



YMCA of GREATER OKLAHOMA CITY



What is Blastball?

- A fun and exciting introduction to T-ball for 3 year olds
- Teaches baseball fundamentals - hitting, running, throwing, and fielding
 - Fewer players on the field for more action
- Emphasizes the importance of teamwork and sportsmanship

The Game:

Co-ed teams will be formed for 3 year olds. No formal field positions, fair territory is designated by the fair distance line arc and sidelines. Each batter hits the ball past the fair distance marker and runs to the Blast-Base (a base that "Honks"). When a fielder stops the ball, he/she holds the ball up and yells "Blast!" The object is to yell "Blast" before the batter honks the base. Each time up, teams will bat through the full line-up. The maximum game time is 50 minutes, with a minimum of two full innings played. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.

Equipment:

Baseball gloves are encouraged but not required. The bat has a hard-core center with a foam outer coat. The ball is made from the same foam as the outer coat of the bat (ensuring safety).

Coaching:

Offense: One coach at the hitting tee and one coach at the base encouraging the hitter to run to the base.

Defense: Two coaches on the field to help direct traffic.





YMCA of GREATER OKLAHOMA CITY

4 Year Old / 6 & Under Rules Baseball T-Ball & Softball T-Ball

I. **The Field**

- A. 45 feet between bases, 30 feet from home plate to the pitcher's rubber.
- B. 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."
- C. The pitcher must play within a five-foot radius around the pitcher's mound before the umpire places the ball on the tee.
- D. Field Lengths may vary due to location.

II. **General Rules of Play**

- A. A game will consist of 55 minutes
- B. No inning shall start 10 minutes prior to the end of game time. There is a 10-minute forfeit period; however, game time will begin on every scheduled hour.
- C. Each player must play one infield position during the game.
- D. All players will bat around each inning.
- E. Teams will consist of 6 players on the infield and all infielders must play their respective position and must hold their position until the ball is hit. The remaining players may play in the outfield. Outfielders must remain in the grass until the ball is hit. A team may start a game with as few as 7 players.

III. **Batting**

- A. Each batter is allowed one practice swing prior to the umpire calling "play ball."
- B. A batter can not strike out or "foul out." Coaches are permitted to help batters who are having difficulty making contact with the ball.
- C. A batted ball must go past the 10-foot arc that surround home plate to be considered a "fair ball." The batter must make contact with the ball, not the tee, in order to be eligible for a legal hit. If a batted ball does not go past the 10-foot arc, the umpire will call "dead ball" and the batter will be allowed to hit again.
- D. If the ball makes contact with the plate (base of the batting tee), it will be ruled a "dead ball" and the batter will be allowed to hit again.

IV. **Base Running**

- A. Players are not permitted to steal or lead-off bases. If this happens, the umpire will make the runner return to his/her original base
- B. There is not an infield fly rule.
- C. Base runners may not advance on an overthrow. Once a defensive player has possession of the ball in the infield, the play will be ruled "dead." Once a ball from the outfield enters the infield, the play will be ruled "dead", whether or not an infielder has possession of the ball.



- D. A base runner must be at least half way to the next base in order for that base to be awarded to the runner in case of a "dead ball".
 - E. A player called out, will return to the dugout.**
 - F. The last batter for each team, as well as any players on base, are allowed to run all of the bases, to end the inning.
- V. **Scoring**
- A. No "run rule" will be in effect.
 - B. No final score or league standings will be kept. The emphasis of YMCA baseball is on having fun, building skills, and developing healthy attitudes about winning and losing.
- VI. **Equipment**
- A. All batters and base runners must wear batting helmets. Helmets will be provided by the YMCA for games.
 - B. Catchers must wear a helmet and mask.
 - C. A Reduced Injury Factor (RIF) ball will be used for this league.
- VII. **Playing the Tee**
- A. The tee will be placed on home plate
 - B. The umpire will place the ball on the tee and call "play ball." Once the umpire call's "play ball", the batter may attempt to contact the ball. If the batter hits the ball before the umpire has called "play ball", the ball will be ruled "dead" and the batter will be allowed to hit again.
 - C. The umpire is responsible for removing the tee from the plate once the ball is hit.
- VIII. **Coaches**
- A. A maximum of 2 coaches per team will be allowed on the field during play.
 - B. A ball that hits a coach, is ruled a "live ball."
 - C. One coach will serve as a spokesperson for the team, and will be the only person allowed to approach the umpire during the game. All questions addressed to the umpire should be done in a friendly and sportsmanlike manner.
 - D. All coaches and parents should remember that they are role models to the players on both teams and are expected to conduct themselves appropriately in all situations.
 - E. If a coach or a fan is ejected from the game, this can result in automatically being ineligible for the next game. Further penalty may be assessed if necessary by the Sports Committee after review.
 - F. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- IX. **YMCA Mission Statement**
- To put Christian principles into practice through programs that build healthy spirit, mind and body for all.





