

YMCA Rules of the Game

Youth T-Ball Rules (3-4yrs)

I. General Guidelines

A. The YMCA's youth t-ball program is designed for ages 3 and 4 with teams consisting of both boys and girls.

B. Substitutions

1. 10 defensive players are allowed on the field at a time.
2. To insure that all players participate in a least 1/2 of every game, no player may sit out 2 innings in a row, and no player may sit out a second inning until all players have sat out at least one.
3. Every child on the team will get to bat each inning with the batting order being continuous. After each child has had a turn to hit, the teams will switch.

C. Duration of Games

1. The game time allotted will be 1 hour with both teams warming up/practicing for 10 minutes before each game. (Included in allotted time)
2. Once the game begins, it will consist of 4 innings of play or 50 minutes game time.
3. After the appropriate time limit has expired a new inning of play may not begin.
4. If an inning is in *progress* when the appropriate time has been reached, it will be completed.

D. Coaches' Duties

1. Please keep players from behind batter; sitting along designated sideline when waiting to hit.
2. Make sure each batter is taking their correct turn at bat and that every child receives equal playing time in the field.
3. After 3 unsuccessful swings by a player; help swing through in the correct motion in order to make contact with the ball.
4. Both coaches will serve as umpires in order to help the game progress as needed.
5. Teams listed first on the schedules are the *home* team and will lead the opening prayer.

F. Equipment

1. Rubber cleats or tennis shoes only; no metal cleats!
2. Bats and helmets are provided by the YMCA, but players may use their own equipment.
3. Bases and the tee will also be provided by the YMCA.

II. Game Specifics/Field Dimensions:

- A. Bases will be placed 30 feet apart.
- B. Pitcher must be on pitcher's mark when ball is struck.
- C. 5 ft. circle around home plate.

1. If the ball is legally struck and does not go outside the 10 ft. circle, into fair territory, the batter will get another try. If a batter throws the bat outside the 10 ft. circle, he/she will be warned. On the second warning the player will be penalized by an automatic out being assessed to his/her team.

D. Positions

1. Infielders:

1st baseman	3rd baseman
2nd baseman	pitcher
short stop	middle fielder (play behind pitcher near 2 nd)

2. Outfielders

1 left fielder	1 left center
1 right fielder	1 right center

3. A player cannot play pitcher and 1st baseman in consecutive innings.
4. No player can play any position more than 1 inning per game (rotate all).
5. Rotate outfielders/infielders equally throughout the game and season.
6. Adults may be base coaches upon approval from Coaches.
7. Pitcher must throw the ball to 1st base for an out. No unassisted outs by the pitcher.
8. No lead offs, and no steals.
9. Coaches may stand on the field during play, as long as they are not hindering or slowing the flow of the game. 3 coaches/helpers may be on the field for the defensive team (1 in the infield and 2 in the outfield).

E. Batter and runners must wear a helmet.

F. Bunting is PROHIBITED.

G. No infield fly rule.

H. Ball is considered dead when the ball is returned to the pitcher or an infielder and that player raises the ball above their head. The infielder must be in the infield area.

I. If a runner is halfway or more than halfway to a base when the ball is returned to an infielder, he/she may advance to the base he/she was heading toward.

Underhand Coaches Pitch Rules (5-6yrs)

I. General Guidelines

A. The YMCA's underhand coaches pitch program is designed for ages 5 and 6 with teams consisting of both boys and girls.

B. Substitutions

1. 10 defensive players are allowed on the field at a time.
2. To insure that all players participate in a least 1/2 of every game, no player may sit out 2 innings in a row, and no player may sit out a second inning until all players have sat out at least one.

C. Duration of Games

1. Will consist of 4 innings of play or 50 minutes of game time
2. After 50 minutes have expired, a new inning of play may not begin.
3. If an inning is in *progress* when the appropriate time has been reached, it will be completed.
4. Coaches keep the game time. Please be courteous of the next team when your game time has ended.

D. Entire team bats through the lineup, but outs will be enforced.

E. Coaches' Duties

1. Please keep players from behind batter; sitting along designated sideline when waiting to hit.
2. Make sure each batter is taking their correct turn at bat and that every child receives equal playing time in the field.
3. Both coaches will serve as umpires in order to help the game progress as needed.
4. Teams listed first on the schedules are the *home* team and will lead the opening prayer.

F. Equipment

1. Rubber cleats or tennis shoes only; no metal cleats!
2. Bats and helmets are provided by the YMCA, but players may use their own equipment.
3. Bases and the tee will also be provided by the YMCA.

II. Game Specifics

A. Bases will be placed 40 ft. apart.

B. Pitcher must be on pitcher's mark until ball is struck.

C. 10 ft. circle around home plate

1. If a batter throws the bat outside the 10 ft. circle, he/she will be warned. On the second warning the player will be penalized by an automatic out being assessed to his/her team. If the ball is legally struck and does not go outside the 10 ft. circle, into fair territory, the ball will be considered foul.

