requires an inordinate amount of attention from the staff thereby causing inadequate levels of supervision for the remainder of the participants or members.
- If a person's behavior is determined to be inappropriate within the scope and spirit of the YMCA values.
- For any reason within the discretion of YMCA management.

Conflict Resolution Policy:

We strongly recommend that everyone abide by the 48-hour rule:

Unless it is an urgent matter of safety; parents, guardians and/or coaches who are upset regarding a situation or circumstance during a game or practice must wait 48 hours after the incident occurred before approaching the head coach, field director or sports director. Give time for emotions to subside, then define the issues thoughtfully and suggest solutions. All discussions and interactions that occur after the 48-hour period must be conducted in a mature, polite, civil, and non-intimidating manner. This includes all forms of communication (face-to-face discussions, emails, etc.). If a resolution is not satisfactory, then the incident will be turned over to the sports committee for further review.

However, if you feel immediate attention needs to be called to your field during a game, find a field director or YMCA staff and proceed in a calm and respectful manner.

Umpires:

-PLEASE RESPECT THE UMPIRES - Umpires have the ultimate authority during a game. If you feel attention needs to be called to your field during a game, send someone to find a field director or YMCA staff. If a coach or spectator is offensive in any way to an umpire they will be ejected and suspended for a time to be determined by Sports Director. ***Abuse of an umpire will not be tolerated! The umpire has been trained to be in position to observe the play both on and off the ball. The ump is often in the optimal position to see what is going on and frequently sees things that spectators or even players do not see. Give the umpire the benefit of the doubt.*** Yelling at an umpire will not change the call. Screaming or going after an umpire in front of the players shows disrespect for authority.

Coaches are not allowed to conference/discuss game calls with the referees after the game. Rule interpretations and game feedback should be brought to the field director or YMCA staff.

Volunteer Coaches: All Volunteer coaches will need to complete Child Abuse prevention course and criminal background check.

General Makeup of a Successful team:

Head Coach- *Game day/season leader*

Assistant Coach- *Aide the head coach with practices and games*

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Team Parent- *Responsible for most communication aide between the head coach and the team, communication between the head coach and the YMCA. Communication of snack schedules, team emails, team texts, team uniforms, game times and practice times.*

Schedule Conflicts:

Once the schedule is live on, no changes will be made and other requests for days off, will not be honored.

- **The YMCA of Dallas is committed to providing a safe and enjoyable experience for all participants.**
- **Team will only be granted one schedule change request**
- **Schedule change request will not be accepted within 7 days of game**

Communication:

It is imperative to provide good contact information when one registers for the league as a player or a coach. The YMCA needs a good email for the participant/coach as well as a good phone number.

INCLIMATE WEATHER

Weather can be very unpredictable (i.e., ice, snow). If there is severe weather, please continue with CAUTION. We are more concerned with safety of all participants than completing a game. Discuss concerns with other coaches/site supervisors/officials

- Cancellations will be made as soon as possible. All cancellation notice will be posted on playerspace and an email will be mailed out. Typical weekend cancellations will be made by 7:15 am / weeknight cancellations will be made at 3:00 pm **(Rainout Hotline: 972-738-9400)**
- It is not a policy to cancel games because of a little rain, a little cold, or a little snow. Furthermore, parents are encouraged to make individual decisions for their own child when outdoor weather elements become a concern, as to whether to attend any game/practice even if the game/practice is not officially canceled.

THUNDER / LIGHTNING POLICY

- The YMCA observes the 30 SECOND - 30 MINUTE lightning safety rule for all outdoor programs and activities.
- Seek safe shelter if, the flash to bang count reaches 30 seconds.
- Stay indoors for 30 minutes after hearing the last clap of thunder.

Sports Communications-

- Staff will send all communications through our sports management site Team Sidelines. All updates to schedules and events will be posted to your team page. It is essential to download the Team Sidelines app and you will receive push notifications.
- **Notifications from Team Sidelines will be sent to the email address that you provided at registration. Please do not unsubscribe to Team Sidelines emails*

Safety

1. Any major injury during the game will constitute an automatic “time out”. All runners, whether forced or not, will advance one base. A major injury occurs whenever a player is struck by the ball and the player does not immediately continue play.

Safety is our first concern. In cases of a prolonged injury needing medical assistance, the DOD or umpire may “stop the game clock”.

2. During games or practices, players are not allowed to chew gum or eat.
3. Dugouts will be kept in a neat and orderly manner to prevent accidental injuries to players who may otherwise trip over bats, balls or other equipment.
4. All games will be governed by the YMCA Safety protocol.
5. Smoking is only permitted in the parking lot. This includes electronic cigarettes.
6. No pets of any kind, other than service animals, are allowed on the park premises.
7. All accidents should be reported to the Sports Director within 24 hours.
 - See the Safety Manual for procedures
8. Batting helmets must always be worn.
9. No bats shall be swung outside the warmup batting circle.
10. No head first slides.

Each game both teams will recite the YMCA pledge.

**WIN OR LOSE,
I PLEDGE BEFORE GOD
TO PLAY THE GAME
AS WELL AS I KNOW HOW,
TO OBEY ALL THE RULES,
TO BE A GOOD SPORT AT ALL TIMES,**

AND TO IMPROVE MYSELF IN SPIRIT, MIND, AND BODY.

