

# Minor League Girls Coach & Machine Pitch Rules 2023



## GENERAL:

1. Participants are currently in 1st-2<sup>nd</sup> Grades.
2. Coaches are encouraged to hold a weekly practice for no longer than 1 hour.
3. Coaches are responsible for warming up their team prior to game time.
4. The first day will consist of batting practice for both teams and a shortened game.
5. Games will be 50 minutes long. No new innings will begin after 45 minutes.

## FIRST DAY SKILLS CLINIC:

6. Each team will have the opportunity to bat through their line-up at the start of the first game (4 balls per child). Participants will have the option of either a coach pitch or a machine pitch (coaches, please group by type of pitch to save time).
7. While one team is batting, the other team will review fielding skills in the outfield.
8. Once both teams have batted, a shortened game will begin.

## PRE-INNING WARM-UPS:

9. Pre-inning warm-ups for the fielding team will be led by the umpire between each inning. The umpire will stop the warm-up and resume play as soon as the batting line up is ready to go.

## BATTING:

10. Each batter receives a **maximum** of six pitches from their coach or the machine (enough for a full count). Umpires will be calling balls/strikes from the pitcher's mound/home plate (depending on the type of pitching).
11. Players who receive 4 'balls' from the pitcher will walk to 1<sup>st</sup> base; 3 'strikes' will consist of a strike out. **Swinging attempts at a 'ball' will not count as a strike.**
12. If a fair ball is not hit from strike zone pitches, the batter is out.
13. Players will have the option of either a coach pitch or to use the pitching machine. All batters in a line-up must decide ahead of time which option to use and will be grouped accordingly (all machine hitters together and all coach pitch hitters together in the line-up).
14. Coaches pitch from the drop down pitching rubber; 20 feet from home plate.
15. Coaches are allowed to pitch underhand or overhand based on the ability of the player at bat (overhand for more advanced and underhand for developing players). Ideally all players will be able to hit a ball from an overhand pitch by the end of the season.
16. Any ball accidentally hitting the umpire, coach, or machine is live and playable.
17. Any runner intentionally interfering with a play will be called out.
18. Batters must drop the bat after swinging. Any thrown bat, as deemed by the umpire, will result in the batter being called out with no advancement of runners.

19. Batter must make contact with the ball while in the batter's box, or batter is out.
20. **All** players bat each inning. There will be no 3 out rule to end an inning, but players called out **must** return to the dugout area.
21. Batters and catchers must wear helmets, even while running the bases.

#### **DEAD BALL:**

22. Any ball not hit into fair territory.
23. When ball is returned to pitcher/umpire.
24. All dead balls will be called by the umpire.

#### **FIELDING:**

25. Fielding team will consist of all players on the team. Only six (6) players may be on the infield, the rest of the players must be in the outfield.
26. Catcher must retrieve balls intended for him/her, and return them to the pitcher/umpire after the ball is dead. Ideally, all the missed balls will be returned to the umpire after each batter.
27. Pitcher must stand near the coach until the ball is hit.
28. **Please rotate all players through all positions, especially pitcher and 1<sup>st</sup> baseman.**

#### **BASE-STEALING:**

29. No stealing. Runners must stay on base until the ball is hit. One base may be taken on an overthrow.

#### **UNIFORMS:**

30. Team shirts and hats are provided by the Recreation Department and must be worn at all games. Closed-toe shoes must be worn. Shorts are allowed.

#### **PHILOSOPHY:**

The intention of Minor League Coach/Machine Pitch Softball is to stress a fun and active experience, skill development, and learning atmosphere. Have fun and make learning the game of Softball a great experience for the players and all that are involved!