



## 2019 WYB Coach Pitch Level Rules

Play hard, play fair and have fun!

### Games

1. Games are 5 innings in length. There are no extra inning games.
2. No new innings can start after 1 hour 20 minutes have elapsed from the first pitch unless a minimum of 3 innings have not yet been completed.
3. A complete game is 3 innings.
4. A half inning is over when the batting team scores 4 runs or commits 3 outs.
5. Managers will decide together whether to call or suspend a game because of rain or darkness.
6. Game scorebook will be kept to determine the run limit per inning. Player and Team **effort** is to be encouraged and **results** diminished. Excellent Sportsmanship is expected to be taught by all coaches.
7. Coach Pitch Level is a Recreation Level and overly competitive play is discouraged.
8. Games "called or suspended" in progress will not be made up unless there is room on the calendar for make-up games during the season
9. Rain-outs prior to the start of the game will be rescheduled as time and fields allow.

### Batting/Pitching

1. The Coach of the team at bat will pitch. The Coach doing the pitching will also serve as umpire. The Coach will encourage players to swing at strikes. Traditional strike zone of armpits to bottom of knees and across the plate should be called. Batters can strike out if they cannot put the ball in play. However, the goal is to get kids to put the ball in play even if it requires an extra strike or two for struggling players within reason and time constraints of the game.

2. The batter must hit their way on base—no walks, no bunting
3. **If a player is hit by a pitch, the player can choose to either continue to bat or return to the bench and the next batter in the line-up will then bat. The game continues with no out recorded and no free base awarded. We recommend coaches encourage the player to get back in the box, see a pitch and then resume the at bat.**
4. The entire roster bats one time through the order before returning to the top of the order.
5. The offensive half inning is over when the defense makes 3 outs or the offense scores 4 runs.
6. **NO On Deck Batters, NO bats in players hands in the dugout, NO batting practice, hitting off the Tee or Hit Stick during the game. One bench coach per team is required to manage safety and efficiency on the bench.**

### Fielding

1. Standard 9 players on the field at a time—including catcher.
2. Free substitutions in and out of the game for all positions.
3. Each player must play a minimum of four innings in the field per game (assuming full six inning game is completed)
4. **Each player must play the infield and outfield during each game (unless a safety issue exists) being sure to get all players 2 innings on the infield in a 5 inning game.**
5. **A player may not play more than 2 innings total at any single position (coaches will need to find their players who catch best to safely defense first baseman and catcher. You'll need 2/3 per game at each of those positions)**
6. The player on the pitcher's mound must be within a 6' radius of the pitching rubber for each pitch, but no closer than 45' from home plate.
7. By agreement of both managers, a coach/parent may stand behind the catcher at the backstop to help with pass balls to speed up the game. The coach/parent will help grab the ball when missed by the catcher and throw it back to the coach/pitcher.
8. There are no forfeits. The game can be played with less than 9 players on each side by borrowing defensive players from the opposing team. The goal is to play baseball.

## Base Running

1. Lead-off and stealing are not allowed. Coaches should teach runners to “bounce” off the base as the pitch crosses the plate and return to the base if the pitch is not hit.
2. Head first sliding is prohibited—base runners should be called out.
3. Base runners cannot advance on a pass ball or wild pitch past the catcher.
4. Runners may advance extra bases until the outfielder fields the ball and attempts to throw it back to the infield. If the outfielder holds the ball and makes no attempt to throw, the runners may continue to advance. When the outfielder attempts to throw the ball, regardless of the results, the runners will only get the next base if they have advanced more than half way to the next base.
5. Runners may not advance on an overthrow

## **Best Practices for Coaches**

1. We suggest you set your batting order at the start of the season (1,2,3,4,5,6,7,8,9,10). The next game rotate the line-up by 1 (2,3,4,5,6,7,8,9,10,1). Continue this throughout the season and all players should get the same amount of at-bats and chance to hit earlier in the line-up. There are also a number of creative ways to set up the line-up to insure each player gets a chance to hit at the top of the order during the year, and that is acceptable as well including starting the next game with your lead off hitter from the previous games on deck spot when the game ended.
2. When your team comes to the dugout, they should sit on the bench in their batting order. Players should not be wandering about, playing with equipment, throwing baseballs or holding bats in the dugout. If a player needs to visit a parent for a drink or bathroom break, that’s fine, but they should immediately return to the bench.
3. Establish a practice of players keeping their hat and mitt together when they are putting on helmets to take their turn at bat. This will save tons of time when it’s time to go back in the field.
4. When issuing hats, grab a black sharpie and write the player’s name and number on the inside. Again, it will save a lot of time (and a few tears) in the long run.
5. Plan your defensive line-up before coming to the field for your game. Use a field depth chart form listing all of the positions. Come to the game with your chart and line up filled out ahead of time. This makes sure all players are rotated appropriately on defense and offense and speeds up the game and enjoyment.
6. Plan to enlist ALL parents who attend practices as volunteers. Maximize your repetitions in your drills by having a parent run stations or match up one to one with kids. When putting players and parents together, try not to match players with their own parent to avoid parental pressure.

7. Catchers should wear their gear on the bench when not at bat to be ready to take the field efficiently

### **Best Practices Coaching Practice:**

1. Teach hustle and attitude. Everywhere we go we run; everywhere we run we smile. Keep it fun!
2. Responsibility at Coach Pitch is to focus on teaching solid fundamentals of throwing, catching, hitting and how the game works; develop players; begin to add competition into the game as the players are ready.
3. Use stations for drills to maximize repetitions. Divide the players into groups of 3 or 4 with different skill building drills per station. Rotate through all stations during practice 8-10 minutes each.
4. Use games of Tag and pair kids for stretching and warm ups. Build relationships among players and volunteers for team building.
5. Use ELM principal at all times
  - Effort—best effort always
  - Learning—consistently trying to add new skills to learn
  - Mistakes—foster an environment where making mistakes is OK. Learn from mistakes
6. Teach Respect for ROOTS: Rules, Opponents, Officials, Teammates, Self
7. Fill their tanks with positive praise 5:1 ratio—praise 5 times for every 1 critical comment
8. Throwing fundamental—teach lead-elbow point/L-throwing arm/cobra hand position—punch the giant/punch the dwarf for full throwing motion and follow through
9. Fielding fundamental—Gorilla-Step-Step-Tap Technique to get into the proper fielding position.
10. Hitting fundamental—align feet, hips, shoulders, head and elbows in a neutral stance EVERY swing. Mark where feet should go in the stance EVERY swing

### **Exit Skills to JBO Minors Level**

1. Understands how to run the bases, slide, and take an extra base on a hit to the outfield.
2. Knows at least three ways to make an out on defense by force, tag, or catching a pop up and should be able to play any position on the field.
3. The player should be able to get in the proper catching, throwing and fielding position when a play is to be made.

4. The player should be able to make contact with a pitched ball when batting by making a fundamentally solid swing.
5. The player should be able catch thrown balls from another player.
6. The player should have an “eye” for the game by starting to recognize and anticipate game type situations. This skill will vary widely and shouldn’t be over scrutinized because players mature a lot over each winter as they get older.

### **Additional Exit Skills to JBO Minors Level**

1. Player must be in at least 2<sup>nd</sup> grade
2. Player must be able to try-out against 2<sup>nd</sup> to 4<sup>th</sup> peers to be placed on a team at one of 4 levels
  - a. Federal
  - b. American
  - c. National
  - d. International
3. Player must be ready to compete in a full kid pitch game
4. Player must be ready for the time commitment of additional practices and a longer season