T-Ball

Small Ball Rookie/Prek Division (Instructional 7v7)

1. There will be no strikeouts.
2. Game score is not to be kept on the scoreboard.
3. 50-minute game time.
4. When a ball is hit into the infield, it will be considered a fair ball only if it travels beyond the bunting circle.
 - Balls that come to a stop within the 5-foot bunting circle will be considered foul balls.
5. Up to **Seven** players can be on the field.
 - All infielders must stay on the infield dirt until the batter has hit the ball.
 - On fields with an entire dirt infield, the infielders must not cross the line of the bases until the batter has hit the ball.
 - All infielders should be positioned between the baselines. Only one player can be placed on the mound.
6. Bunting is NOT allowed. The batter must take a full swing and follow through.
 - Judgment of a full swing will be the umpire's decision.
7. Up to three defensive coaches will be allowed on the infield grass to verbally instruct defensive players. Other defensive coaches should remain in outfield.
8. For the hitting team, a coach may be utilized at home plate to assist each batter.
 - Base coaches should not leave the bases to escort players to the next base.
9. The umpire will call "time" when;
 - A defensive player has control of the ball and has stopped the progress of the lead runner.
 - A defensive player has control of the ball and no other play is being made
 - When a player intentionally throws the ball into or through the ten-foot pitching circle.
10. When the umpire calls "time";

- Any runner who has not completely passed the halfway mark must return to the previous base.
 - Any runner who has completely passed the halfway mark will be awarded the next base.
11. No batter will advance any further than second base on a hit ball, which was stopped by an infielder, or came to rest before reaching the outfield grass.
- For balls that are hit and reach the outfield grass, the batter may advance as many bases as he/she is able.

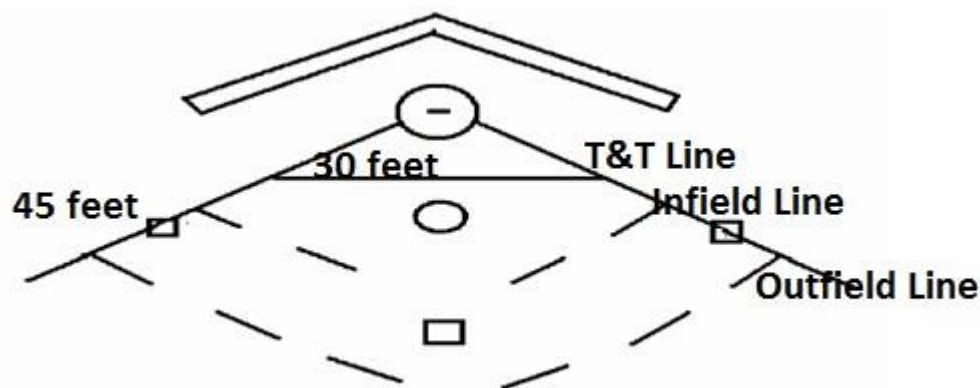
Small Ball is not a competitive baseball league rather its focus is on the development of basic skills and knowledge of the game. Most of all, HAVE FUN



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PLAYING TOGETHER

T-Ball Rules (Rookie, Pre-K, Kinder T-Ball)



When the ball is placed on the Tee, the rover and the 3 outfielders must be standing beyond the base path and farther than any of the infielders. All other players will play a normal defensive position and infielders may be stationed no more than 3 yards inside the base path.

ARC Rule

In T-Ball, an arc will be drawn in fair territory of home plate. The batted ball must travel beyond the arc; otherwise, it will be considered a foul ball.

-The bat must remain in the batter's circle, or the batter will be called out. **T & T Line** The

T & T line only applies to the pitcher and catcher as follows:

-When the pitcher/catcher fields a fair ball on the home side of the T & T line, he has the option of attempting to tag or force out the runner by himself or may throw to another player who can attempt the tag or force out.

-When the pitcher/catcher fields a fair ball on the pitcher's side of the T & T line, he must attempt to throw the ball to another player who can attempt to tag or force out the runner. The umpire will declare the runner safe if an infraction occurs.

Batting

-The coach is responsible for adjusting the T as he deems appropriate or requested by the batter.

-The umpire must say "play ball" before the batter may swing at the ball.

-The ball must be hit in fair territory by the 5th swing or the turn at bat is to be considered an out. -The ball must travel from the T in the air and land outside the batter's circle to be considered a hit, if not a strike.

-The ball is played as a fair ball even when the batter only hits the T and the ball travels outside the batter's circle.

-The 1st set of dashed lines is to ensure the infield players do not line up too far in to field any balls. -The 2nd set of dashed lines is to ensure the outfield players do not line up too far in to field any balls.

Rules

1. Game Time is 50 minutes.
2. Base length is 60 feet
3. All players can be on the field. Only 5 players can be in the infield.
 - All infielders must stay on the infield dirt until the batter has hit the ball.
 - On fields with an entire dirt infield, the infielders must not cross the line of the bases until the batter has hit the ball.
 - All infielders should be positioned between the baselines. Only one player can be placed on the mound.
- 4.
5. Coaches must make every effort to play all children an equal amount of playing time. Each child must play 2 innings by the end of the 4th inning.
6. Teams will meet at the baseline on the field to recite the YMCA pledge before beginning play and meet after the game to shake hands.
7. Uniforms must have a YMCA logo somewhere on the uniform. No metal cleats.
8. Forfeits-all games will start at the scheduled starting time. A team must have at least 7 players present.

