



**Diamond Council Of Columbia, Inc.**  
**P. O. Box 576, Columbia, Missouri 65205**  
**www.diamondcouncil.net DiamondCouncilCoMo@gmail.com**  
**573 – 499 – 9741**

# **COACHES and PARENTS HANDBOOK**

**Last Update March 31, 2025**

**On-line Version is most up-to-date.**  
**Any changes from our printed books are highlighted in Yellow in this on-line version.**



**Diamond Council of Columbia, Inc. is not-for-profit corporation, co-sponsored by the City of Columbia Parks and Recreation.**



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# **Diamond Council is a not-for-profit organization run by a volunteer board of directors.**

## **2025 OFFICERS & BOARD MEMBERS**

### **2020 Diamond Council Executive Committee**

Brandon May, President  
Scotty Roberts, Vice President-Baseball  
Alan Bunch, Vice President-Softball  
Nile Kemble, Past-President  
Steve Hirt, Secretary  
Debbie Glover, Treasurer  
Paul Blythe, Executive Director 573-864-9121

### **Board Members**

Jody Blythe  
Jason Johnston  
Jeremy Dalton  
Brian Schultz

### **Members At Large**

James Schremmer, Jason Windsor

Contact information on our board members is available on our web site.

All meetings are open to parents, Coaches, and others interested. Meetings are usually held the 2nd Thursday of each month at 6:30 at the American Legion. Call 499-9741 to confirm location and times of meetings.

## **COMMITTEES, CHAIRS & VOLUNTEERS**

Baseball Commissioner	Scotty Roberts
Softball Commissioner	Alan Bunch
Sponsors	Paul Blythe
Rules	Alan Bunch, Jeremy Dalton, Scotty Roberts
League Coordinators	Paul Blythe
Equipment	Brandon May
Grievance Committee	Brandon May, Scotty Roberts, Alan Bunch
Umpires	Paul Blythe, Alan Bunch
Events/Social Media	Paul Blythe, Jody Blythe, Nile Kemble
Educational Scholarships	Paul Blythe, Jody Blythe, Nile Kemble, Debbie Glover
Tournaments	Paul Blythe, Jason Johnston
Antimi Concessions Building	Paul Blythe
Coaches Clinics	Paul Blythe, Steve Hirt

# **2025 LEAGUE COORDINATOR INSTRUCTIONS**

## **2025 League Coordinators**

4U TBall (coed) Brandon May 573-489-0493

5U TBall Brandon May 573-489-0493

6U Boys- Paul Blythe 573-864-9121

7/8U Boys – Jason Johnston 573-645-2437

9/10U Boys – Paul Blythe 573-864-9121

11/12U Boys -Brandon May 573-489-0493

13/14U Boys – Scotty Roberts 573-999-0076

15-18U Boys – Scotty Roberts 573-999-0076

6U Girls - Paul Blythe 573-864-9121

7/8UGirls – Brian Schultz 573-356-8991

9/10U Girls – Brian Schultz 573-356-8991

11/12U Girls – Brian Schultz 573-356-8991

13/14U Girls – Paul Blythe 573-864-9121

15/18U Girls- Paul Blythe 573-864-9121

## **Team Formation**

Priority of requests are as follows:

1. Requests of Sponsors for a player or Coach. Sponsors who are Coaches may only sponsor their own player's team.
2. Request of a Head Coach for one assistant
3. Players of Coaches and assistant Coaches
4. Mutual teammate requests
5. Neighborhood relationships as determined by the location of the sponsor or head Coach.
6. One sided teammate requests may be considered provided the requested player has not had a previous mutual request
7. A request for a Coach is not a consideration in forming teams
8. Split schools with 16 players 8 & 8 not 3 & 13. Neighborhoods with 12 or 13 players will have their own team.

Late registrations will be placed on teams by the Executive Director based on space available and an updated list will be forwarded to the league coordinators.

All head Coaches must submit to have a background check. Diamond Council uses USA Baseball for background checks.

# PHONE NUMBERS

RAINOUT HOTLINE	874 – 7663 (1,1)
COLUMBIA POLICE DEPT	911
LEAGUE COORDINATORS Rule problems Coach, fan or player complaints	See Page 3
BASEBALL COMMISSIONER	Scotty Robert 573-999-0076
SOFTBALL COMMISSIONER	Alan Bunch 57-268-7765
FACILITY PROBLEMS	874 – 7706 or 864-9121 Rest rooms, fields, lights, trash etc.
EQUIPMENT PROBLEMS	Brandon May          573-489-0493
UMPIRE PROBLEMS	Paul Blythe 573-864-9121
BATTING CAGE COMBINATION	0911
INJURY & INSURANCE FORMS	499 – 9741



# Diamond Council of Columbia, Inc.

## SafeSport Policy

Diamond Council of Columbia is committed to providing and a safe environment for the youth of Columbia participating in its baseball and softball programs. To ensure the environment is safe throughout the season the following policy is in place;

The SafeSport Act includes six categories: bullying, harassment, hazing, emotional misconduct, physical misconduct and sexual misconduct, including child sexual abuse. In compliance with the SafeSport Act, Diamond Council commits to reporting abuse immediately to local and federal law enforcement, or a child-welfare agency designated by the Justice Department.

- DC maintains a written SafeSport Act policy
  1. Policy and training materials is approved by the Board of Directors
  2. Copy of the policy is included in the Diamond Council Handbook
  3. Policy is subject to an annual review by the Board of Directors
  4. Policy is reviewed with Coaches at the Coaches' clinic
  5. Background checks and abuse training will be provided by USA Baseball
- Background checks and online abuse training is required for all Head Coaches, Assistant Coaches, Umpires and Board Members. Background checks and abuse training will be provided through USA Baseball.
- Background checks are not be required for current Columbia Public School and MSHAA employees. Columbia Public Schools and MSHAA have background check requirements that are acceptable to Diamond Council. Acceptable documentation required in order to waive a Diamond Council background check will be;
  1. Columbia Public Schools (CPS) – Either current paystub or direct Verification of Employment (VOE) with CPS Human Resources Department. Coach authorization for a background check or VOE will be included on the registration form
  2. MSHAA – Umpire will provide their 2020 registration number
- All Head Coaches, Assistant Coaches, Umpires and Board members must recertify their background check and abuse training annually.
- All Head Coaches and Assistant Coaches will be required to attend DC's Coaches Clinic
- All Umpires will be required to attend one umpire training session that will include the online abuse training.
- Certified Coaches are the only individuals permitted on the fields at practices and games.
- Certified Coaches are required to display their 2020 Coaches ID while on the field for practices and games.
- Information to be included on Diamond Council ID card;
  1. Photo
  2. Name
  3. Certified completion of Background Check and Abuse Training
  4. Expiration date; All IDs expire at the end of 12/31/2020.
- Coaches must have background checks and training completed in order to pick-up equipment.

- Responsibility for monitoring and enforcement of the SafeSport Act;
  1. Diamond Council Board Members
  2. Coaches
  3. Umpires
  4. Parents
- Competitive teams are bound by Diamond Council’s SafeSport policy. Competitive teams are expected to run their own background checks and abuse training. DC has no input or oversight in the selection of Head Coaches or Assistant Coaches on Competitive teams, however, compliance to DC’s SafeSport policy is required.
- Protocol for implementing and monitoring the SafeSport Policy requires reporting to the proper law enforcement agencies and reporting to Diamond Council.

All physical misconduct and sexual misconduct, including child sexual abuse, should be reported directly to law enforcement. Reporting can be completed by calling the Missouri Child Abuse and Neglect Hotline at 800-392-3738 or by filing a report online at <https://apps.dss.mo.gov/OnlineCanReporting/default.aspx> .

Incidents involving bullying, harassment, hazing and emotional misconduct can be reported to Coaches, League Coordinators, Board Members or the Executive Director of Diamond Council.

- Diamond Council’s SafeSport Act policy is approved by the Board of Directors annually for completeness. The policy was last reviewed 03/01/2020.

# LEAGUE DESCRIPTIONS

## **4 Year Old – TBALL (Coed Age as of 8/1/2018)**

In this league players are introduced to baseball, boys and girls play together and learn the basics of throwing, catching and hitting. Teams will practice for 15 minutes, then play a 2 inning game, approximately 45 minutes long, and every player bats and plays in the field each inning. Players use a Reduced Injury Factor (soft) baseball. In this league parents or Coaches umpire the games. Game scores are not recorded and Coaches set the practice schedules. Teams play two games per week and game times are 6:00 & 7:15 weekdays and 9:00, 10:15, 11:30, or 12:45 Saturdays if needed. All games will be scheduled at Cosmo Park, Antimi Complex.