YMCA of GREATER OKLAHOMA CITY 8 & Under Baseball Coach Pitch Rules

- I. **The Field**
 - A. No more than 60 feet between bases and 40 feet from home plate to the pitcher's rubber.
 - B. The lengths may vary due to field location.
 - C. There will be a loft circle made around the pitcher's mound.

- II. **General Rules of Play**
 - A. A game will consist of 1 hour.
 - B. No inning shall start 10 minutes prior to the end of game time. There is a 10-minute forfeit period.
 - C. Each player must play at least 2 full innings of the game defensively.
 - D. All players will bat regardless of whether he/she plays defense the inning.
 - E. Teams will consist of 10 players on the field, plus substitutes. The 10th player will be an additional outfielder. A team may start a game with as few as 7 players.
 - F. 3 outs or 6 runs is the end of an inning.

- III. **Batting**
 - A. Each team will designate an adult coach to pitch to its own team. Each coach/pitcher can adjust pitching delivery based on the batters ability.
 - B. 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, it will be considered a "live ball" and will be "in play."
 - C. The adult pitcher may direct or coach any of the base runners. They may also assist verbally in the alignment of the batter.
 - D. Each player will be given 4 chances to make contact with a good-pitched ball. (4 strikes, unlimited balls)
 - E. 3 outs or 6 runs is the end of an inning.



NOTE: In the judgment of the umpire- a hittable pitch is termed as any pitch that goes over any area of the plate between the batters shoulders and the top of his knees. If in the judgment of the umpire, the ball is not hittable, the pitch shall be called illegal and will not be counted as one of the four pitches. In the event that the batter should swing and strike an illegal pitch, the ball remains in play. The batter cannot strike out unless he/she makes absolutely no contact with any of the first four pitches. If after the batter has three strikes and a foul, the batter fouls off the next hittable pitch, then the umpire will call the batter out.

- F. Umpires and Coaches must insure all players the opportunity to bat once. Teams will be allowed to continue the last inning to insure this rule.
- G. Walks and bunts are not permitted.
- H. A hit ball must travel outside the ten-foot arc at home plate to be considered a fair ball. Otherwise, the umpire shall call the struck ball a foul ball.

IV. **Base Running**

- A. Players are not permitted to steal or lead off. Runners will return to previous base in the event of a stolen base.
- B. Runners may leave when contact is made between the bat & ball.
- C. There is no infield fly rule.
- D. When an infielder has control or possession of the ball the play will not be ruled dead. However, base runners may not advance on an overthrow.
- E. A base runner must be at least half way to the next base in order for that base to be awarded to the runner in case of a "dead ball".
- F. POSSESSION IS THE JUDGEMENT OF THE UMPIRE.

V. **Scoring**

- A. Each team may score a maximum of 6 runs in their half of the inning.
- B. No "run rule" will be in effect.
- C. Final score for league standings will not be kept. The emphasis of YMCA baseball is on having fun, building skills, and developing healthy attitudes about winning and losing.



VI. **Equipment**

- A. All batters and base runners must wear batting helmets. Helmets will be provided by the YMCA for games.
- B. Catchers must wear protective gear. This will include helmet, mask, and chest & leg protectors. Catcher's gear will be provided by the YMCA for games.
- C. A RIF (Reduced Injury Factor) ball will be used during play.

VII. **Coaches**

- A. The hitting team will be allowed to have 2 base coaches.
- B. The fielding team will be allowed 2 coaches outside of their team's dugout, along the fence. Coaches will not be allowed in the field.
- C. Any thrown ball that hits a coach will be ruled a "live ball"
- D. One coach should be designated prior to the beginning of play. This designated coach will serve as the spokesperson for the team and will be the only person allowed to approach the umpire during the game. All questions addressed to the umpire should be done in a friendly and sportsman like manner.
- E. All coaches and parents should remember that they are role models to the players on both teams and are expected to conduct themselves appropriately in all situations.
- F. If a coach or a fan is ejected from the game, this can result in automatically being ineligible for the next game. Further penalty may be assessed if necessary by the Sports Committee after review.
- G. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.

