



The YMCA pushes child-oriented attitudes by keeping winning in perspective, having fun, improving physical fitness, and working with the whole child. The YMCA wants the quality of play to improve in order to meet the needs of all participants whatever their ability and skills.

The YMCA does not encourage the elimination of competition or winning. Winning is essential to enjoyable competition. However, it is the “striving to win” that yields the joy of sports.

The key for parents and coaches is to keep winning in perspective. It is this key that holds the YMCA Youth Sports program together. Competition will happen in youth sports without any external pressures. **It is important to keep competition at a level appropriate for the athlete.**

The YMCA would not be whole without its commitment to a Christian emphasis. **The goal of the Youth Sports program is to help the child grow to his/her fullest potential in mind, body, and spirit: activity helps the body grow; thinking advances the mind; and belief makes our spirit grow.**

YMCA TEEBALL, COACH PITCH, & KID PITCH

BASEBALL RULES AND GUIDELINES

• General Guidelines

Divisions

- 3-4 yrs. old (wee-ball)
- 5-6 yrs. old (tee-ball)
- 7-8 yrs. old (coach pitch)
- 9-12 yrs. old (kid pitch)

Field size/base length

- Ages 3-6 year olds.
 - 45 feet between bases, 30 feet from home plate to the pitcher's rubber. A 10-foot arc will be drawn from foul line to foul line in front of home plate. A hit ball must go past this area in order to be considered "in play." The pitcher must play within a five-foot radius around the pitcher's mound before the umpire places the ball on the tee. Field Lengths may vary due to location.
- Ages 7-12 year olds.
 - No more than 60 feet between bases and 40 feet from home plate to the pitcher's rubber. The lengths may vary due to field location. There will be a loft circle made around the pitcher's mound.

Coach's duties

- Relay league and team information to all players on the team.
- Organize and run team practices/games.
- Create team batting order/field positioning and ensure every player participates.
- Assist in keeping players safe and off the backstop.

Equipment

- The YMCA provides jerseys, balls, bats*, helmets*, and catchers gear.
- Players are responsible for gloves, pants or shorts, and shoes or cleats (rubber spike only) *players may use their own personal bats and helmets.

Substitutions

- To insure all players participate in at least half of every game, no player may sit out two innings in a row, and no player may sit out a second inning until all players have sat out at least one.

- The batting order will be continuous and will consist of every player's name. Players continue batting in the proper order regardless if they are in the field that inning or not.
- The batting order should be rotated every game to ensure every player has a chance to bat at different positions throughout the line-up.

Game Play

Duration of game

3-4 yr. olds: Games should last a minimum of 3 innings (scheduled for an hour).

5-6 yr. olds: Games should last a minimum of 3 innings (scheduled an hour long). If the appropriate time limit has expired the team batting will finish through the line-up and the game will be called.

7-12 yr. olds: Five inning or 90 minute (clock starts at scheduled game time) games. 7 runs or 3 outs per inning (whichever occurs first).

Batting

3-4 yr. olds: Each player will be given the opportunity each at bat to swing until a ball is hit in play. Wee ball will bat through entire line-up and switch to defense. (Total of 3 times). Outs are not recorded.

5-6 yr. olds: Teams will bat through their entire

7-8 yr. olds: Each player will receive 5 pitches to make contact with a good-pitched ball. (Foul balls) If they fail to hit the ball into play by the 5th pitch they have a choice of one more pitch or if needed an underhand toss. If they miss on the 5th pitch, the batter is out.

- Batting helmets are required to be worn.
- Lead offs, steals, and bunting (ball must pass designated "bunt" line or considered foul) are prohibited. Bunt line will be 6ft from the front of home plate.

9-12 yr. old: each team will have a batting lineup. 3 strikes or 4 balls for each player. Umpire will be behind the plate calling the throws. 3 outs or 7 runs per inning.

***If a batter throws the bat, try to remind them not to do so. This is for the safety of other players and spectators around.*

Fielding

All Players:

- Players playing the pitcher position must be within the pitcher's circle until the ball is hit.
- Play will stop when an infielder has possession of the ball in the infield and does not attempt to make a play at any base.

- The pitcher after fielding the ball must throw the ball to a base for an out.

7-8 yr. olds:

- Fielders can tag out a runner only if the ball is recovered in the baseline or received from a teammate (players should not field the ball and run across the diamond in an attempt to tag out a player. Try to encourage them to throw to another player closer to the runner).
- Catchers' equipment is not required to be worn. Players may wear only a helmet behind the umpire at a distant.

Over-throws

- No player may automatically be awarded home plate on an overthrow.
- Players may automatically advance to the base the player was going to prior to the start of the play plus one base on an overthrow that goes out-of-bounds (errant throw).

Positions

- No player may play the same position more than 1 inning in the t-ball division.
- Coaches may rotate outfielders to infielders and vice versa equally throughout the game and season.
- **Base coaches can also assist as umpires if they would like.**

Adult pitcher (Coach Pitch Division only)

- An adult pitcher pitches to their team only.
- The pitcher must be a parent or coach from that team.
- The adult pitcher may not field the ball after it has been hit-if this happens, the ball will be declared "dead" by the umpire. If the ball makes contact with the coach by accident, it will be considered a "dead ball" and will be the end of the play. Runners must stay at their base.
- The adult pitcher may direct or coach any of the base runners. They may also assist verbally in the alignment of the batter.

Rainouts

- If a game in progress is rained out, it will be declared an official game if ½ of the game time has elapsed (3-6 yr. olds - 30 minutes & 7-9 yr. olds - 35 minutes).

- Games canceled prior to the completion of ½ of the game time will be rescheduled for the week following the week of the last games. A maximum of 1 make-up game will be allowed.

At the start of each game, all players, coaches, and referees will meet at the center circle to recite the Youth Sports Pledge and address any rule clarifications.

**YOUTH SPORTS PLEDGE
I PLEDGE TO PLAY THE GAME,
THE BEST THAT I CAN,
TO BE A TEAM PLAYER,
TO RESPECT MY OPPONENTS,
THE RULES AND OFFICIALS,
AND IMPROVE MYSELF IN MIND, BODY, AND SPIRIT.**
