



## CITY OF O'FALLON PARKS & RECREATION Lil Rascals Coach Pitch Baseball Rules

### Program Format

- The first day of the program children will primarily participate in drills & activities that emphasize the basics of the game (throwing & catching, hitting a pitched ball, running bases, fielding). If time allows an inning or two should be played. During the remaining weeks, approximately the first fifteen minutes of the scheduled hour will be practice; during the remaining time a game will be played.
- Each child will have the opportunity to play the infield and outfield positions so that they will become familiar with all the positions on the field. Our goal is to have each child play a different position each inning.

### Parent Participation

- Parents will be asked to assist the coach with drills, batting order, positioning, etc.
- PARENTS OF THE DEFENSIVE TEAM (team on the field) may be in the field and may station themselves in the area to support the children verbally and give them directions. It is asked that parents, if possible, not touch the ball when it is in play.
- PARENTS OF THE OFFENSIVE TEAM (team at bat) may be used as first and third base coaches or as an assistant to handle the batting tee. One parent may be stationed at each of the above positions.

### Game Rules

*The most important thing is that the kids are learning about baseball and having fun. If there is a rule listed that is limiting you from teaching the kids or maximizing their enjoyment you are permitted to 'tweak' the rule.*

- Players will use a soft baseball.
- Batters will have 4-6 attempts to hit an underhanded pitched ball in an enlarged strike zone. If the batter cannot hit the ball after 4-6 tries, a batting tee will be used. In this instance, batters may not swing at the ball until the pitcher has made a pitching motion from the pitching rubber. If the pitch is not in a reasonable strike zone, that pitch will not count as one of the 4-6.
- Players are not permitted to steal or lead-off bases.
- There is no "infield fly" rule.
- Base runners may not advance on overthrows (any time the ball leaves the infield playing area) even if the ball remains in fair territory in the outfield.
- Regulation games are four innings or one hour, whichever comes first. Weekly games are played between teams, but in this program the goal is to teach the children the basic fundamentals of the game. Scores will be kept but only to track runs for each inning. Winning or losing is not the important thing in this instructional program.
- Each team will play all of its players at the designated positions. Additional players will be in the outfield behind the baseline. For fielding purposes the "pitcher" will stand behind the coach doing the pitching.
- All infielders, excluding the pitcher, must play a minimum of 35 feet away from the home plate before a ball is hit.

- Pitcher's mound will be 25 feet or 8 paces from home plate. Bases will be located 35 feet or 12 paces from the home plate.
- The tee (when in use) must be set so it will stand straight up in a vertical position not slanting in any direction.
- A player who throws his/her bat will be called out automatically and if the ball was hit into fair territory, no base runners may advance.
- A player, after hitting the ball should advance only as far as first base, and should advance only one base after each hit. The last batter in the gets to hit the 'home run' and clear the bases.
- Please do not allow children to play behind the batter, or act as the catcher. This will help speed up the game.
- Coaches have the ability to alter any rule (within reason) listed herein if they feel it will increase the children's enjoyment of the game.
- At the completion of each game, players and coaches should line up and pass by each other to shake hands.
- Please remember the goal of the program is for all of the children to learn and have fun!