



Foothills Park & Recreation District: 2011 Youth Baseball Rules

T-Ball

1. Games

- Each team will have 7 games
- Each game must start on time
- The first team to bat is determined by the flip of a coin or by odd/even
- Games will last approximately one hour or 5 innings. No inning may start after 50 minutes of play

2. Equipment

- Players will wear a baseball glove at all times while playing defense
- No shoes that may be potentially dangerous to players will be permitted. For example, metal cleats. Sneakers and rubber cleats are acceptable.
- Exposed jewelry such as wristwatches and neck chains shall not be worn during the practices or games.
- Foothills Parks and Recreation will provide batting helmets. These helmets must be worn by any player who is batting, on base or in the on-deck circle.
- Safety balls will be used, no catchers will be used.

3. Field Requirements

- Bases will be 50 feet apart
- All infielders must play a minimum of 30 feet away from home plate.
- The tee must be set so it will stand straight up in a vertical position, not slanting either way.

4. Rules

1. The ball is not pitched, but hit off of a stationary tee. Strikes are not called.
2. Batters are not permitted to bunt or swing easy at the ball.
3. Players are not permitted to steal or lead off bases.
4. There is no infield fly rule.
5. All defensive players may be in the field at one time.
6. All offensive players must remain in the dug out, unless batting or on deck.
7. A player may not throw their bat at any time.
8. One coach of the defensive team in the field will be permitted to station himself in the field area, but will NOT make contact with the ball.
9. The ball must travel at least nine feet away from home plate in order for it to count as a hit.
10. Each team will bat their entire lineup. No outs will be kept.
11. Players may only advance one base at a time. To 1st base after they hit, 2nd base after the player behind them hits and so on. Exception, the last player to hit clears all the bases.
12. Runners may not leave their base until the ball has been hit.

****Coaches and Parents are role models for our young and impressionable children; therefore, they will at all times apply to themselves the highest standard of conduct and sportsmanship****



**Foothills Park & Recreation District: 2011
Coach Pitch**

1. Games

- Each team will have 7 games
- Each game must start on time
- The first team to bat is determined by the flip of a coin or by odd/even
- Games will last approximately one hour or 5 innings. No inning may start after 50 minutes of play

2. Equipment

- Players will wear a baseball glove at all times while playing defense
- No shoes that may be potentially dangerous to players will be permitted. For example, metal cleats. Sneakers and rubber cleats are acceptable.
- Exposed jewelry such as wristwatches and neck chains shall not be worn during the practices or games.
- Foothills will provide batting helmets. These helmets must be worn by any player who is batting, on base or in the on-deck circle.
- Safety balls will be used, no catchers will be used

3. Field Requirements

- Bases will be 50 feet apart
- All infielders must play a minimum of 30 feet away from home plate.

4. Rules of the game

- Every child will be allowed to bat even if the child isn't playing defense
- Teams will have all participants bat through the order each inning then switch, outs will not be played.
- Two coaches will be allowed in the defensive field during play but may have no contact with the ball
- A first base coach, a third base coach and a pitching coach may be supplied by the offensive team during its turn at the plate
- **Batters are allowed 7 pitches/swings from the coach. After 7 missed pitches, the player will be allowed 2 swings on a T if no contact then the player will be called out**
- A base runner leaving the base paths in order to avoid a tag is to be declared out
- Runners shall advance one base on an overthrown ball that leaves the playing field
- The pitching coach may throw over hand or under hand, coaches are encouraged to pitch from one knee.
- No stealing and No Lead-offs
- No infield fly rule
- Base runners must tag-up on a fly ball
- **Coaches will act as umpires**

Parents and Coaches are role models for our young and impressionable children; therefore, they will at all times apply to themselves the highest standard of conduct and sportsmanship



**Foothills Parks and Recreation District: 2011
Machine Pitch Rules**

1. Games

- Each team will have 7 games
- Each game must start on time
- The first team to bat is determined by the flip of a coin or by odd/even
- Games will last approximately 1 hour 20 minutes or 6 innings. No inning may start after 70 minutes of play, coaches and field supervisor must keep track of time.

2. Equipment

- Players will wear a baseball glove at all times while playing defense
- No shoes that may be potentially dangerous to players will be permitted. For example, metal cleats. Sneakers and rubber cleats are acceptable.
- Exposed jewelry such as wristwatches and neck chains shall not be worn during the practices or games.
- Foothills will provide batting helmets. These helmets must be worn by any player who is batting, on base or in the on-deck circle.

Catchers will be used and equipment will be provided at practices and games although none to keep.

3. Field Requirements

- Bases will be 70 feet apart
- All infielders must play a minimum of 40 feet away from home plate.
- Pitching Machine will be used, staff member will run machine.

4. Rules of the game

- Every child will be allowed to bat even if the child isn't playing defense
- Teams will bat entire order in the first inning, after the first inning 3 outs will be played. Teams will play 10 in the field, with catcher, 4 outfielders. All players must play in field at least 2-3 innings. If teams bat through entire order then the three out rule will not apply and batting team will switch to defense.
- One coach will be allowed in the defensive field during play but may have no contact with the ball
- A first base coach, a third base coach and a pitching coach may be supplied by the offensive team during its turn at the plate
- Batters are allowed 7 pitches, If the player does not put the ball in play by the 7th pitch the batter will receive 3 soft toss pitches if not contact then the player will be out. No walks. A base runner leaving the base paths in order to avoid a tag is to be declared out
- Runners shall advance one base on an overthrown ball that leaves the playing field
- No stealing and No Lead-offs
- No infield fly rule, Bunting is not allowed.
- Base runners must tag-up on a fly ball
- **Staff member running machine will act as umpire**