VIII. **YMCA Mission Statement**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.





YMCA of GREATER OKLAHOMA CITY

8 & Under Coach Pitch

Softball Rules

I. The Field

No more than 60 feet between bases, and 40 feet from home plate to the pitchers rubber. Field Length will vary due to location.

II. General Rules of Play

- A. A game will consist of 1 hour.
- B. No inning shall start 10 minutes prior to the end of game time. There is a 10-minute forfeit period.
- C. Each player must play at least 2 full innings of the game defensively.
- D. All players will bat regardless of whether she plays defense the inning.
- E. Teams will consist of 10 players on the field, plus substitutes. The 10th player will be an additional outfielder. A team may start a game with as few as 7 players.
- F. 3 outs or 6 runs is the end of an inning.

III. Batting

- A. Each team will designate an adult coach to pitch to its own team. Each coach/pitcher can adjust pitching delivery based on the batters ability.
- B. 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, it will be considered a "live ball" and will be "in play."



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- E. Umpires and Coaches must insure all players the opportunity to bat once. Teams will be allowed to continue the last inning to insure this rule.
- F. Walks and bunts are not permitted.
- G. A hit ball must travel outside the ten-foot arc at home plate to be considered a fair ball. Otherwise, the umpire shall call the struck ball a foul ball.

IV. Base Running

- A. Players are not permitted to steal or lead off. Runners will return to previous base in the event of a stolen base.
- B. Runners may leave when contact is made between the bat & ball.
- C. There is no infield fly rule.
- D. When an infielder has control or possession of the ball the play will not be ruled dead. However, base runners may not advance on an overthrow.
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V. Equipment

- A. All batters and base runners must wear batting helmets. Helmets will be provided by the YMCA for games.
- B. Catchers must wear protective gear. This will include helmet, mask, and chest & leg protectors. Catcher's gear will be provided by the YMCA for games.

VI. Coaches

- A. The hitting team will be allowed to have 2 base coaches.
- B. The fielding team will be allowed 2 coaches outside of their team's dugout, along the fence. Coaches will not be allowed in the field.
- C. Any thrown ball that hits a coach will be ruled a "live ball"
- D. One coach should be designated prior to the beginning of play. This designated coach will serve as the spokesperson for the team and will be the only person allowed to approach the umpire during the game. All questions addressed to the umpire should be done in a friendly and sportsman like manner.
- E. All coaches and parents should remember that they are role models to the players on both teams and are expected to conduct themselves appropriately in all situations.



- F. If a coach or a fan is ejected from the game, this can result in automatically being ineligible for the next game. Further penalty may be assessed if necessary by the Sports Committee after review.
- G. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.

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YMCA of GREATER OKLAHOMA CITY

10 & Under / 12 & Under Baseball Rules

I. The Field

- A. 10U/12U - No more than 70 feet between bases
- B. 10 U - 46 feet from home plate to the pitcher's plant. The lengths may vary due to field location.
- C. 12U - 50 feet from home plate to the pitcher's plant. The lengths may vary due to field location.
- D. A line will be made to mark a distance 30 feet away from home plate down the first and third base lines. All infielders must play behind this line until the ball is hit.

II. General Rules of Play

- A. A game will consist of 5 innings or 1 hour and 20 minutes, whichever comes first.
- B. No inning shall start 10 minutes prior to the end of game time. Once an inning has started, it will be finished.
- C. There is a 10-minute forfeit period.
- D. Each player must play at least 2 full innings of the game defensively.
- E. A team roster shall be listed in order on a sheet of paper and all players will bat continually in that order (the team is responsible for providing that document). If a player is injured or leaves the game for any reason, his/her turn will be skipped in the batting order. A player arriving late will be added at the end of the batting order.
- F. Teams will consist of 9 players on the field, plus substitutes. A team may start a game with as few as 7 players.

III. Pitching/Batting

- A. If the pitcher is unable to throw from the distance of 46 Feet for 10U, or 50 Feet for 12U, they will be allowed to move closer, at the umpire's discretion.
- B. Three strikes is an out.
- C. Four balls is a base on balls (Walk).



- D. If a pitcher balks; the first time the umpire will explain the situation and issue a warning with no reward of a free base to any runners that are on base. If the pitcher balks more than one time in a game, the base runners will be given a base, not the hitter.
- E. If the ball makes contact with the plate after hitting the bat, it will be ruled a "dead ball" and the batter will be allowed to hit again. This will be considered a foul ball and will count as a "strike".
- F. Batters will be allowed to advance on a dropped 3rd strike, only if 1st base is open.
- G. Bunting is allowed.