## **5 Year Old – TBALL (Coed Age as of 8/1/2018)**

In this league players are introduced to baseball, boys and girls play together and learn the basics of throwing, catching and hitting. Games are one hour long and every player bats and plays in the field each inning. Players use a Reduced Injury Factor (soft) baseball. In this league parents or Coaches umpire the games. Game scores are not recorded and Coaches set the practice schedules. Teams play two games per week and game times are 6:00 or 7:15 pm weekdays and 9:00am, 10:15, 11:30, or 12:45 Saturdays if needed. All games will be scheduled at Cosmo Park, Antimi Complex.

## **6 Year Old – Coach Pitch / Tball – Boys**

In this league players continue to learn the basics of throwing, catching and hitting. Players advance from T-ball to Coach pitch/Tball, Coaches pitch to their players from 30'. After 4 pitches, players hit from a Tee. Games are one hour long and every player bats and plays in the field each inning. Players use a Reduced Injury Factor (soft) baseball. In this league parents or Coaches umpire the games. Game scores are not recorded and Coaches set the practice schedules. Teams play two games per week and game times are 6:00p or 7:15p weekdays and 9:00a, 10:15a, 11:30a, or 12:45p Saturdays if needed. All games will be scheduled at Cosmo Park, Antimi Complex.

## **8 Year Old – Machine Pitch – Boys**

In this league players continue to learn the basics of throwing, catching and hitting. Players advance from Coach pitch/Tball to Machine Pitch only leagues. Coaches use a machine to pitch to their players from 42'. Games are an hour long. In this league players begin to learn more rules of the game. Teams use a regular Baseball. In this league parents or Coaches umpire the games. Coaches set the practice schedules. Teams play two games per week, Monday-Friday, and game times are 6:00p or 7:15p. Most games will be scheduled at Cosmo Park, Antimi Complex..

## **9/10 Year Old – Kid Pitch/Coach Pitch – Boys**

In this league players learn advanced skills of throwing, catching and hitting. Players advance from machine pitch to player pitch from 46'. In this league, there may be some Coach pitch if needed (See points of emphasis). Games are 70 minutes long. Players begin to learn more rules of the game. Teams use real baseballs. In this league Diamond Council provides one umpire for the games. Coaches set the practice schedules. Teams play two games per week, Monday-Friday, and game times are 6:00p or 7:30p. All games will be scheduled at Cosmo Park, Antimi Complex, Albert Oakland Park, or American Legion Park.



### **11/12 Year Old – Boys**

In this league players continue to learn advanced skill of throwing, catching and hitting. Players pitch from 50'. Games are 85 minutes long. Players learn more rules of the game. Teams use real baseballs. In this league Diamond Council provides umpires for the games. Coaches set the practice schedules. Games will be played at Cosmo Park, American Legion fields. Teams play two games per week, Monday-Friday, and game times are 6:00p or 7:45p. All games will be scheduled at Cosmo Park, Antimi Complex, Albert Oakland Park, or American Legion Park.

### **13/14 Year Old – Boys**

In this league players continue to learn advanced skill of throwing, catching and hitting. Players pitch from 54'. Games are 100 minutes (1 hr 40 min) long. Players learn advanced rules of the game. Diamond Council provides umpires for the games. Coaches set the practice schedules. Games will be played at the Atkins Complex. Teams play two games per week, Monday-Friday, and game times are 6:00p or 8:00p. All games will be scheduled at Atkins Fields or American Legion Fields.

### **15-18 Year Old – Boys**

In this league players continue to learn advanced skill of throwing, catching and hitting. Players pitch from 60'6" and Games are 100 minutes (1 hr 40 min) long. Players learn advanced rules of the game. Diamond Council provides umpires for the games. Coaches set the practice schedules. Games will be played at the Atkins Complex. Teams play two games per week, Monday-Friday, and game times are 6:00p or 8:00p. All games will be scheduled at Atkins Fields or American Legion Fields.

### **6 Year Old Girls – Coach Pitch / Tball**

In this league players continue to learn the basics of throwing, catching and hitting. Players advance from T-ball to Coach pitch/Tball, Coaches pitch to their players from 30'. After 4 pitches, player hits from a Tee. Games are an hour long. Players begin to learn more rules of the game. Teams use a 11" Reduced Injury Factor Optic Yellow softball. Parents or Coaches umpire the games. Coaches set the practice schedules. Games will be schedule Monday – Saturday. Teams play two games per week and game times are 5:45 or 7:00 weekdays and 9:00, 10:15, 11:30, or 12:45 Saturdays if needed. All games will be played at Cosmo Park, Antimi Complex.

### **7/8 Year Old Girls – Machine Pitch**

In this league players continue to learn the basics of throwing, catching and hitting. Players advance from Coach pitch/Tball to Machine Pitch leagues. Coaches use a machine to pitch to their players from 35'. Players receive 6 pitches or 4 strikes. Games are an hour long. Players begin to learn more rules of the game. Teams use a 11" Optic Yellow softball. In this league parents or Coaches umpire the games. Coaches set the practice schedules. Games will be scheduled Monday – Saturday. Teams play two games per week and game times are 6:00 and 7:15. All games will be played at Cosmo Park, Antimi Complex or American Legion Fields.

### **9/10 Year Old Girls – Kid Pitch/Coach Pitch**

In this league players continue to learn the basics of throwing, catching and hitting. Coaches use a machine to pitch to their players from 35'. In this league there may be some coach pitch if needed (See points of emphasis). Games are 70 minutes. Players begin to learn more rules of the game. Teams use a 11" Optic Yellow softball. Diamond Council will provide one umpire for the games. Coaches set the practice schedules. Games will be scheduled Monday – Friday. Teams play two games per week and game

times are 6:00 or 7:30 weekdays. All games will be played at Cosmo Park, Antimi Complex, Albert Oakland Park, or American Legion Park.

### **11/12 Year Old Girls– Kid Pitch/Coach Pitch**

In this league players learn advanced skills of throwing, catching and hitting. Players advance from machine pitch to player pitch from 40'. In this league, there may be some Coach pitch if needed, (see points of emphasis). Games are 70 minutes long. Players learn more rules of the game. Teams use a 12" Optic Yellow Softball. Game times are 6:00 and 7:30 pm. In this league Diamond Council provides one umpire for the games. Coaches set the practice schedules. All games will be played at Cosmo Park, Antimi Complex, Albert Oakland Park, or American Legion Park.

### **13/14 Year Old Girls**

In this league players continue to learn advanced skill of throwing, catching and hitting. Players pitch from 43'. Games are 70 minutes long. Players learn more rules of the game. Teams use a 12" Optic Yellow Softball. Game times are 6:00 and 7:30 pm. In this league Diamond Council provides one umpire for the games. Coaches set the practice schedules. All games will be played at Cosmo Park, Antimi Complex, Albert Oakland Park, or American Legion Park.

### **15-18 Year Old Girls**

In this league players continue to learn advanced skill of throwing, catching and hitting. Players pitch from 43'. Games are 75 minutes long. Players learn more rules of the game. Teams use a 12" Optic Yellow Softball. Game times are 6:00 and 7:30 pm. In this league Diamond Council provides one umpire for the games. Coaches set the practice schedules. All games will be played at Cosmo Park, Antimi Complex, Albert Oakland Park, or American Legion Park.



# Points of Emphasis

**1. Tball** catchers are required to wear a helmet with a mask. On deck batter will be behind the batter and up the fence line or behind the Coach

**2.Kid pitch/Coach pitch leagues, 10U boys and girls an 12U girls.** Coach comes in to pitch after a 4 ball count; Pitchers will only pitch (4) called balls to a batter. Foul balls will be counted as strikes. At the end of the four ball count the COACH of the batting team will pitch two pitches to the batter. Coaches are to pitch from the front of the mound or pitchers circle. If the batter does not hit one of the pitches the batter will be declared out. Foul balls on the last pitch will continue the at bat. If a Coach has to pitch to three consecutive batters, then, the pitcher must be replaced by another pitcher for the remainder of the inning. A player may return to pitch in a later inning. **NO WALKS.** Stealing or advance is permitted. Only one base may be advanced per pitch, regardless of an overthrown ball.