9. Time Limits

- A. A game called because of rain, darkness, or inclement weather will be considered a game if the visiting team is ahead after 3 full innings have been played or if the home team is ahead after 2 1/2 innings have been played.
- B. No inning shall start after 50 minutes of play. Play is considered when the umpire declares "play ball" and the next inning will be considered as started the instant the last out is made in the preceding innings.
- C. Extra innings are not allowed to break tie games.

10. HEADGEAR-Each batter, base runner, on deck batter, catcher must wear approved helmet.

11. Closed BASES-No player is allowed to leave the base until the ball is hit. NO STEALING BASES.

12. POSITIONS

- A. No player may play the Pitcher or 1st base position for more than 2 innings per game.

Kinder Division (10 v 10) – Insert Rules

Coach Pitch Rules

1. INNINGS- 5 innings or 75 min, whichever is first.

Coach's pitch in an over motion) 30 feet from home plate (umpires' discretion). The batter is considered out and runners do not advance if a ball is not hit into fair play. The batter receives 3 swings of 5 pitches.

- a. The hitter has 5 pitches to put the ball in play and there are no called strikes. The 5th pitch is the last pitch no matter what.

Base Length: 60 feet.

- 2. A half inning is complete after a team has 3 outs OR 5 runs. No more than 5 runs are allowed to be scored in an inning at any time.
- 3. A ball is considered DEAD when an INFIELDER possesses the ball INSIDE the baseline. Runners are sent to the next base if more than halfway between, or back to the previous base when the ball is ruled dead (umpire discretion). Infielder must hold the ball up and wait for umpire to call "Time".
- 4. A team consists of 6 infielders (catcher, pitcher, 1st, 2nd, 3rd baseman and a shortstop.) and 3 outfielders. Catchers are optional, although we do encourage kids to

try the position. A coach can cover home plate but cannot be involved in a play. All outfielders must be positioned in the outfield grass until the ball is hit.

5. Players cannot play the same position for more than 2 consecutive innings.
6. SUBSTITUTIONS: No player can sit 2 consecutive innings. Everyone must play.
7. Every player must be included in the batting order and the batting order must stay consistent all game except for injury or sickness. Every player must hit once before another can hit twice.
8. Base coaches are okay, but no defensive coaches.
9. A runner is considered out if the player runs out of the baseline to avoid being tagged (umpires' discretion). All runners are given an extra base in the event of an overthrow.
10. Innings cannot start after 65 minutes of play or 4 complete innings. If the home team is ahead after the visiting team bats at the 65-minute mark, the game is over.
11. **Overthrow Rule:** The runner(s) will be permitted to advance at their own risk on the first overthrow, from the outfield or infield, but not advance more than one additional base. A second overthrow is irrelevant and does not allow for further additional bases. If a runner is tagged out while advancing in any way, then they are out. An overthrow is defined as a ball that goes past the fielder at any base the thrower intends to throw, regardless of a misplay by the baseman or the thrower. The next base is set when the throw is made, based on where the runners are going at that time. If a runner goes past the furthest base allowed and is not tagged out, they will be allowed to return to the furthest base they achieved legally.
 - a. Ex1: if the short stop overthrows the first baseman, the batter can advance to second at his own risk.
 - b. Ex 2: If more than one runner is on base, the batter and the other runners can at most advance to the base they are in progress of going to and the one after
 - c. Ex 3: If a runner is not advancing at the time of an overthrow, at most they can gain the next base at their own risk.
12. Players must throw the ball. Unless the player is making an unassisted play at his or her own base (home for the pitcher, second base for the shortstop), the ball must be thrown to another player for a force out.
 - a. If the ball is not thrown to the base as described above, the runner will be declared safe.

13. Intentional stalling of the game for the benefit of one team will not be tolerated and is grounds for removal and/or suspension. If an umpire suspects a team of stalling, the player or coach will be warned and if stalling continues the umpire has the authority to remove the player or coach from the game.
14. In the event of bad weather, a game is official after 30 minutes of play or 2 complete innings. The score at the end of the last full inning becomes the final score assuming 30 minutes or 2 innings were completed.
15. Sliding is allowed, although not recommended except when dictated by the regular flow of the game.
16. Intentional blocking of ANY base, including home plate is NOT ALLOWED under any circumstances and is cause for removal from the game. If a player accidentally blocks or impedes a runner, the runner is given the extra base.
17. There is no leading off, stealing, or bunting.
18. The infield fly rule is in effect (Runners on 1st base and 2nd base with less than 2 outs and a fly ball is hit on the infield. The batter is automatically out, and runners are then advancing at their own risk.)
19. TIMEOUTS: Only 1 defensive "Timeout" per inning (Mound Visit)
20. No advancing on catcher past balls or overthrows back to coach/pitcher from catcher.
21. No walks or Hit by Pitches
22. No drop 3rd strike

Modified Player Pitch Rules

2. INNINGS- 6 innings or 75 min, whichever is first.

PITCHER'S MARK: 46 ft.

STRIKE ZONE: The strike zone is measured from the top of the letters to the bottom of the knees.

NUMBER OF PITCHES: When the batter has 4 balls, the coach will come in (inheriting the strike zone and count) to pitch to the batter. The coach is given a maximum of 3 pitches (for the batter to either hit the ball or be called out). The maximum number of pitches that any pitcher will throw to each batter is 6.

Base Length: 60 feet.

