



1st/2nd Grade Rec Baseball League Rules- Coach Pitch



Scores, Standings, Schedules, Field Locations:
<http://www.teamsideline.com/sites/whitebear/home>

These rules are intended to promote and preserve the sound traditions of the sport and the safety of participants. However, there is an inherent risk of major or minor injury from participation. Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship.

- 1) Game length is 75 minutes or 6 innings.
 - A new inning may not start after the listed time, unless the game is tied and there is enough daylight. One inning is the maximum to be played after the time limit. The volunteer umpire is the official timekeeper of the game. **Start games on time** and hustle between innings. If you have daylight, keep playing to get your games in.
- 2) A minimum of eight (8) players can start the game. Teams with 7 players or less will forfeit the game, although the game can be played with both teams' consent. Teams that play with 8 players may elect to not field someone in the pitcher's position.
- 3) Teams must bat their entire roster— All players must bat.
- 4) Teams can use 12 defensive players regardless of the number of players on the other team. The extra fielders will play in the outfield. The outfielders will position themselves in an umbrella configuration approximately the same distance from the base path. **A short fielder is not allowed. All outfielders must stand in the grass.**
- 5) All players must play a minimum 3 innings at a defensive position, including playoff games. A player may not play the same position more than 3 innings during the game. Rotating players equally between infield and outfield is encouraged.
- 6) There is free substitution including the designated pitcher.
- 7) All players must wear the Recreation Department's T-shirts— Team sponsors are not allowed.
- 8) No metal cleats
- 9) All batters and base runners must wear helmets. Players are encouraged to bring their own equipment. WBL Rec will provide the basic equipment.
- 10) Catchers must wear full gear including chest protector, shin pads, and mask.
- 11) The designated pitcher (DP) will throw overhand to the batter. Each batter will be given a maximum of 6 pitches. **There will not be any called strikes or balls.** The pitching distance is 40 feet or as short as 30 feet if necessary to throw hittable pitches. An out will be recorded if the batter does not get on base.
- 12) The DP may only coach verbally from the mound and cannot play defense. The DP should make every attempt possible to stay out of the field of play after the ball has been hit. If the DP unintentionally touches a batted ball the ball will be ruled dead, the runners will not advance, and the batter will return to the plate. No pitch will be counted. If the DP intentionally interferes with the defensive team's attempt to field the ball, the ball will be ruled dead, the runners must return to the last base they occupied, and the batter will be called out.
- 13) When coaching a team while on defense, a max of 2 total coaches can be on the field.
- 14) A player or coach may coach the base runners at first and third base.
- 15) The player fielding the pitcher's position should be positioned within a 10- 15 foot radius behind the 40 foot pitcher's rubber.
- 16) Bunting or chopping down is not allowed— There must be a full swing.
- 17) **Infield fly rule will not be called**- Intentionally dropped fly balls should be called out by the Umpire.
- 18) Leading off or stealing is not allowed- If a runner leaves the base early that team will be given a warning and the runner must return to the base. If it happens again the runner will be called out.
- 19) Players / base runners will not be allowed to advance once a defensive player in the infield has control of the ball.

- 20) Sliding Rule - All close plays, a base runner MUST avoid contact or slide where the play is being made. Not doing so can result in an out for the runner involved.
- 21) **Overthrow Rule** - There is NO ADVANCING on an overthrow
- 22) **5 Run Rule** - A team can score a maximum of 5 runs while batting. This includes the last inning. If a team leads by more than 5 runs before the last inning the trailing team should still have their chance at bat.
- 23) **Rain-Out Policy**- In the event of a rainout, the league director will send an email to all head coaches if games are canceled anytime before 4:30 pm. If head coaches do not receive an email by 4:30 pm, teams should show up at the fields for a final decision on the status of the game. At the game, both coaches and umpires will decide if the game is to be played. If the severe weather siren sounds the game should be discontinued immediately.
- 24) After 3 full innings have been played- A game is considered official (this is for any weather cancellations)
- 25) Umpires are volunteers and will be provided by the Home team- The away team can provide an umpire if needed.
- 26) **The Coach is expected to address any assistant coach, player or spectator from their team who is physical or verbally interfering with the game.** Teams should give encouragement to their own team and say nothing about or to the opposing team. Coaches, players and spectators can be removed from the game and area by Umpires or league directors. If baseball is not being played, games will end immediately and won't be rescheduled.
- 27) The maximum barrel diameter of a bat is 2 1/4 to 2 3/4 inches.
- 28) All protests are settled at the field
- 29) Baseball Association Limits– Players that participate on White Bear Lake Baseball Association teams or are members of any other traveling association teams, or are considered MYAS / Gopher State, Little League or Babe Ruth programs **ARE NOT ELIGIBLE** to participate in this recreational baseball program.
- 30) Game Ball: RIF 10 Baseball
- 31) Base Length: 60 feet

ADDITIONAL PLAY-OFF RULES (Bonus Game)

- 1. Coaches must pick up balls from the Community Services and Recreation Department.
 - *Place your games balls back in your equipment bag for future use
- 2. A coin flip before the game will determine the home team.
- 3. Rain-outs during play-offs will be rescheduled according to the following schedule.
- 4. Even if some games run past 8:30, you must complete each game unless there is not enough daylight.
- 5. Winning teams must update the Team Sideline website– Coaches will receive an email to do so

Please remember that this is a recreational league. It is a league where the total participation is more important than winning a particular game. Let's keep the league in its proper perspective and HAVE FUN!

White Bear Lake Community Services & Recreation Department
Parent Commitment & Code of Conduct

1. *I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.*
2. *I will place the emotional and physical well being of my child ahead of my personal desire to win.*
3. *I will insist my child play in a safe and healthy environment.*
4. *I will support volunteer coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.*
5. *I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.*
6. *I will remember that the game is for youth- not adults.*
7. *I will do my very best to make youth sports fun for my child.*
8. *I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.*

Any violation of the WBL Community Services & Recreation Parent Commitment may result in temporary or permanent banishment from current or future youth recreational programs.

End of season: Coaches please clean out your equipment bag and return back to community services.
Make sure to return other players equipment if needed.

Updated: 5/13/25