**3.Pre-game infield** is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

**4.Run spreads** will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game in competitive baseball. There is no run spread rule for competitive softball or recreational play.

**5.All Recreational and Competitive games tied** at the end of the time limit will end in a tie. No extra innings will be played.

**6.Unsportsmanlike conduct** on the part of players, Coaches or fans will not be tolerated. This includes trash talking or taunting, i.e. hey batter, batter swing. Players may only direct their comments and chatter to their own teammates. Umpires may, but are not required to, warn players, Coaches or fans of unacceptable conduct. Unsportsmanlike conduct will result in ejection from the game. Any player, Coach or fan throwing any object on the field or in the dugout, will be warned for the first offense and ejected on the second offense. If a player or fan is ejected, the Head Coach may also be ejected at the discretion of the umpire. A second ejection of an offending fan, player or Coach will result in the suspension for the remainder of the season. DC reserves the right to suspend a Coach, player, parent or fan at any time during the season. As a Coach, if you have a problem with a Coach or a player from the opposing team, discuss the problem with the umpire and let the umpire handle the problem. **Do not confront the opposing Coach or player.** If the problem does not get resolved then call your league coordinator.

7.All softball pitcher will be required to wear a fielding mask.

8.Softball pitchers are not required to pitch in a windmill motion.

9.Games could start up to 10 minutes earlier than scheduled.

10.The use of hit sticks in the field of play is prohibited.

11.10U & up ALL home teams will be established by a coin flip at the pre-game coaches meeting at home plate.

12.10U boys and girls may only advance one base on an overthrow, the runner is still at risk of being put out.

# **Diamond Council of Columbia, Inc.**

## **Equipment Policy**

Diamond Council of Columbia is committed to providing and a safe environment for the youth of Columbia participating in its baseball and softball programs. To ensure the equipment is safe and is maintained in a safe condition throughout the season the following protocol is used;

- 1) Equipment is checked for safety when the equipment is bagged for each team participating.
- 2) When equipment is distributed to the Coach or Team Representative the equipment is checked for safety with the Coach or Team Representative.
- 3) If equipment becomes defective during the season the Coaches are instructed at the Coaches Clinic to immediately contact Diamond Council for replacement equipment prior to the next practice or game.
- 4) When equipment is returned after the season the equipment is checked for safety with the Coach or Team Representative returning the equipment.
- 5) Diamond Council's Coaches equipment policy is reviewed with Coaches in the mandatory Coaches Clinic.
- 6) Diamond Council's equipment policy is included in its annual handbook that is posted and available to Parents, Coaches and Players on its website [diamondcouncil.net](http://diamondcouncil.net)
- 7) Diamond Council is not responsible for any equipment provided by the Coach, Player or Parent.
- 8) Diamond Council is not responsible for any equipment used by any competitive baseball or softball team. Each competitive team is responsible for the safety of its own equipment.
- 9) Coaches who do not return there equipment within 3 weeks of the final return date will be billed \$400 for the equipment and it will be due immediately.

Diamond Council's equipment policy is reviewed with the Board of Directors annually for completeness. The policy was last reviewed 03/03/2023.

### **Diamond Council Equipment Procedure**

- 1) Equipment is checked by DC for safety and defects when the equipment is bagged for each team.
- 2) Equipment is checked by DC and the Coach when the Coach picks up the equipment.
- 3) Coaches are instructed at the Coaches' Clinic to notify DC immediately if there is a problem or defect with any of the equipment and it will be replaced immediately.
- 4) Coaches are instructed in the Coaches' Handbook to notify DC immediately if there is a problem or defect with any of the equipment and it will be replaced immediately.
- 5) Equipment is checked by DC and the Coach when the Coach returns the equipment in the fall.

# BASEBALL/SOFTBALL FUNDAMENTALS

**Your first responsibility as a Coach is to call your players to let them know what team they are on. This should be done within 48 hours of the clinic.** If you do not call your players, parents and players will begin calling the DC Information Line to obtain the information. Once teams have been set and some players have been notified the word will spread like wild fire. Try to provide the following information on your first call:

- Your name & phone number
- Date & time of parent meeting; 15 minutes prior to first practice
- First practice date, time and location
- Verify each player's age to make sure the player is in the correct league.
- Their age is as of April 1 and their Grade in school.

**Coaching a Competitive team versus a Diamond Council Recreational team.** When a Competitive team is formed the Coach has chosen his players and the players have chosen their Coach. Whereas, a Diamond Council team is formed by the league and players and Coaches have been **assigned by schools**. The goal of Competitive and Recreational teams to have fun remains the same; however, the expectations and the measurement of success are different.

Players on your team will have different levels of competitiveness ranging from a social event to wanting to win. Each Coach's greatest challenge is arriving at a happy medium on each team. The number one way to conquer this challenge is to have fun and the second method is to provide each player with the opportunity to improve. The five ingredients to improvement are (1) Opportunity (2) Desire (3) Hard Work (4) Willingness to experiment and (5) Ability to change.

## INJURIES

**IF YOU ARE NOT QUALIFIED TO DEAL WITH AN INJURY -- DON'T!! CALL 911 OR SUMMON MEDICAL ASSISTANCE IMMEDIATELY.** All accidents requiring medical attention should be reported to your League Coordinator so the proper insurance forms can be filed. **All players, Coaches, managers and volunteers of Diamond Council are covered by an excess medical policy.**

Baseball and softball are dangerous sports

- 1) Always have more than one adult at a practice or a game in case a players' injury requires medical attention. Someone will need to stay with the rest of the team while the player is taken to the hospital.
- 2) Be safety conscious. Be aware of dangerous situations such as the dugout openings
- 3) As many players will be hurt warming up and between innings as will be injured during games.
- 4) Stay in dugouts if not participating.
- 5) Ensure that players of similar skill levels are paired during warm up and drills to reduce the potential for injuries

## Diamond Council Equipment Procedure

- 6) Equipment is checked by DC for safety and defects when the equipment is bagged for each team.
- 7) Equipment is checked by DC and the Coach when the Coach picks up the equipment.
- 8) Coaches are instructed at the Coaches' Clinic to notify DC immediately if there is a problem or defect with any of the equipment and it will be replaced immediately.
- 9) Equipment is checked by DC and the Coach when the Coach returns the equipment after the season.

## **PARENT AND PLAYER RESPONSIBILITY TO COACHES**

Scheduled games are only part of the total experience of participating in Diamond Council's (DC's) baseball/softball leagues. Practices are important for players to interact with new teammates, learn new skills and become familiar with their Coaches. Practices provide players with the opportunity to learn proper techniques and provide Coaches with the opportunity to evaluate each player's level of ability. It is important Coaches know each player's skill level so the player is not asked to do something which might be hazardous such as catching, pitching, playing first base and bunting to name a few. Safe equipment, fundamentals learned at practice and knowing a player's limitations all help provide a safe and enjoyable playing environment.

Parents and players are expected to extend their Coaches and teammates respect and common courtesy. All Coaches are volunteers who give their time and energy to provide a wholesome, safe and positive experience for each and every player. DC asks Coaches to have four basic rules for their players and teams.

- 1) Respect your teammates, Coaches, umpires and opponents.
- 2) Listen to your Coaches.
- 3) Play hard.
- 4) Know how to use the telephone, email or text.

If at the end of a practice or a game a player can answer yes to each of these points, then they have done all they can do to be successful and respectful to their Coaches and teammates.

## **PARENT MEETING**

All Coaches should have a parent meeting before or after the team's first practice. Experienced Coaches know the value of a parent meeting. Parents should expect the following information:

- 1) Introduce Parents to the Diamond Council website
- 2) Communicating through email and texting - website
- 3) Use Parks and Rec email and text notifications of cancellations
- 4) Team parents can be assigned
- 5) Outline post game refreshments
- 6) Discuss Coaching and substitution philosophy
- 7) Distribute phone numbers of all of the players and Coaches (website)
- 8) Distribute player hats and participation medals
- 9) Provide picture date and time information
- 10) Provide information on player clinics
- 11) Meet your parents and know who they are; Be aware of strangers at practices
- 12) Obtain information about any special health problems
- 13) Obtain emergency numbers and the hospital of preference
- 14) Outline cancellation notification of games and practices (website)

Coaching is exciting and rewarding. From time to time, you may experience difficulty with parents. Remember that you will be dealing with all types of children and parents with different backgrounds and ideals. One of your main challenges as a Coach is to deal with these differences in a positive manner so the season will be an exciting and enjoyable experience for all.