IV. Base Running

- A. Players are permitted to steal 2nd and 3rd base. Lead-offs are permitted from 1st, 2nd, and 3rd base. Players are not allowed to steal home plate unless there is a wild pitch/pass ball.
- B. There is no infield fly rule.
- C. Players are allowed to advance on an overthrown ball.

V. Scoring

- A. Each team may score a maximum of 6 runs in their half of the inning.
- B. No "run rule" will be in effect.
- C. Final score for league standings will be kept. The emphasis of YMCA baseball is on having fun, building skills, and developing healthy attitudes about winning and losing.
- D. Games may end in a tie.
- E. In the event of a tie in the final season standings, the following will be used to determine the higher seeding:
 - a. Schedule Strength
 - b. Average Point Differential
 - c. Head to Head Point Differential
 - d. Coin flip

VI. Equipment

- A. All batters and base runners must wear batting helmets. Helmets will be provided by the YMCA for games.
- B. Catchers must wear protective gear. This will include helmet, mask, and chest & leg protectors. Catcher's gear will be provided by the YMCA for games.



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- C. Any thrown ball that hits a coach will be ruled a "live ball"
- D. One coach should be designated prior to the beginning of play. This designated coach will serve as the spokesperson for the team and will be the only person allowed to approach the umpire during the game. All questions addressed to the umpire should be done in a friendly and sportsman like manner.
- E. All coaches and parents should remember that they are role models to the players on both teams and are expected to conduct themselves appropriately in all situations.
- F. If a coach or a fan is ejected from the game, this can result in automatically being ineligible for the next game. Further penalty may be assessed if necessary by the Sports Committee after review.
- G. Rosters may be checked at any time. The deadline to add players to your team roster is 6-13-2016. Players added after this time will not be eligible to participate. This ruling is at the discretion of the Sports Committee. In the event of injury, or special circumstances, this rule may be appealed. All appeals will need to be submitted to the Sports Director.
- H. Should a dispute occur, we will refer to the following set of rules first and then to the NFHS Rule Book. The Sports Director or Sports Coordinator will have the final ruling in all disputes.
- I. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.

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To put Christian principles into practice through programs that build healthy spirit, mind and body for all.





**YMCA of GREATER OKLAHOMA CITY
10 & Under / 12 & Under
Softball Rules**

I. The Field

A. No more than 60 feet between bases and 40 feet from home plate to the pitchers rubber. Field Length may vary due to location.

II. General Rules of Play

- A. A game will consist of 5 innings or 1 hour and 20 minutes, whichever comes first.
- B. No inning shall start 10 minutes prior to the end of game time. Once an inning has started, it will be finished.
- C. There is a 10-minute forfeit period.
- D. Each player must play at least 2 full innings of the game defensively.
- E. A team roster shall be listed in order on a sheet of paper and all players will bat continually in that order (the team is responsible for providing that document). If a player is injured or leaves the game for any reason, his/her turn will be skipped in the batting order. A player arriving late will be added at the end of the batting order.
- F. Teams will consist of 9 players on the field, plus substitutes. A team may start a game with as few as 7 players.

III. Pitching/Batting

- A. A legal pitching delivery shall be a ball that is delivered to the batter with 1 arm revolution in the windmill motion, in an underhand motion, and with both feet on the ground. (No "Crow Hops" or Double Revolutions)
- B. Three strikes is an out.
- C. Four balls is a base on balls (Walk).
- D. If the ball makes contact with the plate after hitting the bat, it will be ruled a "dead ball" and the batter will be allowed to hit again. This will be considered a foul ball and will count as a "strike".



- E. Batters will be allowed to advance on a dropped 3rd strike, only if 1st base is open.
- F. If a pitcher balks; the first time the umpire will explain the situation and issue a warning with no reward of a free base to any runners that are on base. If the pitcher balks more than one time in a game, the base runners will be given a base, not the hitter.
- G. Game Balls: 10U will use an ASA 11 inch optic yellow softball. 12U will use an ASA 12 inch optic yellow softball.

IV. Base Running

- A. Players are permitted to steal 2nd and 3rd base. Lead-offs are not permitted from any base. The ball must cross the plate, prior to leaving the current bag. Players are not allowed to steal home plate unless there is a wild pitch/pass ball.
- B. There is no infield fly rule.
- C. Players are allowed to advance on an overthrown ball.

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- G. Rosters may be checked at any time. The deadline to add players to your team roster is 6-13-2016. Players added after this time will not be eligible to participate. This ruling is at the discretion of the Sports Committee. In the event of injury, or special circumstances, this rule may be appealed. All appeals will need to be submitted to the Sports Director.
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