

Rec League Rules (scroll down for 5U T-Ball, 6U Coach Pitch, and 8U-Rec Machine Pitch)

Rules of Play – (5U) – 4/5-year-old T-Ball league

The T-Ball league is non-competitive, instructional baseball. The purpose of this program is to teach participants the fundamental skills needed to play baseball and start to learn good sportsmanship. During league play there will be no keeping of score other than to determine when the run limit for the inning has been reached. The league and coaches will not track wins and losses.

Regular Baseball Rules Apply Except as Noted Below

Eligibility - Play in the 5U T-ball league is determined by the players age as of April 30th of the year and/or their grade level in the fall. A player is eligible to play at grade level if they are not playing with younger children.

The Field of Play - Base distance shall be 50-foot base paths. The pitcher's circle/mound shall be at 38 feet measured from home plate.

Fair Ball Arc - There will be a 10-foot arc drawn from the first-base line to the third-base line in front of home plate. A ball must go past this line to be fair.

Defensive Players - There shall be 10 defensive players in the field at a time. During league play, all players are to play a minimum of 3 defensive innings. The player playing the "pitcher" position must be positioned in the pitcher's circle before the ball is put into play. There are 4 outfielders (Right, Right Center, Left Center, and Left field). Outfielders must stay behind the baseline and are not to interfere with infield play. A catcher must have a mask and chest protector on when behind home plate. In this age group, if there are more than 10 players to a team, they may all take positions on the field, with extra players situated in the outfield.

Offensive Players - All players shall be eligible to bat. A late arrival is put at the end of the batting order.

Change of Inning - An inning shall end after one of the following has occurred, whichever comes first, 5 runs have been scored or three outs have been recorded.

Game Length - A complete game shall consist of 5 innings or 1 hour.

Batting - All players shall bat using a batting tee. Players have 5 attempts to put the baseball into play. If after 5 attempts the batter has not hit the ball, the batter is out. A coach from the batting team shall stand behind the batter providing instruction during the player's "at bat". This coach shall cry "Batter Up!" prior to allowing the batter to strike the ball and this will also serve to ensure the defense is ready.

Time Out - Time shall be called when an infield defensive player is attempting to throw the ball to the pitcher. The current play will stop and the next batter will be brought to the plate.

Other Rules:

- There is no leading off or stealing.
- There is no infield fly rule.
- There is to be first and third base coaches only while their team is batting.
- The defensive team may have a maximum of two coaches in the outfield. These coaches are not to interfere with the progress of the ball.

Rules of Play – (6U) – 6-year-old coach pitch

The Coach Pitch league is non-competitive, instructional baseball. The purpose of this program is to teach participants the fundamental skills needed to play baseball and start to learn good sportsmanship. During league play there will be no keeping of score other than to determine when the run limit for the inning has been reached. The league and coaches will not track wins and losses.

Regular Baseball Rules Apply Except as Noted Below

Eligibility - Play in the 6U league is determined by the player's age as of April 30th of the year. A player is eligible to play at grade level if they are not playing with younger children.

The Field of Play - Base distance shall be 50-foot base paths. The pitcher's circle/mound shall be at 38 feet measured from home plate.

Fair Ball Arc - There will be a 10-foot arc drawn from first-base line to third-base line in front of home plate. A ball must go past this line to be fair.

Defensive Players - There shall be 10 defensive players in the field at a time. During league play, all players are to play a minimum of 3 defensive innings. The player playing the "pitcher" position must be positioned within 5 feet of the pitcher's circle before the ball is put into play. This player is not to interfere with the coach pitching. There are to be 4 outfielders (Right, Right Center, Left Center, and Left field). Outfielders must be at least 10 feet beyond the infield baseline at the beginning of a play and are not to interfere with infield play. A catcher must have a mask and chest protector on when behind home plate. At no time is a coach to place more than 10 players in the field at a time.

Offensive Players - All players shall be eligible to bat. A late arrival is put at the end of the batting order.

Change of Inning - An inning shall end after one of the following has occurred, whichever comes first, 5 runs have been scored or three outs have been recorded.

Game Length - A complete game shall consist of 6 innings or 1 hour.

Batting - All players will be pitched five pitches. If after five pitches the batter has not hit the ball, and if coaches have agreed beforehand, the batter has one chance to hit a ball off the tee before being called out. A coach from the batting team shall pitch to their player, providing instruction during the player's at-bat. This coach shall cry "Batter Up!" prior to allowing the batter to strike the ball and this is also to ensure the defense is ready.

Time Out - Time shall be called when an infield defensive player is attempting to throw the ball to the (player) pitcher. The play is to stop, and the next batter is to be brought to the plate.

Other Rules:

- There is no leading off or stealing bases.
- There is no infield fly rule.
- There are to be first and third base coaches only while their team is batting.
- The defensive team may have a maximum of two coaches in the outfield. These coaches are not to interfere with the progress of the ball.

Rules of Play – (8U Rec) - 7-and-8-year-old Machine Pitch

The combined 7-and-8-year-old machine pitch league is instructional baseball. The purpose of this program is continuing to teach participants the fundamental skills needed to play baseball and to practice good sportsmanship. During league play there will be no keeping of score other than to determine when the run limit and or three outs have been recorded. The league and coaches will not be required to keep track of wins and losses.