## **INCLEMENT WEATHER**

**Columbia Parks and Recreation will monitor weather conditions and inspect the playing fields to determine if the fields are playable. If the fields are deemed not playable, the games scheduled for those fields will be canceled by 4:00 P.M. Signup through Parks and Recreation listserv and you will be able to receive cancelation notices via text message and emails [http://www.como.gov/Web\\_Mail/](http://www.como.gov/Web_Mail/) . Subscribe and scroll to the bottom of the page and check youth baseball and softball.**

This information will be available on the **SPORTS HOTLINE (874-7663)**. If no announcements of cancellation have been received, assume the game will be played.

At the start or during a game, Umpires will use their own judgment on the delay or cancellation of games due to weather conditions. Games will not be played if it is determined such play might result in injury to players or serious damage to the playing fields. If lightning or severe weather is present, Umpires will take **immediate** action to delay or cancel the game and remove the players from the field.

### **RAINOOTS AND MAKEUPS**

Rained out games are not guaranteed to be made up unless you are rained out 3 or more games. Coaches will be able to reschedule any game that is rained out if they want. Just schedule the game like you would a practice and contact the opposing Coach to schedule the game. Umpires will not be available for these games due to the short notice of some games and irregular game times. The procedure for scheduling additional games will be as follows: DO WE DO THIS??

- 1) Contact your players and parents to confirm they want to play on the available dates.
- 2) Contact other teams to setup games.
- 3) Call the DC office to reserve a field.
- 4) Field assignments will be posted on the practice field schedule on the web site.

### **TOBACCO AND ALCOHOL**

The use of **ANY** tobacco materials, alcohol or other controlled substances is prohibited at all games and practices. Tobacco use is not permitted while on the playing field or in the dugouts at any time, but is allowed outside the confines of the park.

### **FORFEITS AND PROTESTS**

Forfeits and protests are not allowed, except for a team having seven or fewer players. See Shorthanded Rule Page 31.

### **OTHER COACH RESPONSIBILITIES**

The opportunity to Coach a team, either as a head Coach or an assistant Coach, is a privilege. Remember, you are temporarily a Coach but you will always be a Mom or a Dad. Complaints related to a Coach's conduct will be reviewed, on a case-by-case basis, by the League Coordinator, DC President, DC VP/League Commissioner and the Executive Director. If the situation or problem cannot be corrected in a manner satisfactory to Diamond Council, the Coach will be replaced during the season.

All Coaches must be approved by Diamond Council.

Coaches have ten primary responsibilities:

- 1) It is the responsibility of each Coach to ensure his or her equipment remains in good condition and is safe for use during the season. Diamond Council equipment is inspected for defects when it is returned after each season and re-inspected for defects at the time of distribution. **Head Coaches are responsible for the return of the equipment at the end of the season. If the equipment is not returned, the Coach will be billed for the cost of the equipment (approximately \$700) and the account will be placed for collection if necessary.** Coaches will be notified of return dates and return locations. Diamond Council provides catchers equipment, bats, batting helmets and balls. Team sponsors provide T-Shirts, hats and medals. Players provide shoes, gloves and pants or shorts. **Metal and polyurethane spikes are prohibited in all leagues 12 and under. Metal and polyurethane spikes are approved for ages 13 to 18 for both boys and girls, Recreational and Competitive.**
- 2) To teach their team the fundamentals of the game.
- 3) To ensure their team is on time and ready to play.
- 4) To ensure the substitution rules of Diamond Council are adhered to.

- 5) To notify the Baseball or Softball Commissioner of any injuries requiring medical treatment within 24 hours.
- 6) To inform the League Coordinator of any problems in field conditions or defective equipment.
- 7) To conduct themselves in a manner becoming their position of responsibility. Coaches are responsible for exemplifying good sportsmanship before, during and after all games and practices. Coaches are to make a concerted effort to promote sportsmanship, teaching players and parents to accept both victory and defeat graciously. Baseball and softball are wonderful games, but they are only games.
- 8) At least one Coach, preferably the head Coach, from each team is required to attend the appropriate Coaching clinic (Basic or Advanced) held by Diamond Council. Diamond Council will pay the clinic fee for one Coach from each team. Additional Coaches wishing to attend are required to pay their own fees.
- 9) Team Photos. **ALL teams must have a team photo taken with our league photography company**, Legends Sports Photography. Coaches must go to our website to schedule a time. Under the Coaches tab is a link to schedule your team. After you schedule, our league photographer will send a reminder to notify teams of their photo dates and times. Individual and team pictures are offered to players and parents on an optional basis. However, since the sponsor of each team receives a team picture on their thank you plaque, please be present for the team photo session. Here is a sample team picture.



- 10) Each team must have a head Coach and may have one or more assistant Coaches. A Coach must be present at all practices and all games. This is necessary for insurance purposes.

## PHILOSOPHY

For every player, success will have a different meaning. For some player's, success will mean hitting a home run, hitting a ball to the grass, getting on base, catching a fly ball, catching a thrown ball or just being involved in a play. Success should be measured in skill improvement, character, quality of effort, sportsmanship and teamwork.



# **Coach Ejections**

If a coach is ejected from a game by the umpire, the following rules shall apply:

**First Offense:** The Coach is suspended from the next game and placed on probation for the season. If your actions on the field result in a forfeit of the game, this will automatically result in a 2 game suspension.

**Second Offense:** If a coach is ejected for a second time in a season, this will result in a suspension from all coaching duties for the remainder of that season and could impact future coaching opportunities or the ability to attend games as a spectator.

If a parent is ejected from the game the Head Coach shall be ejected as well, however this shall not result in suspension or probation for the Head Coach. Head Coaches are responsible for the actions of their players, parents and coaches.

**These same rules apply for parents**

## **Diamond Council Code of Conduct**

Diamond Council programs promote the physical, social, and emotional development of the youth of Columbia and surrounding communities. Therefore, coaches and parents should encourage children to embrace the values of good sportsmanship, and should model good sportsmanship by demonstrating fairness, respect and self-control. For a child to participate in Diamond Council programs the child's parents must obey this Code of Conduct. Parents and coaches must be responsible for their words and actions while attending a Diamond Council event, and obey this Code of Conduct.

Parents must not engage in or encourage their child or anyone else to engage in:

1. Unsportsmanlike conduct with any coach, parent, participant, official, or other attendee;
2. Any behavior that would endanger the health, safety, or well-being of any coach, parent, participant, official, or other attendee;
3. The use of profanity;
4. Treating any coach, parent, participant, official, or other attendee with disrespect based on race, creed, color, national origin, sex, sexual orientation or ability;
5. Verbal or physical threats or abuse of any coach, parent, participant, official, or other attendee;
6. Initiating a fight or scuffle with any coach, parent, participant, official, or other attendee;

Parents who violate this Code of Conduct while attending a Diamond Council event, will be subject to disciplinary action by authorized game or Diamond Council officials, including but not limited to the following in any order or combination:

Verbal or written warning;  
Suspension or immediate ejection from a sports event; and/or  
Season suspension or multiple season suspension.

## Practice Field and Batting Cage Reservations for Diamond Council teams



1 - All teams will be assigned a team pin number. This number is to be used when scheduling a practice. If you Coach two teams, you will be assigned two pin numbers.

2 - Teams will be allowed to reserve **2** practices per week. You can have: 2 one hour practices Monday-Friday or 1 one hour practice Monday-Friday and 1 two hour practice on Saturday or Sunday.

3 - For the spring/summer season, the first reserved practice date will be the week following the coaches clinic.

4 - For the fall season, the first practice may the week after the coaches meeting. Practices may be scheduled up to the start of league play.

5 - Field Set-Up

### Albert Oakland East and Antimi Red

Bases 70' - Pitching 50' - accommodates boys ages 11-12

### Albert Oakland West and Antimi Blue

Bases 65' - Pitching 46' - accommodates boys ages 9-10

Antimi Green, Purple, Gold & Black

Bases 60' – Pitching 40' – accommodates all girls and boys under 8

American Legion East

Bases 60-70' – Pitching 43-50' – accommodates all girls and boys 8-12

American Legion West, Atkins Gold & Blue -

Bases 80-90' – Pitching 54-60' – accommodates boys ages 13-14

Atkins Black - Available Only Mon - Thur

Bases 90' – Pitching 60'6" – accommodates boys ages 15-18

Antimi Silver and Orange (no lights)

Bases 50' – accommodates boys and girls 8 and under

Rainbow Softball Center - Available Only Mon - Thur

all six fields will be set up for slowpitch Bases 70' – Pitching 50'

*Note - However, girls youth teams and boys 12 and under teams can reserve these fields from 5p-7p Some mounds will be available at the facility.*

6 - Practices at all facilities can be reserved only through the Diamond Council season. Once the season is complete, some fields may be closed for off-season renovation. Any fields reserved during the dead time will need to be rented. The above practice fields will be made available again for the fall season.