3. A half inning is complete after a team has 3 outs OR 5 runs. No more than 5 runs are allowed to be scored in an inning at any time.
4. A ball is considered DEAD when an INFIELDER possesses the ball INSIDE the baseline. Runners are sent to the next base if more than halfway between, or back to the previous base when the ball is ruled dead (umpire discretion). Infielder must hold the ball up and wait for umpire to call "Time".
5. A team consists of 6 infielders (catcher, pitcher, 1st, 2nd, 3rd baseman and a shortstop.) and 4 outfielders. Catchers are optional, although we do encourage kids to try the position. A coach can cover home plate but cannot be involved in a play. All outfielders must be positioned in the outfield grass until the ball is hit.
6. Players cannot play the same position for more than 2 consecutive innings.

7. SUBSTITUTIONS: No player can sit 2 consecutive innings. Everyone must play.
8. Every player must be included in the batting order and the batting order must stay consistent all game except for injury or sickness. Every player must hit once before another can hit twice.
9. Base coaches are okay, but no defensive coaches.
10. A runner is considered out if the player runs out of the baseline to avoid being tagged (umpires' discretion). All runners are given an extra base in the event of an overthrow.
11. Innings cannot start after 65 minutes of play or 4 complete innings. If the home team is ahead after the visiting team bats at the 65-minute mark, the game is over.
12. **Overthrow Rule:** The runner(s) will be permitted to advance at their own risk on the first overthrow, from the outfield or infield, but not advance more than one additional base. A second overthrow is irrelevant and does not allow for further additional bases. If a runner is tagged out while advancing in any way, then they are out. An overthrow is defined as a ball that goes past the fielder at any base the thrower intends to throw, regardless of a misplay by the baseman or the thrower. The next base is set when the throw is made, based on where the runners are going at that time. If a runner goes past the furthest base allowed and is not tagged out, they will be allowed to return to the furthest base they achieved legally.
 - a. Ex1: if the short stop overthrows the first baseman, the batter can advance to second at his own risk.
 - b. Ex 2: If more than one runner is on base, the batter and the other runners can at most advance to the base they are in progress of going to and the one after
 - c. Ex 3: If a runner is not advancing at the time of an overthrow, at most they can gain the next base at their own risk.
13. Intentional stalling of the game for the benefit of one team will not be tolerated and is grounds for removal and/or suspension. If an umpire suspects a team of stalling, the player or coach will be warned and if stalling continues the umpire has the authority to remove the player or coach from the game.
14. In the event of bad weather, a game is official after 30 minutes of play or 2 complete innings. The score at the end of the last full inning becomes the final score assuming 30 minutes or 2 innings were completed.
15. Sliding is allowed, although not recommended except when dictated by the regular flow of the game.

16. Intentional blocking of ANY base, including home plate is NOT ALLOWED under any circumstances and is cause for removal from the game. If a player accidentally blocks or impedes a runner, the runner is given the extra base.
17. There is no leading off, stealing, or bunting.
18. The infield fly rule is in effect (Runners on 1st base and 2nd base with less than 2 outs and a fly ball is hit on the infield. The batter is automatically out, and runners are then advancing at their own risk.)
19. TIMEOUTS: Only 1 defensive "Timeout" per inning (Mound Visit)
20. No advancing on catcher past balls or overthrows back to coach/pitcher from catcher.
21. No walks or Hit by Pitches
22. No drop 3rd strike
23. The infield fly rule is in effect (Runners on 1st base and 2nd base with less than 2 outs and a fly ball is hit on the infield. The batter is automatically out, and runners are then advancing at their own risk.)

Player Pitch Rules

GAME LENGTH: Games are 90 minutes (minimum of 6 innings)

PITCHING DISTANCE: 46 ft

BASE DISTANCE: 60 ft

BALL SIZE: Regulation (Provided by YMCA) **NUMBER**

OF PLAYERS TO BEGIN:

- While on defense, the maximum of 9 players can be on the field
- A minimum of 7 players must be present to start the game **RUN**

RULE:

- 5 runs per inning.
- 15 runs ahead after 3 complete innings.
- 10 runs ahead after 4 complete innings. **OUTS:**

A teams turn at bat ends after 3 outs.

STRIKE ZONE:

The strike zone is measured from the top of the letters to the bottom of the knees.

PITCHERS:

- Maximum of 3 innings pitched per game.
- Maximum of 6 innings pitched per week.
- If the pitcher throws just one pitch, they will be charged with having pitched a full inning.
- Coaches may have one conference at the mound per pitcher. On the 2nd conference the pitcher must be replaced.
- After a pitcher is replaced, they may not be reentered as a pitcher during the same game.
- The pitcher may have 5 warm-up pitches between innings.
- A coach may not have a conference with the pitcher on the mound between innings.
 - If such conference does occur the coach will be charged with a trip to the mound.
- If it is the third trip the pitcher must be replaced.
- A coach may change a pitcher at any time during the game.
- If a coach replaces a pitcher during an inning both pitchers are charged with an inning pitched.

NUMBER OF PITCHES:

The maximum number of pitches that any pitcher will throw to each batter is 7. The pitcher will have a max of 60 pitches per week. No extra pitches should be thrown to the batter unless the batter fouls the final pitch. If the batter fouls off the 7th pitch, or any after, he is awarded another pitch.

INTENTIONAL WALK:

An intentional walk cannot be done verbally; four pitches must be thrown.

