



## BASEBALL PLAYER-PITCH RULES

5<sup>th</sup> - 7<sup>th</sup> GRADE BOYS & GIRLS

**GAME LENGTH:** Games are **75 minutes**

**PITCHING DISTANCE:** 45 ft      **BASE DISTANCE:** 65 ft      **BALL SIZE:** Regulation

**NUMBER OF PLAYERS TO BEGIN:**

9 players are allowed; minimum of 7 players must be present to start the game

**RUN RULE:**

6 runs per inning

**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:**

1. Maximum of 3 innings pitched **per game**.
2. Maximum of 6 innings pitched **per week**.
3. If the pitcher throws just one pitch, they will be charged with having pitched a full inning.
4. Coaches may have two conferences at the mound per inning. On the 3rd conference the pitcher must be replaced.
5. After a pitcher is replaced they may not be reentered as a pitcher during the same game.
6. The pitcher may have 5 warm up pitches between innings.
7. 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.
8. A coach may change a pitcher at anytime during the game. If a coach replaces a pitcher during an inning both pitchers are charged with an inning pitched.

**INTENTIONAL WALK:**

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

**CATCHERS:**

1. At all time 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.
2. All catchers must wear a hard cup when they are behind the plate or warming up the pitcher.
3. While the pitcher is in motion toward home plate a catcher may not distract the batter in any way.
4. A catcher may not block home plate if they are not in possession of the ball.
5. Catcher on base with 2 outs: see Courtesy Runner Rules.

**SUBSTITUTION:**

1. Every player must receive a minimum of 2 defensive innings.  
Exception: see Practice Rules
2. Pitchers; see Practice Rules
3. Substitute freely except for the pitcher.

**BATTERS BOX RULE:**

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

**BATTING LINEUP:**

1. All players present at the time when the coach makes the lineup must bat.
2. 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.
3. In the event of a suspended game, the player will bat in the same position in the lineup when the game resumes.
4. 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.
5. Your lineup must be to the scorekeeper 10 minutes before the game begins. The only substitution the scorekeeper will be concerned about will be that of the pitcher situation. This will be to keep track of the number of innings a player has pitched per game or week.
6. A coach may bench a player for unsportsmanlike conduct, without consequences to the team.
7. No player may sit 2 consecutive innings.

**DROPPED 3rd STRIKE:**

The rule states that if the 3<sup>rd</sup> 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 3<sup>rd</sup> out.

**BALKS:**

A balk is when a pitcher tries to deceive the runners. After a balk is called, all base runners will advance one base. The umpire will be flexible with the balk rule at the beginning of the season. Listed below are some common balks, but not all balks.

1. A right-handed pitcher may not rotate their front shoulder toward first base while in contact with the rubber.
2. A left-handed pitcher may not cross his front leg over the back leg and then throw to first base.  
If they cross over their back leg they must go to home plate.
3. They may not take the ball out of their glove more than once while in contact with the rubber.
4. They may not start a forward motion toward home, then stop and throw to a base.
5. They may not pick off to a base that is not occupied.
6. When attempting to use the hidden ball deception, the pitcher must have both feet on the rubber.
7. A pitcher in the wind up position may only step off the rubber with opposite foot as normal.
8. The pitchers foot is not in contact with the pitching rubber when he delivers home.

**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.

**PINCH RUNNER:**

Not allowed, since everyone is in the lineup.

**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:**

1. All base runners must slide if a play is being made at the base they are running toward.
2. Head first slides are allowed at first base to avoid a tag.
3. 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.

**OVER THROWN BALL:**

One base on an overthrow.

**FAKE TAGS:**

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