**Off-Season Dates when fields need to be rented**

June 15 - July 31

November 1 – March 31

7 – Batting cages may be reserved in two hour blocks. This may be **1** cage for two hours or **2** cages for one hour. These may be reserved throughout the season. Teams may not reserve more than **1** two hour block per day.

Cages available include:

Antimi North Cage

by silver and orange fields

Antimi Center Cage

by silver and orange fields

Antimi Black Cage

by black field

Albert Oakland East Cage

Albert Oakland West Cage

American Legion North Cage

American Legion South Cage

Atkins North Cage

Atkins South Cage

8 - Teams need to make reservations 24 hours in advance.

9 - For weekend reservations before 5:00 PM, teams will need to call the Parks and Recreation office. These reservations cannot be made on-line.

10 – Three options to reserve a Parks and Recreation field or batting cage

**Call** - Parks and Recreation Office at 573.874.7460; Monday-Friday 8am-5pm. Staff will need your team PIN number to make the reservation.

**In-Person** - Parks and Recreation Office is located at 1 South 7th Street. Staff will need your team PIN number to make the reservation.

**On-Line** - Reserve a field on-line via the Parks and Recreation website

<http://www.como.gov/wbws/Webtrac.wsc/splach.html>

Click on Register Now

Coaches will login with their assigned team PIN number as their Username and Password.

Click on Browse Facilities

Select Date

Green shows available time slots

If you have questions after hours, please send an email to: [diamondcouncilcomo@gmail.com](mailto:diamondcouncilcomo@gmail.com) Someone will respond to this email the next business day.

If your team is practicing at night, **the city will set the lights on a timer**, they will automatically turn off after your scheduled time is done.

**All lights are controlled by Parks and Rec and are on timers. All lights at Antimi Blue, Green, Red, Purple, Gold and Black; American Legion and Atkins must turned on by the city P&R offices.**





# PRACTICE MANAGEMENT

- 1) Be a teacher first and Coach second. The purpose of youth sports is **HAVE FUN** and develop players
- 2) **Development** first and **Winning** if it happens
- 3) Use a method for determining what positions players will play in games
- 4) Emphasize the need to HUSTLE at all times and why

Keep in mind, Coaches of player's ages 5 to 8 can have the greatest impact on a player's development. Do not expect to be a miracle worker but try to help each improve. In order to completely change a habit a player will need to practice a technique 21 consecutive days so that when a player needs to use the technique in a game under a stress situation they will not revert to their old habit. The biggest advantage of working with player's age 6 to 8 is the players usually do not have a lot of bad habits, only bad skills because nobody has ever shown correct technique, they have not had time to develop a habit. One thing to remember is that if you have a one-hour practice with twelve players you will be able to give each player five minutes of individual attention. Always encourage your players to practice at home with parents, brothers, sisters and friends.

**On field procedures** – Players should be on one knee during meetings or instruction, no talking and all eyes on Coach. This will improve attention and will reduce the amount of distractions. Young players often daydream. Make sure they stay alert.

## Practice Tips:

- 1) Plan your practice
- 2) Start your practice on time
- 3) Practice means work, but make it enjoyable
- 4) Work on improving weaknesses instead of strengths
- 5) Understand the difference between correction and criticism
- 6) Make it clear what is expected in practice and games
- 7) Setup 3 practice stations at a time; This will expand your practice time from 1 to 3 hours
- 8) Use soft toss for hitting practice
- 9) Use base runners to simulate game situations

## Plan Your Practice

Have a practice agenda of skills and drills you wish to accomplish and allocate a specific period of time for each drill. Tell your team what you will do at practice, do it and tell your team what you did.

## Start Your Practice on Time

Be prompt and use your practice time wisely. If you have a one-hour practice time block reserved from 1:00 to 2:00, begin your practice at 12:50. In the ten minutes prior to taking the field you can take care of any discussions with parents, discuss the days practice agenda and even stretch. Also you can give players instruction or review for their first drill, which in most cases will be playing catch. Balls can be given to player's right before 1:00 and assign a Coach to take the players to the outfield to begin the drill. Have one Coach or parent be responsible for moving equipment to the dugout. Make sure parents are aware of the time practice will end and be sure the players are picked up promptly.

## Practice Means Work

You can accomplish a lot in one hour but make it fun. Keep the players busy with multiple workstations and multiple skill drills, i.e. combining a soft toss hitting and base running drill. Be creative, kids love to be active. Make the last thing they do fun.

## Improve Weaknesses

Improving team and player weaknesses will improve the team's level of play more than improving strengths because there is more room for improvement resulting in more success.

### **Correction vs. Criticism**

Diplomatically correct a player's error in practice. The player learns right at the proper time while it is still fresh in his mind and others learn at the same time. Correction deals with the problem and not the player as an individual. It is a positive step. Criticism is often directed towards the player as a person and usually has a negative effect.

### **Make it Clear What is Expected**

Tell the players what is expected. For Example, items such as not using the telephone, no talking when in a group on one knee, hustling and taking instruction.

### **Using Multiple Drill Stations**

One of the most efficient means of running a practice is multiple workstations. This is a good way to get more parental involvement. Be sure to demonstrate exactly what the players are to do and indicate how long they have to perform the drill, i.e. ten ground balls for each player. After all players are in a group complete the drill switch groups.

## **GAME MANAGEMENT**

**Free substitution.** All **Recreational** leagues have free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. **Competitive** leagues have free substitution and no player participation requirements.

**Courtesy runner** is available for the catcher and pitcher, use it with two outs.

**Half Inning Changes.** Teams have one minute in each half-inning change of field. If a team is not ready to play the umpire may award balls and strikes.

### **Dugout Management**

To organize the players so they know when they bat, line up the players on the bench in the order they bat. You may keep the same batting order for the entire year and each game begin wherever you left off in the last game. This simplifies the need to come up with a batting order each game and if a player does not come to the game just skip to the next hitter.



PLAYER POSITIONS

PLAYER	1	2	3	4	5	6	7	8	9	10
Ben	1 <sup>st</sup>		CF	P	3 <sup>rd</sup>		RF	C	2 <sup>nd</sup>	
Caleb	2 <sup>nd</sup>		RF	C	1 <sup>st</sup>		LF	SS	3 <sup>rd</sup>	
Ryan	3 <sup>rd</sup>		SS	LF	2 <sup>nd</sup>		CF	P	1 <sup>st</sup>	
Tyson	P	1 <sup>st</sup>		CF	C	3 <sup>rd</sup>		RF	SS	2 <sup>nd</sup>
Kevin	C	2 <sup>nd</sup>		RF	SS	1 <sup>st</sup>		LF	P	3 <sup>rd</sup>
Taren	LF	3 <sup>rd</sup>		SS	P	2 <sup>nd</sup>		CF	C	1 <sup>st</sup>
Chris	CF	P	1 <sup>st</sup>		RF	C	3 <sup>rd</sup>		LF	SS
Tom	RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>		CF	P
Zack	SS	LF	3 <sup>rd</sup>		CF	P	2 <sup>nd</sup>		RF	C
Chad		CF	P	1 <sup>st</sup>		RF	C	3 <sup>rd</sup>		LF
Josh		RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>		CF
Ronnie		SS	LF	3 <sup>rd</sup>		CF	P	2 <sup>nd</sup>		RF