Regular Baseball Rules Apply Except as Noted Below

Eligibility - Play in the 8U combined league is determined by the player's age as of April 30th of the year. A player is eligible to play at grade level if they are not playing with younger children.

The Field of Play - Base distance shall be 50-foot base paths. The front of the pitching rubber to the back diamond of home plate will be 40 feet.

Fair Ball Arc - There will be a 10-foot arc drawn from first-base line to third-base line in front of home plate. A ball must go past this line to be fair.

Protective Gear- Catchers must wear a mask, chest protector, shin guards, and protective cup when behind home plate. Any player warming up a pitcher must wear a mask and cup.

Defensive Players - There can be 10 defensive players in the field at a time. During league play, all players are to play a minimum of three defensive innings. If fielding 10 defensive players there are to be four outfielders (Right, Right Center, Left Center, and Left field). Outfielders must be at least 20 feet beyond the infield baseline at the beginning of each play. A catcher must have a mask and chest protector on when behind home plate. At no time is a coach to place more than 10 players in the field at a time. Coaches are to emphasize that infielders

remain out of the baseline when runners are in motion and at no time may they block a base unless the fielding team has possession of the ball and is attempting to put out a base runner.

Offensive Players - All players shall be eligible to bat. A late arrival is put at the end of the batting order. The batting order is to be given to the opposing coach and is to remain the same unless a player leaves the game.

Pitching Machines – West Jeff Baseball will provide a Junior Hack Attack pitching machine for practice and games. The speed of the machine will be agreed upon by the coaches beforehand with the understanding that average speeds for this age group throwing a straight fastball is 30-35 mph. **Players will not be permitted near the machine to use/load baseballs or adjust dials. It is the duty of the coaching staff to always use the machine safely and responsibly.**

Change of Inning - An inning shall end after one of the following has occurred, whichever comes first: five runs have been scored or three outs have been recorded.

Game Length - A complete game shall consist of six innings or 1 hour and 15 minutes. At the end of the 1:15 time limit, the inning started will be completed. If after this inning is completed, the game is tied, the game will end as a tie.

Time Out - Time shall be called when an INFIELD defensive player is attempting to throw the ball to the pitcher. Coaches are expected to teach cut off throws to the infield players which the infield will then throw the ball to the pitcher at which time the play is dead and all runners stop and the umpire will place all runners on the closest base.

Mercy Rule - At the discretion of a coach, a team can choose to end the game if his/her team is losing badly after at least 4 innings.

Umpires – When possible, an umpire will be assigned by the league to call balls and strikes, make safe/out calls in the field, fair/foul ball calls, and time out for 8U games. West Jeff Baseball will be using young teenagers as umpires to officiate games; please remember this is instructional baseball, so please keep this experience enjoyable for all. **Any abuse to umpires will not be tolerated.** In the event West Jeff umpires are unavailable, the game should be played with parent volunteers from each team acting as umpires.

General Pitching/Batting Rules:

- Pitching machines will be used in this league, both in practice and league play**
- Normal baseball rules apply.
 - Three strikes and the batter is out.
 - If batter is hit by pitch, they are awarded first base.
 - Foul balls count as strikes save for the third/final strike.
- No dropped third strike.
- No infield fly rule.
- Large strike zone is used, knees to shoulders. One ball outside of the plate.

- Hitters should be encouraged to swing appropriately.
- Bunting is not permitted. If it is determined the hitter attempted to bunt, an umpire/authority may call the play a no-pitch, and return all base runners and hitter to their previous positions.
- Players must attempt full swing.
- Play will be stopped when the pitcher has possession of the ball near the pitching rubber.

Base Running:

- No lead offs or stealing bases.
- Base runners may advance once the ball is put into play by the batter.
- Base runners cannot advance on passed balls or wild pitches.
- Base runners should try to slide feet first on any close plays.
- Base runners are allowed one base on an overthrow.
- Base runners that are not halfway when the ball is controlled by the pitcher shall be sent back to the previous base.
- If the umpire determines base runners violated any of these guidelines, the base runners shall be sent back to original positions or base allowed by guidelines.

Other Rules:

- There is no leading off or stealing bases.
- There is to be first and third base coaches only while their team is batting.
- The defensive team may have a maximum of two coaches in the outfield. These coaches are not to interfere with the progress of the ball.
- A player throwing a bat will be warned one time, the next occurrence of a thrown bat by the same player will result in an automatic out. Repeated instances of this behavior could result in ejection from the game.
- No player shall sit out 2 consecutive innings.

****IMPORTANT NOTE FOR COACHES REGARDING THE USE OF PITCHING MACHINES****

As an organization we want players to excel and be given the opportunity to practice, prepare, succeed, and fail on their own. We also want players to have a good experience playing baseball, to enjoy themselves, and most importantly want to play more. We are integrating pitching machines into play to create a steady, predictable ball for batters to hit and provide a game that kids are excited to play in the field and at bat. Players will still need to practice good pitching techniques and the expectation is that teams are doing so in their regularly scheduled practices.

Machines will be made available, and priority will be given to 8U-rec league games, followed by 8U-rec league practices and, lastly, competitive practices and other teams throughout the organization.