



# NATIONAL YOUTH SPORTS RULES COACH PITCH: 5 & 6-YEAR-OLDS

*Applies to both practices and games.*

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## ATTIRE

1. NYS jersey or approved uniform and hat must be worn during the game. No exceptions!
2. No metal cleats, open-toed shoes, or jewelry allowed.
3. Helmets are optional.

## FIELD

4. Bases are approximately 45 feet apart.
5. Coaches are allowed in the outfield, but they must not interfere with gameplay.
6. The coach may pitch to an individual batter based on their demonstrated ability to hit the ball at practice. We strongly recommend under hand pitching.
7. Batting team must provide adults to be the first and third base coaches, as well as place the ball on the tee for each batter, if needed.

## TEAM

8. Teams will play with a limit of 7 infielders and the rest of the team must occupy the outfield.
9. The home team is listed first on the schedule and will occupy the third base of the field.

## GAMEPLAY

10. Games are 1 hour and 15 minutes.
11. All players on the defensive team can be on the field. Only 7 on the infield.
12. Defense team must rotate the pitcher position every inning.
13. Infielders must stay in normal baseball positions except for the catcher. Please have a coach/parent occupy the catcher position.
14. Each batter will be given three pitches/chances to hit the ball, and then the tee must be used. If the third pitch is fouled off, you are allowed a 4<sup>th</sup> pitch.
15. If the ball is hit and does not leave the infield, the runner can only advance to first base. If the ball is hit into the outfield, the runner can run until the ball is under control in the infield.
16. No advancing bases on any overthrows. Once the defense has the ball in the infield, the runners can only continue to the base they are heading to. If the throw is overthrown, the play is still dead.
17. All batters must run the bases.
18. Every player bats every inning.
19. No on deck batters.
20. No strikeouts.
21. No leading off or stealing any base.
22. No sliding.
23. No throwing bats.
24. The last batter in the lineup is allowed to run to all the bases. Please be sure all base runners have crossed home plate before heading to the dugout.
25. Coaches should let the defense know when the last batter is up to bat.
26. Base runners must stop when the ball is under control in the infield.
27. Base runner hit by a batted ball is out.
28. Outs are called! All base runners called out may not continue to run the bases.
29. No score will be kept.
30. No forfeits!