PLAYER	11	12	13	14	15	16	17	18	19	20
Ben	LF	SS	1 <sup>st</sup>		CF	P	3 <sup>rd</sup>		RF	C
Caleb	CF	P	2 <sup>nd</sup>		RF	C	1 <sup>st</sup>		LF	SS
Ryan	RF	C	3 <sup>rd</sup>		SS	LF	2 <sup>nd</sup>		CF	P
Tyson		LF	P	1 <sup>st</sup>		CF	C	3 <sup>rd</sup>		RF
Kevin		CF	C	2 <sup>nd</sup>		RF	SS	1 <sup>st</sup>		LF
Taren		RF	LF	3 <sup>rd</sup>		SS	P	2 <sup>nd</sup>		CF
Chris	2 <sup>nd</sup>		CF	P	1 <sup>st</sup>		RF	C	3 <sup>rd</sup>	
Tom	3 <sup>rd</sup>		RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>	
Zack	1 <sup>st</sup>		SS	LF	3 <sup>rd</sup>		CF	P	2 <sup>nd</sup>	
Chad	SS	2 <sup>nd</sup>		CF	P	1 <sup>st</sup>		RF	C	3 <sup>rd</sup>
Josh	P	3 <sup>rd</sup>		RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>
Ronnie	C	1 <sup>st</sup>		SS	LF	3 <sup>rd</sup>		CF	P	2 <sup>nd</sup>



# Sample with absent players

PLAYER POSITIONS

PLAYER	1	2	3	4	5	6	7	8	9	10
Ben	1 <sup>st</sup>		CF	P	3 <sup>rd</sup>	1 <sup>st</sup>	RF	C	2 <sup>nd</sup>	
Caleb	2 <sup>nd</sup>		RF	C	1 <sup>st</sup>		LF	SS	3 <sup>rd</sup>	
Ryan	3 <sup>rd</sup>		SS	LF	2 <sup>nd</sup>		CF	P	1 <sup>st</sup>	
Tyson	P	1 <sup>st</sup>		CF	C	3 <sup>rd</sup>	2 <sup>nd</sup>	RF	SS	2 <sup>nd</sup>
Kevin	C	2 <sup>nd</sup>		<del>RF</del>	<del>SS</del>	<del>1<sup>st</sup></del>	SS	LF	P	3 <sup>rd</sup>
Taren	LF	3 <sup>rd</sup>		SS	P	2 <sup>nd</sup>		CF	C	1 <sup>st</sup>
Chris	CF	P	1 <sup>st</sup>	RF	RF	C	3 <sup>rd</sup>	1 <sup>st</sup>	LF	SS
Tom	RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>		CF	P
Zack	SS	LF	3 <sup>rd</sup>		CF	P	<del>2<sup>nd</sup></del>	<del>RF</del>	<del>CF</del>	C
Chad		CF	P	1 <sup>st</sup>	SS	RF	C	3 <sup>rd</sup>	RF	LF
Josh		RF	C	2 <sup>nd</sup>		LF	<del>SS</del>	<del>1<sup>st</sup></del>	<del>CF</del>	CF
Ronnie		SS	LF	3 <sup>rd</sup>		CF	P	2 <sup>nd</sup>		RF

PLAYER	11	12	13	14	15	16	17	18	19	20
Ben	<del>LF</del>	<del>SS</del>	<del>1<sup>st</sup></del>	P	CF	P	3 <sup>rd</sup>	1 <sup>st</sup>	RF	C
Caleb	CF	P	2 <sup>nd</sup>		RF	C	1 <sup>st</sup>	P	LF	SS
Ryan	<del>RF</del>	<del>C</del>	<del>3<sup>rd</sup></del>		SS	LF	2 <sup>nd</sup>	LF	CF	P
Tyson	LF	LF	P	1 <sup>st</sup>	1 <sup>st</sup>	CF	C	3 <sup>rd</sup>	2 <sup>nd</sup>	RF
Kevin	RF	CF	C	2 <sup>nd</sup>		RF	<del>SS</del>	<del>1<sup>st</sup></del>	<del>CF</del>	<del>LF</del>
Taren		RF	LF	3 <sup>rd</sup>		SS	P	2 <sup>nd</sup>	SS	CF
Chris	2 <sup>nd</sup>	SS	CF	<del>P</del>	<del>1<sup>st</sup></del>	<del>CF</del>	RF	C	3 <sup>rd</sup>	LF
Tom	3 <sup>rd</sup>	C	RF	C	2 <sup>nd</sup>		LF	SS	1 <sup>st</sup>	1 <sup>st</sup>
Zack	1 <sup>st</sup>		SS	LF	3 <sup>rd</sup>		<del>CF</del>	<del>P</del>	<del>2<sup>nd</sup></del>	<del>CF</del>
Chad	SS	2 <sup>nd</sup>	1 <sup>st</sup>	CF	P	1 <sup>st</sup>	SS	RF	C	3 <sup>rd</sup>
Josh	P	3 <sup>rd</sup>	3 <sup>rd</sup>	RF	C	2 <sup>nd</sup>	<del>SS</del>	<del>LF</del>	<del>SS</del>	<del>1<sup>st</sup></del>
Ronnie	C	1 <sup>st</sup>		SS	LF	3 <sup>rd</sup>	CF	CF	P	2 <sup>nd</sup>

# MECHANICS & DRILLS

**1) Throwing.** The quicker players learn the throwing "**POWER POSITION**" the quicker they will enjoy the game. You will find the majority of problems your team will experience on defense will be solved with players who have learned to throw and catch the ball. Continue to reinforce the **POWER POSITION** each time the team plays catch. One method of reinforcing the **POWER POSITION** is to have the players jump into the position every time you say "**POWER POSITION**" whether it be when you are talking to the players or giving instruction. This will become a game for the team similar to Simon says. Reward players for jumping into the **POWER POSITION**. Reward the first player to get in the position by having the player be the first to bat and the first player to get a drink.

Playing catch before practice and before a game may be the most important five to ten minutes of the day. Players need to focus on playing catch as part of the warm up routine. Some things a Coach can do is count the number of balls caught or dropped in one minute and challenge the team to improve during the next minute. At the end of the warm up period have a contest to see who can throw and catch from the farthest distance. Try to have a goal of having all players to be able to throw at least half a base distance.

After placing a player in a **POWER POSITION**; weight on the back foot; elbow away from the body and no lower than shoulder level; point your glove to the target and pull the glove to your side and throw; follow through with the weight shift to your front foot and finish by following through with their right hand on their left pocket for right handed throwers.

Have the players learn to throw on command. Use the following commands:

Set (Both hands at the belt)  
Separate (Weight back)  
Throw

**For ages four to ten year olds, use 1, 2 and 3. 1 for Set, 2 for Separate, 3 for Throw**

Players will have 100% of their weight on their back foot on the Separate Command and will finish with 100% of their weight on their front foot on the Throw command. To begin to teach the throwing motion, use shadow throwing. The players will concentrate more on what you are instructing and demonstrating without the distraction of watching where the ball is thrown.

When players catch a ball, have the players step to the ball with their left foot for right-handed throwers.

Throwing Drills:

Throwing for distance and accuracy  
Rolling ground balls to your partner and pop to the power position but do not throw  
Rolling ground balls to your partner and pop to the power position and throw

Throwing Problems:

Body does not begin at a 90-degree angle with target  
Hand and ball are taken behind throwing shoulder  
Not following through to left knee  
Elbow is lower than shoulder  
Front foot should land at a 45-degree angle to target  
Weight remains on back foot, no follow through

## **2) Fielding**

Proper fielding position:

- Heel to toe
- Slide feet twice shoulder width apart
- Elbows on knees
- Slide elbows off

For the ready position, feet should be heel to toe and the player should be on the balls of their feet.

To develop proper fielding technique, have players roll ground balls to each other. Before a player rolls a ground ball, they must be sure their partner is in the proper ready fielding position.

Roll ground balls to their partner; field

- Set (Ready fielding position; toe-to-toe & twice shoulder width)
- Roll
- Field (Heel to toe; twice shoulder width) Do not stand up until you release
- Release

**For ages four to ten year olds, use 1 and 2. 1 for Set, 2 for Field**

Roll ground balls to their partner; field and pop to the throwing "Power Position", but do not throw.

- Set (Ready fielding position; toe-to-toe & twice shoulder width)
- Roll
- Field (Heel to toe; twice shoulder width)
- Pop (Jump heel to heel into the "Power Position")
- Release

**For ages four to ten year olds, us 1, 2, 3. 1 for Set, 2 for Field, 3 for Pop**

Roll ground balls to their partner and pop to the throwing "Power Position" and throw.