CATCHERS:

- At all times during a game and practice, all catchers must wear protective gear (skull helmet, face mask, chest protector, and shin guards) that is issued by the YMCA.
- All catchers must wear a hard cup when they are behind the plate or warming up the pitcher.
- While the pitcher is in motion toward home plate a catcher may not distract the batter in any way.
- A catcher may not block home plate if they are not in possession of the ball.
- A catcher on base with 2 outs: see Courtesy Runner Rules. **SUBSTITUTION:**
- Every player must receive a minimum of 2 defensive innings.
- Substitute freely except for the pitcher.

BATTERS BOX RULE:

Batters must keep one foot in the batter's box. The umpire will give teams one warning per inning, thereafter, it is a strike.

BATTING LINEUP:

- All players present at the time when the coach makes the lineup must bat. • Players in the line-up, who are no longer available to play will be skipped without penalty for the remainder of the game. The coach must inform the scorekeeper.
- In the event of a suspended game, the player will bat in the same position in the lineup when the game resumes.
- Players not in the lineup during a suspended game or come late will be added to the end of the lineup for the continuation of the game. The scorekeeper must be notified.
- Your lineup must be given to the scorekeeper 10 minutes before the game begins. The only substitution the scorekeeper will be concerned about will be that of the pitcher. This will be to keep track of the number of innings a player has pitched per game or week.
- A coach may bench a player for unsportsmanlike conduct, without consequences to the team.
- No player may sit 2 consecutive innings.

BASE RUNNER'S RULES:

- If the ball is hit to an outfielder, runner may advance until the ball in the possession of an infielder standing inside the base path. Thereafter, base runners may advance no further than the base to which they were running at their own risk.
- If the ball is hit to an infielder, runners may advance until the infielder attempts, in the opinion of the umpire, to return the ball to the pitcher. Thereafter base runners may advance no further than the base to which they were running at their own risk.
- In any base running situation, a base runner may attempt one additional base at own risk in the event of an overthrow at any base. One overthrow per at-bat

only. Any overthrow that results in a dead ball will be adjudicated according to the normal rules of baseball: One base on an overthrow.

- Base runners must be touching their base when the ball is pitched and remain in contact with the base until the ball is hit. No stealing allowed.
- Ground-rule Double: a ground-rule double is a rule that awards two bases from the time of pitch to all baserunners including the batter-runner, as a result of the ball leaving play after being hit fairly and leaving the field under a condition of the ground rules in effect at the field where the game is played.
 - In this situation, the ball becomes unplayable and outfielders are unable to throw the ball to players in the infield.
- Runner from first base stops at third base, even if he obviously could have scored had the ball not gone out of play.
- The batter/runner or any other runner may advance only on a batted ball. A base runner is out if they leave the base before the ball is hit.
- Tagging Up on a Fly Ball is permitted.
- Bunting & Slapping is permitted.

DROPPED 3rd STRIKE:

The rule states that if the 3rd strike is not caught by the catcher the batter will be able to run to first base if it is not occupied. Only on the third out will the batter be able to run to first base even if it is occupied. The catcher may tag the runner or throw the ball to first base to obtain the 3rd out.

INFIELD FLY RULE: IN EFFECT

If there are men on 1st and 2nd and less than 2 outs, the batter hits a routine easy to play pop-up to the infield, it is an automatic out. Therefore, the batter is out. If the infielder drops the ball, the base runners may, but are not forced to advance to the next base.

The batter remains out even when it is dropped by the defensive player.

THROWN BATS OR HELMETS:

Intentionally or unintentionally will constitute an automatic out.

COURTESY RUNNER/CATCHER RULE:

A courtesy runner is not the same as a pinch runner. A courtesy runner is only used for a catcher getting on or being on base with two outs. The player that will run for the catcher will either be someone that will not play defense or a player that just made the last out. Please make sure it is not one of the next three hitters. The reason for a courtesy runner is to speed the game along. It will give your catcher a longer time to get into their gear and catch their breath. The coach must notify the umpire so they can call an official timeout to make the switch.

SLIDING:

- All base runners must slide if a play is being made at the base, they are running toward.
- Head-first slides are allowed when attempting to go back to base only.
- No base runner may lower their shoulder to run over any defensive player with the ball.
- IMMEDIATE EJECTION from the game will occur for the base runner if this occurs.

STEALING:

Players must remain on base until the ball crosses the plate. At that time, the runners may lead off; steal the next base and or bases. If the runner leaves the base before the ball crosses the plate, the runner is out.

RUNNING OUTSIDE THE BASE PATH:

A runner is out if they take more than two steps outside the base path to avoid a tag. A runner is not out if they take more than two steps outside of the base path to avoid a collision with a player that does not have possession of the ball.

OUT OF PLAY BATTED BALL:

Example: If the ball is hit in fair territory and rolls toward the bushes or under the fence and ends up out of play, the runner is awarded the base they are going to plus 1 more.

The fielder must raise their hands to show that they have chosen to let the ball go. If the fielder attempts to play the ball, it is considered live, the runner(s) may advance at their own risk.