- D. No player may automatically be awarded home plate on an overthrow. Runners less than halfway to a base must return to their last base. Runners over halfway may advance to that base.
- E. Ball is considered dead when the ball is returned to the pitcher or an infielder and that player raises the ball above their head. The infielder must be in the infield area.
- F. Positions- at least 9 players on the field, 10 at the max
1. Infielders:

1st baseman	3rd baseman
2nd baseman	pitcher
short stop	middle fielder (behind pitcher near 2 nd)
 2. Outfielders

1 left fielder	1 right center
1 left center	1 right fielder
3. A player cannot play pitcher and 1st baseman in the same game.
 4. No player can play any position more than 2 innings per game (rotate all).
 5. Rotate outfielders/infielders equally throughout the game and season.
 6. Coaches may stand on the field during play, as long as they are not hindering or slowing the flow of the game. 2 helpers may assist the coach in the field upon coach approval.
- G. A defensive player plays beside adult pitcher and makes plays the pitcher would.
1. If the adult pitcher interferes with the play, the ball automatically becomes dead, all base runners return to their last occupied base, and the pitch count reverts back to before the pitch.
 2. **Each batter will receive up to 3 pitches. If they fail to hit the ball into play by the third pitch, they will be given three attempts to hit the ball from a tee. A foul ball on the 3rd swing from the tee is an out.**
- H. Batter and runners must wear a helmet.
- I. Bunting is PROHIBITED.
- J. No leading off base. Base runners must remain in contact with the base until the batter hits the ball.

Coaches Pitch Baseball/ Softball Rules

- I. General Guidelines
 - A. The YMCA's Coach Pitch program is designed for ages 7-10 with teams consisting of either boys or girls.
 - B. Substitutions
 1. To insure that all players participate at least 1/2 of every game, no player may sit out 2 innings in a row, and no player may sit out a second inning until all players have sat out at least one.
 2. The batting order will be continuous and will consist of every player's name. No changing the batting order.
 - C. Duration of Games
 1. 5 innings or 50 minutes game time.
 2. After one hour has expired, a new inning of play may not begin.
 3. If an inning is in *progress* when the appropriate time has been reached, it will be completed.
 4. The umpire's or supervisor's watch will be the official time clock.
 - D. **Five runs or 3 outs per inning is in effect for all divisions.**
 - E. Coaches' Duties
 1. Please keep players off the backstops.
 2. No coaches or spectators are allowed directly behind the backstops.
 3. Defensive line-ups will be made available upon request.
 4. A volunteer from each team will serve as official bookkeeper. They will make sure each batter is taking their correct turn at bat.
 5. Teams listed first on the schedules are the *home* team and will lead the opening prayer.
 - F. Equipment
 1. Rubber cleats or tennis shoes only; no metal cleats.
 2. Players may use their own personal equipment in an official game.
- II. Game Specifics/Field Dimensions:
 - A. Bases are at 60 ft.
 - B. Pitcher must be on pitcher's mark until ball is struck.
 - C. 10 ft. circle around home plate
 1. If a batter throws the bat, he/she will be warned. On the second warning the player will be penalized by an automatic out being assessed to his/her team.
 - D. One base will be awarded to the base runner on an overthrow (out of bounds). No player may automatically be awarded home plate on an overthrow. Runners less than halfway to a base must return to their last base. Runners over halfway may advance to that base.

- E. Play will stop (dead ball) when an infielder has thrown the ball to the pitcher or the coach who is pitching. Runners may advance at risk of being put out, one base on an overthrow. If a second overthrow occurs in attempting to throw a runner out, the ball becomes dead; therefore the runner may not advance a second base.
- F. Positions- at least 9 players on the field, 10 at the max
1. Infielders:

1st baseman	3rd baseman
2nd baseman	pitcher
short stop	catcher
 2. Outfielders

1 left fielder	1 right fielder
1 center fielder	1 rover (if needed)
 3. A player cannot play pitcher and 1st baseman in the same game.
 4. No player can play any position more than 2 innings per game (rotate all).
 5. Rotate outfielders/infielders equally throughout the game and season.
 6. Base coaches must be adults.
 7. Only coach pitching may be on the field with the players.
- G. A defensive player plays beside adult pitcher and makes all plays the pitcher would.
1. If the adult pitcher interferes with the play, the ball automatically becomes dead, all base runners return to their last occupied base, and the pitch count reverts back to before the pitch.
 2. Each batter will receive up to 5 pitches. If they fail to hit the ball into play by the last "good" pitch, they are out. A foul ball on the 5th pitch is an out.
- H. Batter and runners must wear a helmet.
- I. No leading off base. Base runners must remain in contact with the base until the batter hits the ball. If the runner leaves the base too soon, she will be called out.
- J. Players may slide into base when it is not a force out and it is a close play at the base.