- Set (Ready fielding position; toe-to-toe & twice shoulder width)
- Roll
- Field (Heel to toe; twice shoulder width)
- Cradle (Glove to the stomach)
- Pop (Jump heel to heel to the "Power Position")
- Throw (Finish with right hand on left pocket)
- Release

**For ages four to ten year olds, use 1, 2, 3, 4. 1 for Set, 2 for Field, 3 for Pop, 4 for throw**

**Be sure to have your fielders be aggressive to the ball**

Ground ball drills:

- Single cone 1) Shuffle side-to-side 2) Crossover 3) Slide & Glide
- Double cones 1) Ground ball left 2) Ground ball right 3) Fly ball over the shoulder
- Speed ground ball drill (reps of 5)
- Flip right & left
- Watching a numbered ball to the glove

### **3) Batting (Balance, shoulder drive, balance, and wrist and rotation).**

Batting tees and soft toss are probably the best method to teach a player to hit. Coaches and players at all levels including college teams and major league teams use batting tees and soft toss to improve their hitters and develop technique.

Placement of the batting tee is the most important factor for T-Ball hitters. The stem of the batting tee should always be in front of the leg closest to the pitcher. Placement of the tee farther back in the stance encourages poor techniques and develops bad habits.

There are many soft toss techniques but the best of the methods for beginners is from the side. Proper soft toss should always be thrown from the kneeling position. One of the most significant benefits of soft toss is the number of repetitions a hitter will have is five to ten times more than live pitching.

Building the hitting stroke can be done through the use of commands and repetition. Take a few minutes and explain what you want. Have your players shadow swing if you do not have enough bats.

Have the players learn the following commands;

Ready  
Set  
Contact (Contact position)

**For ages four to ten year olds, us 1, 2, 3. 1 for Ready, 2 for Set, 3 for Contact**

After your players can follow the commands then use;

Ready  
Set  
Contact (Contact position)  
Swing

**For ages four to ten year olds, us 1, 2, 3, 4. 1 for Ready, 2 for Set, 3 for Contact, 4 for Swing**

Hitting Drills:

Soft toss from the side  
Speed drill sets of five  
Bounce for balance  
Place a ball behind your back and command;  
Set  
If you show the ball the player swings  
If you do not show the ball the player stops at the contact position

Hitting problems:

Proper stance  
Grip  
Balance  
Rotation  
Swing

### **4) Base Running**

Practice running the bases within other drills  
It does not matter which foot you touch a base with  
Hit and run to first base drill w/Coach and first base signals

Be aggressive and know where the ball is at all times. Once a player reaches a base their objective is to get to the next base. If the ball is not at your base you should always hold your lead until the ball is returned to the pitcher. Always make the opponent think that if they make a mistake that you will take the extra base. Things as simple as returning the ball to the pitcher can mean an extra base.

Coaches instructions to base runners will be **GO, BACK, HOLD or TAKE A TURN**. Take **"NO"** out of your vocabulary; NO sounds too much like GO. Big signals. Be sure your players know your hand signals for STOP and KEEP GOING.

## BASEBALL GENERAL RULES

Diamond Council Leagues, ages 13-18, follow the Missouri State High School Activities Association (MSHSAA) rules for baseball with the exceptions noted below. All other baseball leagues follow USSSA rules.

### Organization of Leagues

#### Age as of August 1<sup>st</sup> or grade in school

- Boys Recreational age 4 (Coed)
- Boys Recreational age 5 (Coed)
- Boys Recreational age 6
- Boys Recreational age 7
- Boys Recreational age 8
- Boys Recreational ages 9-10
- Boys Recreational ages 11-12
- Boys Recreational ages 13-14
- Boys Recreational ages 15-18



#### Age as of May 1<sup>st</sup>

- Boys Competitive age 9
- Boys Competitive age 10
- Boys Competitive age 11
- Boys Competitive age 12
- Boys Competitive age 13
- Boys Competitive age 14

No player may "play up" to an older league or "play down" to a younger league without the approval of the Board.

### Field Dimensions

	<u>Baseline Distances</u>	<u>Pitching Distances</u>
Ages 4	50 feet	T-BALL
Ages 5	50 feet	T-BALL
Ages 6	50 feet	T-BALL/Coach Pitch
Ages 7 & 8	60 feet	Coach Pitch- 35 feet
Ages 9 & 10	65 feet	46 feet
Ages 11 & 12	70 feet	50 feet
Ages 13 & 14	80 feet	54 feet
Ages 15 - 18	90 feet	60 feet, 6 inches

### Uniforms and Equipment

Teams must be uniformly dressed. T-shirts and caps will be provided to all players. **Shirt tails must be completely tucked in at all times.**

**Metal spikes are prohibited in leagues 12 and under.** Turf style shoes are recommended. Metal cleats are allowed in both recreational and competitive ages 13-18.

All catchers must wear a protective cup, helmet with mask and throat protector, shin guards and a chest protector. All players warming up a pitcher, on or off the field, must wear a helmet with mask and throat protector.

### **Batting helmets**

- 1) Maximum protection helmets are required.
- 2) Batters, on-deck batters, batboys and base runners must wear batting helmets. A batter will not be allowed to participate if they refuse to wear such a helmet. However, oversight of the helmet's use is not an infraction of this rule.
- 3) If a player intentionally removes the helmet, the player's team will receive a warning. Any further violation will result in the removal of that player from the game.
- 4) Any player coaching in a Coach's box must wear a batting helmet.
- 5) Players permitted to be out of the dugout, by rule, while on offense must wear a helmet. For example, a batter who strikes out or is retired while running the bases must wear the helmet until they have entered the dugout.
- 6) Only one batter at a time can be warming up and must be in the on deck circle. The batter must be on their teams' side of the field.

### **Game Length**

#### **Boys Recreational**

Age 4	15 minutes of practice and then 2 innings
Age 5	15 minutes of practice and then 2 innings
Age 6	No new inning after 1 hour; Game is ended at 1 hr 10 minutes
Age 7	No new inning after 1 hour; Game is ended at 1 hr 10 minutes
Age 8	No new inning after 1 hour; Game is ended at 1 hr 10 minutes
Ages 9 & 10	No new inning after 1hr 10 minutes; Game is ended at 1 hr 20 minutes
Ages 11 - 12	No new inning after 1 hr 25 minutes; Game is ended at 1 hr 40 minutes
Ages 14 - 18	No new inning after 1 hr 40 minutes; Game is ended at 1 hr 55 minutes

#### **Boys Competitive**

Ages 9 & 10	7 innings or 1 hour and 30 minutes; Drop dead at 1hr 50 Minutes
Ages 11 - 14	7 innings or 1 hour and 45 minutes; Drop dead at 1hr 50 Minutes

In order to speed up the game, each Coach should have an inning-by-inning defensive lineup prepared so players will know what position they are playing and the catcher will have their equipment ready. **If the catcher is on base with two outs, a courtesy runner must be provided.**

**The home team will be established by a coin flip at the pregame conference for 10u and older divisions.** The starting time for each game will be established at the coin flip. Any inning started within the time limit will be completed. If the home team is ahead when time expires the game is over. A new inning begins the instant the third out is made in the previous inning.

The batting order and player positions should be established prior to the start of the game and no alterations made during the game.

### **INCLEMENT WEATHER**

In case of rain, a game reaching three complete innings or over one half of the time limit will be considered a complete game.

### **Pregame Warm-ups**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits. Pitchers may not take warm-up pitches from the mound prior to taking the field to begin the game.

### **Competitive Players**

Competitive players are permitted to participate in Recreational leagues, however, the player will generally play up at least one age division. Competitive players are permitted to pitch on their Recreational team. The Executive Director will have the discretion to allow players to play in the same age group as their age, however, the players level of skill will be evaluated during the season to determine their continued participation in the league they were assigned. Certain restrictions may apply such as a player may not be permitted to pitch in the recreational league.

### **Shorthanded Rule**

The purpose and spirit of this rule is for teams to be able to play games even if circumstances leave a team with only seven players to start a game. The main purpose of DC leagues is to PLAY BALL. DC always wants to provide the opportunity to play a game for the players that do show up.

Teams must have at least 7 players to start a game. If a team has at least seven players, the Coach may request the other team provide players from their roster on an alternating basis to play defense only. This will be the last player listed in the batting order in the first inning or the last player to complete an at bat in the prior inning. For purposes of this rule, the team that is short of players will bat first (visitors) in the first inning.