Overthrow Rule: The runner(s) will be permitted to advance at their own risk on the first overthrow, from the outfield or infield, but not advance more than one additional base. A second overthrow is irrelevant and does not allow for further additional bases. If a runner is tagged out while advancing in any way, then they are out. An overthrow is defined as a ball that goes past the fielder at any base the thrower intends to throw, regardless of a misplay by the baseman or the thrower. The next base is set when the throw is made, based on where the runners are going at that time. If a runner goes past the furthest base allowed and is not tagged out, they will be allowed to return to the furthest base they achieved legally.

- a. Ex1: if the short stop overthrows the first baseman, the batter can advance to second at his own risk.
- b. Ex 2: If more than one runner is on base, the batter and the other runners can at most advance to the base they are in progress of going to and the one after
- c. Ex 3: If a runner is not advancing at the time of an overthrow, at most they can gain the next base at their own risk.

FAKE TAGS:

No defensive player may apply a fake tag to deceive a runner. The defensive team will be subject to penalty.

Umpires:

- Umpires call time after each play and declare the ball dead.
- Time shall be called as soon as lead runner is stopped from advancing by defensive player in the infield.
- A ball is considered DEAD when the pitcher possesses the ball. Runners are sent to the next base if more than halfway between, or back to the previous base when the ball is ruled dead (umpire discretion). Pitcher must hold the ball up and wait for umpire to call "Time".

Coaches:

- During games, three Managers/Coaches may be in the dugout.
- Coaches cannot come on the field during the game unless they are meeting with the pitcher. Coaches will not argue calls with referees during the game/after plays. This is disruptive to the flow of the game and takes time away from the

players. If you have an issue you would like to address, seek the attention of the YMCA staff director on site.

- All coaches and managers are expected to always conduct themselves in a sportsmanlike manner.
- Coaches cannot serve as a player in the field during the game, whether that be catching the pitcher, playing in the outfield, etc.
- Coaches can only catch pitchers during their 5 warm-up pitches prior to the catcher getting in position.

Coach Pitch Softball Rules

1. INNINGS- 5 innings or 75 min, whichever is first.

BALL SIZE: 11 inch softball.

RUN RULE: 5 runs per inning.

Base Length: 60 feet.

Coach's pitch in an over or underhand motion (coaches' choice) 30 feet from home plate (umpires' discretion). The batter is considered out and runners do not advance if a ball is not hit into fair play. The batter receives 3 swings of 5 pitches.

- a. The hitter has 5 pitches to put the ball in play and there are no called strikes.

The 5th pitch is the last pitch no matter what.

2. A half inning is complete after a team has 3 outs OR 5 runs. No more than 5 runs are allowed to be scored in an inning at any time.
3. A ball is considered DEAD when an INFIELDER possesses the ball INSIDE the baseline. Runners are sent to the next base if more than halfway between, or back to the previous base when the ball is ruled dead (umpire discretion). Infielder must hold the ball up and wait for umpire to call "Time".
4. A team consists of 6 infielders (catcher, pitcher, 1st, 2nd, 3rd baseman and a shortstop.) and 4 outfielders. Catchers are optional, although we do encourage kids to try the position. A coach can cover home plate but cannot be involved in a play. All outfielders must be 10 feet outside of the baseline-umpire discretion until the ball is hit.

5. Players cannot play the same position for more than 2 consecutive innings.
6. SUBSTITUTIONS: No player can sit 2 consecutive innings. Everyone must play.
7. Every player must be included in the batting order and the batting order must stay consistent all game except for injury or sickness. Every player must hit once before another can hit twice.
8. Base coaches are okay, but no defensive coaches.
9. A runner is considered out if the player runs out of the baseline to avoid being tagged (umpires' discretion). All runners are given an extra base in the event of an overthrow.
10. Innings cannot start after 65 minutes of play or 4 complete innings. If the home team is ahead after the visiting team bats at the 65-minute mark, the game is over.
11. **Overthrow Rule:** The runner(s) will be permitted to advance at their own risk on the first overthrow, from the outfield or infield, but not advance more than one additional base. A second overthrow is irrelevant and does not allow for further additional bases. If a runner is tagged out while advancing in any way, then they are out. An overthrow is defined as a ball that goes past the fielder at any base the thrower intends to throw, regardless of a misplay by the baseman or the thrower. The next base is set when the throw is made, based on where the runners are going at that time. If a runner goes past the furthest base allowed and is not tagged out, they will be allowed to return to the furthest base they achieved legally.
 - a. Ex1: if the short stop overthrows the first baseman, the batter can advance to second at his own risk.
 - b. Ex 2: If more than one runner is on base, the batter and the other runners can at most advance to the base they are in progress of going to and the one after
 - c. Ex 3: If a runner is not advancing at the time of an overthrow, at most they can gain the next base at their own risk.
12. Players must throw the ball. Unless the player is making an unassisted play at his or her own base (home for the pitcher, second base for the shortstop), the ball must be thrown to another player for a force out.
 - a. If the ball is not thrown to the base as described above, the runner will be declared safe.

13. Intentional stalling of the game for the benefit of one team will not be tolerated and is grounds for removal and/or suspension. If an umpire suspects a team of stalling, the player or coach will be warned and if stalling continues the umpire has the authority to remove the player or coach from the game.
14. In the event of bad weather, a game is official after 30 minutes of play or 2 complete innings. The score at the end of the last full inning becomes the final score assuming 30 minutes or 2 innings were completed.
15. Sliding is allowed, although not recommended except when dictated by the regular flow of the game.
16. Intentional blocking of ANY base, including home plate is NOT ALLOWED under any circumstances and is cause for removal from the game. If a player accidentally blocks or impedes a runner, the runner is given the extra base.
17. There is no leading off, stealing, or bunting.

