



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **PLAYING TOGETHER**

### **Modified Player Pitch**

#### **4<sup>th</sup> Grade Boys/Girls**

**Game Time**-75 minutes or maximum of 6 innings

**Number of players on the field**-9 players allowed. Minimum of 7 players must be present to start the game.

**Ball Size**-Regulation Baseball-Boys- Regulation; 11" softball-Girls

**Run Rule**-6 Runs per inning

**Base Path**- 65'

**Pitcher's Mark**-43'

**Pitching Circle**-A circle will be drawn around the pitcher's mound

**Strike Zone**-Measured from the top of the letters to the bottom of the knees.

**Number of Pitches**-When the batter has 4 balls, the coach will come in (inheriting the strike zone and count) to pitch to the batter. The coach is given a maximum of 3 pitches (for the batter to either hit the ball or be called out). The maximum number of pitches that any pitcher will throw to each batter is 6.

**Steals and Lead Offs**-there are no steals or lead offs. The batter/runner or any other base runner may advance only on a batted ball. A base runner is out if they leave the base before the ball is hit.

**\*Infield Fly Rule\***

**Base Runner's Rules**

1. If the ball is hit to an outfielder, runner may advance until the ball is in the possession of an infielder standing inside the base path. Thereafter, base runners may advance no further than the base to which they were running at their own risk.
2. If the ball is hit to an infielder, runners may advance until the infielder attempts, in the opinion of the umpire, to return the ball to the pitcher. Thereafter base runners may advance not further than the base to which they were running at their own risk.
3. In any base running situation, a base runner may attempt one additional base at their own risk in the event of an overthrow at any base. Only one overthrow per at bat.
4. Base runners must be touching their base when the ball is pitched. No stealing allowed.
5. The batter/runner or any other runner may advance only on a batted ball. A base runner is out if they leave the base before the ball is hit.

6. Tagging up on a fly ball is permitted.
7. Bunting and Slapping is permitted.

## **Softball Player-Pitch Rules**

### **5<sup>th</sup>/6<sup>th</sup> Grade Girls**

**Game Time**-75 minutes or maximum of 6 innings. No inning will start after 75 minutes of play.

**Number of Players on the field**- 9 players allowed. Minimum of 7 players must be present to start the game.

**Ball Size**-12" regulation Softball (yellow softball is preferred)

**Run Rule**- 6 runs per inning.

**Outs**-A team turns at bat ends after 3 outs.

**Base Distance**- 60'

**Pitcher's Mark**-35'

\*It is recommended, but not required, to pitch the windmill/fastpitch style\*

**Strike Zone**-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 3<sup>rd</sup> conference the pitcher must be replaced.
5. After a pitcher is replaced, they may not be re-entered 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 a conference does occur, the coach will be charged with a trip to the mound. If it is the 3<sup>rd</sup> trip the pitcher must be replaced.
8. A coach may change a pitcher at any time during the game. If a coach replaces a pitcher during an inning, both pitchers are charged with an inning pitched.

**Intentional Walk**-Cannot be done verbally; 4 pitches must be thrown

#### **Catchers-**

1. At all times 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. While the pitcher is in motion toward home plate, a catcher may not distract the batter in any way.

3. A catcher may not block home plate if they are not in possession of the ball.
4. Catcher on base with 2 outs: see Courtesy Runner Rules.

#### **Substitutions-**

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.

**Batter's Box Rule**-Batters must keep one foot in the batter's 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 lineup 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 with will be that of the pitcher situation. This will be able 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 3<sup>rd</sup> Strike**-this rule is in effect. 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 1<sup>st</sup> base if it is not occupied. Only on the 3<sup>rd</sup> out will the batter be able to run to 1<sup>st</sup> 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.

**Infield Fly Rule**-If there are runners on 1<sup>st</sup> and 2<sup>nd</sup> 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. She is only used for a catcher getting on or being on base with 2 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. 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 time out 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 1<sup>st</sup> base to avoid a tag.
3. No base runners may lower their shoulders 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 2 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 towards the bushes or under the fence and ends up out of play, the runner is awarded the base they are going to +1. The fielder must raise their hands to show they have chosen to let the ball go. If the fielder attempts to play the ball, it is considered live, the runner may advance at their own risk.

**Overthrown Ball**-One base on an over throws.

## **Baseball Player-Pitch Rules**

### **5<sup>th</sup>/6<sup>th</sup> Grade Boys**

**Game Time**-All games are 75 minutes

**Pitching Distance**-45'

**Base Distance**-65'

**Number of Players to Begin**-9 players are allowed. Minimum of 7 players must be present to start the game.

**Ball Size**-Regulation Baseball

**Run Rule**-6 runs per inning

**Outs**-A team turn at bat ends after 3 outs

**Strike Zone**-The strike zone is measured from the top of the knees 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 3<sup>rd</sup> conference the pitcher must be replaced.
  5. After a pitcher is replaced, they may not be re-entered 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 a conference does occur, the coach will be charged with a trip to the mound. If it is the 3<sup>rd</sup> trip the pitcher must be replaced.
  8. A coach may change a pitcher at any time during the game. If a coach replaces a pitcher during an inning, both pitchers are charged with an inning pitched.
- Intentional Walk**-Cannot be done verbally. 4 pitches must be thrown.

#### **Catchers-**

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

#### **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.

**Batter Box Rules**-Batters must keep one foot in the batter's box. The umpire will give teams one warning per inning, thereafter it's a strike.

#### **Batting Lineup-**

1. All players present at the time when the coach makes the lineup must bat.
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**Balks**—A balk is when a pitcher tries to deceive the runner. 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 of 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 the opposite foot as normal.
8. The pitcher's foot is not in contact with the pitching rubber when he delivers home.

**Infield Fly Rule**—If there are runners on 1<sup>st</sup> and 2<sup>nd</sup> 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.

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**Overthrown Ball**-One base on an over throw.

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