



Coach Pitch League Rules

Syracuse City

1. Game Format –

- A. League will consist of 1 meet and greet, 5 instructional days (instructional days will consist of 20 minutes of instruction by staff on the fundamentals of the game, then a 30-minute game), and 4 games.
- B. Game timing: No new innings will begin after 50 minutes; teams will finish the inning.
- C. There is no score kept.
- D. Teams will bat all players present. When the batting rotation is complete, the hitting team will rotate to defense.
- E. Teams will take the field with 10 players. There is no minimum number player limit.
- F. Defensive position will be numbered on the field to help players learn the correct position on the field. Players are to start at least 1ft-3ft within the vicinity of that number. Example: 1-Pitcher, 2-Catcher, 3-1st Baseman, 4-2nd Baseman, 5-3rd Baseman, 6- Shortstop, 7-Left Field, 8 Center Field, 9- Right Field, 10-Right Center Field

2. Equipment -

- A. Equipment such as balls, batting helmets, and bats will be provided by the Syracuse Parks and Recreation Department.
- B. Catchers MUST wear a NOCSAE approved face mask with helmet, protective cup, chest protector, and shin guards.
- C. Players are allowed to use their own equipment.
 - a. Players are permitted to use bats that are certified by the Bat Performance Factor (BPF) of 1.15 or certified by USA Baseball. Each bat used must have one of the above-mentioned certifications printed on the bat for it to be a legal bat.

3. Players –

- A. The batting order will consist of all players present. Each batter will bat in the same order throughout the game. Any players who are late will be added to the end of the line-up.
- B. All players must remain in the dugout (behind the backstop) when they are not playing defense, batting, on deck, or base running.
- C. Teams can suit up a catcher in this league if they would like. The catcher will not throw the ball back but place the ball off to the side/or in a bucket.

4. Batters & Base Runners -

- A. **Batters** – Coaches will pitch to the batters with an overhand mechanic. if the batter is unable to hit the ball in the 6 tries, the T-ball stand will be brought in, and the batter will hit off it.
 - i. Coaches are to help adjust the height of the tee so that players can have a level swing.
- B. A ball in play must go out of the marked area to be a live ball. This live ball area is considered fair territory passed the 10' arc. If not, the ball will be considered as a foul ball and the batter will have another attempt.
- C. **Base Runner** - If a player happens to be tagged out, their ball is caught, or any other legitimate out occurs, the player will be out and will go to the dugout.
- D. **Stealing** – There is no stealing in the league
- E. **Batting Helmet** – All batters, on-deck hitters, and runners must wear a batting helmet while batting and while on base. Helmets are not to be removed until players are off the playing field completely.

5. Coaches –

- A. One coach is permitted in each coach's box. All other coaches must remain in the dugout (behind the backstop).
- B. One Coach is allowed on the field when on defense. A second coach is allowed on the field if needed to help position the outfielders correctly, before the next hitter.

6. Field Dimensions –

- A. Bases will be set at 40' A 10' arc in front of home plate will be painted.