MODIFIED PLAYER PITCH Softball RULES

GAME TIME: 75 minutes or maximum of 6 innings.

NUMBER OF PLAYERS ON THE FIELD: 9 players are allowed; minimum of 6 players must be present to start the game.

BALL SIZE: 11 inch softball.

RUN RULE: 5 runs per inning.

BASE PATH: 60 ft.

PITCHER'S MARK: 30 ft.

STRIKE ZONE: The strike zone is measured from the top of the letters to the bottom of the knees.

In General:

1. Teams must recite the YMCA pledge before the first pitch.
2. For safety reasons, batters on-deck must warm up behind the dugout.
3. Outs: The batter is considered out and runners do not advance if a ball is not hit into fair play. The batter cannot strike out on a foul ball the batter is not permitted to run on a THIRD STRIKE, and the catcher is not required to catch the third strike for the batter to be out.
4. A half inning is complete after a team has 3 outs OR 5 runs.
5. Every player must be included in the batting order and the batting order must stay consistent all game except for injury or sickness. Every player must hit once before another can hit twice.
6. In the event of bad weather a game is official after 30 minutes of play or 2 complete innings.
7. The umpire always has the highest authority during a game and has the ability to remove anyone that is disrupting the game or not acting in a sportsmanlike manner at ANY time.

NUMBER OF PITCHES: The maximum number of pitches that any pitcher will throw to each batter is 6 (which does not include foul balls). When the batter has 4 balls, the coach (from the batter's team) will come in (inheriting the batter's strikes) to pitch to the batter. The coach is given a maximum of 3 pitches for the batter to either hit the ball or be called out. If the batter fouls off the last pitch from the coach, the at bat will be prolonged by one pitch.

Example: If the coach comes in, inheriting one strike, he will throw two pitches to the batter.
WARMUPS: Pitchers are allowed 8 warm up pitches before their first inning and a maximum of 5 pitches between any other innings pitched.

INNINGS PITCHED: A pitcher is allowed a maximum of 3 innings pitched per game. They do not have to be consecutive.

PITCHERS:

1. PITCHING: Slow or underhand pitch. However, windmill style is allowed, but it is only recommended if the pitcher can consistently locate the pitches in or near the strike zone. Getting the ball over, or at least near, the plate should be the emphasis.
2. Maximum of 3 innings pitched per game & 6 innings pitched per week (If the pitcher throws just one pitch, they will be charged with having pitched a full inning).
3. Coaches may have two conferences at the mound per inning. On the 3rd conference the pitcher must be replaced.
4. After a pitcher is replaced, they may not be reentered as a pitcher during the same game.
5. A coach may change a pitcher at any time during the game. If a coach replaces a pitcher during an inning both pitchers are charged with an inning pitched.

If a pitcher is having control issues, the umpire may (at their discretion) require the pitcher to abandon the windmill style in favor of a slow pitch style. Additionally, the umpire may require the coach to bring in another pitcher.

HIT BY PITCH: If a batter is hit by the pitcher, she has the option of taking first base. If a batter is hit by her/his coach, the pitch counts as one of the 3 allowed the coach and the batter remains at bat unless it is the third pitch, which would result in an out.

STEALS AND LEAD OFFS: There are no steals or lead offs. The batter/runner or any other base runner may advance only on a batted ball. A base runner is out if they leave the base before the ball is hit.

INFIELD FLY RULE: IN EFFECT; If there are runners on 1st and 2nd, or bases loaded with less than 2 outs, the batter hits a routine easy to play pop-up to the infield, it is an automatic out. Therefore, the batter is out. If the infielder drops the ball, the base runners may, but are not forced to advance to the next base. The batter remains out even when it is dropped by the defensive player.

BASE RUNNER'S RULES:

1. If the ball is hit to an outfielder, runner may advance until the ball is in the possession of an infielder standing inside the base path. Thereafter, base runners may advance no further than the base to which they were running at their own risk.

2. If the ball is hit to an infielder, runners may advance until the infielder attempts, in the opinion of the umpire, to return the ball to the pitcher. Thereafter base runners may advance no further than the base to which they were running at their own risk.
3. In any base running situation, a base runner may attempt one additional base at own risk in the event of an overthrow at any base. One overthrow per at-bat only. Any overthrow that results in a dead ball will be adjudicated according to the normal rules of baseball.
4. Base runners must be touching their base when the ball is pitched and remain in contact with the base until the ball is hit. No stealing allowed.
5. The batter/runner or any other runner may advance only on a batted ball. A base runner is out if they leave the base before the ball is hit.
6. Sliding is allowed, although not recommended except when dictated by the regular flow of the game.
7. Intentional blocking of ANY base, including home plate is NOT ALLOWED under any circumstances and is cause for removal from the game. If a player accidentally blocks or impedes a runner, the runner is given the extra base.

PLAYER PITCH Softball RULES

GAME TIME: 90 minutes or maximum of 6 innings.

NUMBER OF PLAYERS ON THE FIELD: 9 players are allowed; minimum of 6 players must be present to start the game.

BALL SIZE: 12 inch softball.

RUN RULE: 5 runs per inning.

BASE PATH: 60 ft.

PITCHER'S MARK: 30 ft.

STRIKE ZONE: The strike zone is measured from the top of the letters to the bottom of the knees.

In General:

1. Teams must recite the YMCA pledge before the first pitch.
2. For safety reasons, batters on-deck must warm up behind the dugout.
3. Outs: A batter cannot strike out on a foul ball the batter is not permitted to run on a THIRD STRIKE, and the catcher is not required to catch the third strike for the batter to be out.
4. A half inning is complete after a team has 3 outs OR 5 runs.
5. Every player must be included in the batting order and the batting order must stay consistent all game except for injury or sickness. Every player must hit once before another can hit twice.
6. In the event of bad weather a game is official after 30 minutes of play or 2 complete innings.
7. The umpire always has the highest authority during a game and has the ability to remove anyone that is disrupting the game or not acting in a sportsmanlike manner at ANY time.

WARMUPS: Pitchers are allowed 8 warm up pitches before their first inning and a maximum of 5 pitches between any other innings pitched.

INNINGS PITCHED: A pitcher is allowed a maximum of 3 innings pitched per game. They do not have to be consecutive.

PITCHERS:

1. PITCHING: Slow or underhand pitch. However, windmill style is allowed, but it is only recommended if the pitcher can consistently locate the pitches in or near the strike zone. Getting the ball over, or at least near, the plate should be the emphasis.
2. Maximum of 3 innings pitched per game & 6 innings pitched per week (If the pitcher throws just one pitch, they will be charged with having pitched a full inning).
3. Coaches may have two conferences at the mound per inning. On the 3rd conference the pitcher must be replaced.
4. After a pitcher is replaced, they may not be reentered as a pitcher during the same game.
5. A coach may change a pitcher at any time during the game. If a coach replaces a pitcher during an inning both pitchers are charged with an inning pitched.

If a pitcher is having control issues, the umpire may (at their discretion) require the pitcher to abandon the windmill style in favor of a slow pitch style. Additionally, the umpire may require the coach to bring in another pitcher.

HIT BY PITCH: If a batter is hit by the pitcher, she has the option of taking first base.

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1. In any base running situation, a base runner may attempt one additional base at own risk in the event of an overthrow at any base. One overthrow per at-bat only. Any overthrow that results in a dead ball will be adjudicated according to the normal rules of baseball.
2. Base runners must be touching their base when the ball is pitched and remain in contact with the base until the ball is hit. No stealing allowed.
3. The batter/runner or any other runner may advance only on a batted ball. A base runner is out if they leave the base before the ball is hit.
4. Sliding is allowed, although not recommended except when dictated by the regular flow of the game.

5. Intentional blocking of ANY base, including home plate is NOT ALLOWED under any circumstances and is cause for removal from the game. If a player accidentally blocks or impedes a runner, the runner is given the extra base

Coach's Code of Conduct-Youth Sports

The YMCA believes that youth sports should offer competitive fun in a values-oriented, healthy and fair play environment. All YMCA volunteer and contracted representatives are expected to follow this code of conduct and ensure that behavior is always consistent with the YMCA mission and values.

I WILL:

- Provide a playing environment for my players that is safe from physical and emotional harm
- Do my best to be knowledgeable of the rules and fundamentals of the game and teach them to my players
- Complete required child abuse prevention training and attend a YMCA Coaches meeting to familiarize myself with YMCA policies, procedures and emergency response plans
- Treat each player as an individual, keeping in mind the wide range of physical and emotional development within the same age group
- Treat all children equally without respect to gender, race, religion, culture, or ability
- Be a positive role model by maintaining an attitude of respect, loyalty, patience, courtesy, tact, and maturity
- Place the emotional and physical well-being of my players ahead of any personal or parental desires to win
- Lead by example, demonstrating fair play and sportsmanship in my on- and off- field actions
- Help reinforce the mission and core values of the YMCA (caring, honesty, respect and responsibility) through my coaching and interactions with others
- Ensure my team recites the Sports Pledge before each game and shake hands with the opposing team after each game.
- Use coaching techniques that are appropriate for all the ages and skill levels present
- Seek and encourage parental participation at practices, games, and any other activities
- Respectfully control the behavior of players and parents by asking them to leave the field or sidelines should they become unruly or create an atmosphere that is not appropriate for the development of good sportsmanship
- Ensure that behavior issues and/or disputes are handled calmly
- I will encourage the use of and honor the 48 hour calming down period and I will engage YMCA staff to resolve any behavior issues with other coaches, parents, participants, officials or spectators in accordance with the YMCA's disciplinary policies and procedures.
- Refrain from the use of tobacco, alcohol, and drugs at all youth sports practices, games, and other events and I will remind others to do the same
- As a coach, know, abide share and monitor others for compliance of the following YMCA's Child Abuse Prevention standards.
- Utilize positive guidance techniques
- Refrain from profanity, inappropriate jokes, and sharing of intimate details of my personnel life

I WILL NOT:

- Subject any child to neglect or to mental, verbal, physical, or sexual abuse
- Leave any child unsupervised
- Be alone with any child where we cannot be observed by others
- Transport any children in my vehicle (unless my own child is involved in a neighborhood carpool)
- Attempt to contact or foster a relationship outside of the YMCA program with any child
- Give any child gifts or special favors
- Hold extra or special practices that are not sanctioned by the YMCA.

The above code of conduct has been established for the safety and wellbeing of each participant. Failure to adhere to this code of conduct could result in termination of program privileges at all branches.