Teams may borrow players from the opposing team for defensive purposes only. The shorthanded team will bat a fixed roster and **will not** have to take an out in the eight and nine positions of the batting order. If a team is short players (less than 9), the team may **only** pick up additional players from other DC teams in your league or a younger league (including your opponent). These players will count as part of your seven players required to start a game. Recreational teams may only pick up players from DC Recreational league teams. Competitive teams may pick up players participating on either a DC Recreational league team or a DC Competitive league team.

You may pick up enough players to field 9 players. The pickup player(s) must bat at the bottom of the lineup, preferred positions would be outfield, so that your regular players would get to play infield, however, this is not mandatory. A pick up player may not pitch, unless the opposing Coach agrees to allow the player to pitch. This would be if your team is short of pitchers.

If a regular team member comes late to the game, he is added to the bottom of the lineup and may play. The pickup players may continue to play, however, all regular team members should have priority to play in the field, and pick up players may continue to bat in the lineup and play the field.

### **Forfeits and Protests**

Forfeits and protests are not allowed, except for a team having six or fewer players. See Shorthanded Rule above.

### **Player Participation**

All Recreational leagues have free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

### **Competitive Players**

Competitive players are permitted to participate in Recreational leagues, however, the player will generally play up at least one age division. The Executive Director will have the discretion to allow players to play in the same age group as their age, however, the players level of skill will be evaluated during the season to determine their continued participation in the league they were assigned. Certain restrictions may apply such as the player may not be permitted to pitch in the recreational league.

For Recreational leagues ages 5-12, a player may not continually play the same position for more than two consecutive innings, however in the Recreational League, age 10-11, a pitcher may pitch 3 consecutive innings. All league team batting orders will be fixed throughout the game and must include all players in attendance.

### **Pre-game infield**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

Any player warming up the pitcher, in the crouch position, is required to wear a catcher's helmet with a mask and throat protector.

### **Half Inning Changes**

Each team will have one minute to change sides each half inning. If the pitcher does not have the ball ready to pitch or if the catcher is not in the catchers box ready to catch within this time limit, a ball may be charged. If the batter is not in the box ready to bat, a strike may be charged.

Between half innings during the change of field, only players and Coaches equipped with gloves may participate in warm-ups. **Coaches may not stand in the batter's box while the pitcher is taking their warm-up pitches.** This is a safety issue. Umpires have the authority to correct any unsafe circumstances which they deem to be a safety hazard to players, Coaches and fans.

### **Tied Games**

All Recreational and Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

### **Batters and Coaches Signals**

After entering the batter's box, a batter may not leave the batter's box to receive coaching signals. After a pitch, unless forced out of the box by playing action, a batter may only step out of the box with one foot to receive coaching signals.



## Base Running

If a play is being made on the batter-runner at first base, the batter-runner must step on the outside 1/2 of the base. A warning will be given for the first infraction of this rule by each player. Thereafter, the batter-runner will be declared out if the rule is violated. This will not be considered a force-out. The out will be considered to occur after the end of the play, thus allowing a runner on third base to score.

## Leadoff and Stealing Boys **Recreational**

	<u>Lead off</u>	<u>Stealing</u>	<u>Stealing of Home</u>
Boys 4-5 Rec	None	None	None
Boys 6 Rec	None	None	None
Boys 7 Rec	None	None	None
Boys 8 Rec	None	None	None
Boys 9 & 10 Rec	None	Yes*	None*
Boys 11-18 Rec	Yes	Yes	Yes

\* Stealing is permitted. Base Runners cannot leave base until ball crosses the plate. Only one base may be advanced per pitch, regardless of an overthrown ball. No stealing of Home even if a play is made on the base runner. . A player can only advance Home from a hit, walk or base award by the umpire. **Runners are still at risk to be put out.**

## Courtesy Runner

In Boys Recreational ages 7-12 a **courtesy runner must replace the catcher if the catcher is on base after two outs**. The substitute runner must take the same base as the catcher occupied. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner.

## Pitching Rules

Boys Ages 9-18 League:

- A. Any player may pitch.
- B. Three outs constitute an inning pitched.
- C. Boys Recreational ages 9-10 pitchers are limited to pitch three innings per game.
- D. Boys Recreational ages 9-10 pitchers must be removed if he or she hits two batters in an inning or issues seven walks in an inning.
- E. Boys Recreational ages 9-10. Coach comes in to pitch after 4 balls; Pitchers will only pitch (4) called balls to a batter. Foul balls will be counted as strikes. At the end of the four ball count the Coach of the batting team will pitch two pitches to the batter. Coaches are to pitch from the pitching rubber. Coaches may pitch standing, kneeling, overhand or underhand. The batters will carry over their strike count to the two Coach pitches. If the batter does not hit one of the pitches the batter will be declared out. Foul balls on the last pitch will continue the at bat. If a Coach has to pitch to three consecutive batters, then, the pitcher must be replaced by another pitcher for the remainder of the inning. The player may return to pitch in a later inning. **NO WALKS**
- F. Boys Recreational ages 11-14 pitchers are limited to three innings per game but not more than 7 innings in 3 days.
- G. There shall be a maximum of five pitches or one minute between innings unless the home plate umpire rules otherwise. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.
- H. The "hidden ball" trick is not allowed. The pitcher may not stand on, or near the pitching rubber without the ball in an effort to deceive the runner. Near the pitching rubber is defined as being within 8 feet. Violation of the rule is a balk.
- I. A Coach is allowed one defensive conference per pitcher per inning. If a second conference is called, the pitcher must be replaced for the remainder of the inning.

- J. Any player warming up the pitcher, in the crouch position, is required to wear a catcher's helmet with a mask, throat protector, and a cup.
- K. **Coaches may not stand in the batter's box while the pitcher is taking their warm-up pitches.** This is a safety issue. Umpires have the authority to correct any unsafe circumstances which they deem to be a safety hazard to players, Coaches and fans.

**Unsportsmanlike conduct** on the part of players, Coaches or fans will not be tolerated this includes trash talking or taunting, i.e. hey batter, batter swing. Players may only direct their comments and chatter to their own teammates. Umpires may, but are not required to, warn players, Coaches or fans of unacceptable conduct. Unsportsmanlike conduct will result in ejection from the game. Any player, Coach or fan throwing any object on the field or in the dugout, will be warned for the first offense and ejected on the second offense. If a player or fan is ejected, the Head Coach may also be ejected at the discretion of the umpire. A second ejection of an offending fan, player or Coach will result in the suspension for the remainder of the season. DC reserves the right to suspend a Coach, player, parent or fan at any time during the season. As a Coach, if you have a problem with a Coach or a player from the opposing team, discuss the problem with the umpire and let the umpire handle the problem. **Do not confront the opposing Coach or player.** If the problem does not get resolved then call your league coordinator.

An **injured player** who is bleeding must be removed from the game and treated immediately. If the player was on defense, he or she may be replaced by any player not in the game. If the player was batting, the count will be reset and the next batter in the lineup will bat. If the player was a base runner, they must be replaced by a player not in the game. In the event that there is no player who is not in the game, the injured player must be replaced by the player who made the previous out.

#### **Miscellaneous Rules**

The "home" team shall keep the official score book for the purpose of maintaining the correct batting order for each game and to let the umpire know maximum number of runs/inning.

Designated Coaches and players will be the only persons who may sit on the bench.

All players must remain in the dugout except when batting, playing defense, warming up in the on-deck circle or Coaching in the Coach's box. Penalty for not adhering to this rule will be a team warning on the first violation. For subsequent violations, the offending player will lose their next turn at bat and no out is recorded.

**Designated hitters are not allowed.**

# Recreational Division BASEBALL RULES

	Division	4U-5U	6U	8U	9U-10U	11U-12U	13U-14U	15U-18U
		2						
Game Length	Innings	60 Min.	60 Min.	70 Min.	85 Min.	100 Min.	100 Min.	
Drop Dead Time		70 Min.	70 Min.	80 Min.	100 Min.	115 Min.	115 Min.	
Base Distance		50'	50'	60'	65'	70'	80'	90'
Pitching Distance		NA	NA	42'	46'	50'	54'	60'6"
Ball used		RIF	RIF	Official	Official	Official	Official	Official
Free Substitution		X	X	X	X	X	X	X
Infield play required		X	X	X	X	X		
Bat Entire roster		X	X	X	X	X	X	X
Home team bats last inning		X	X					
Drop 3rd strike out		NA	NA	X	X			
No walks		X	X	X	X			
No Leadoffs		X	X	X	X			
No Stealing		X	X	X	X			
Max Runs per inning			5	5	5	7	7	7
Run spread; 12/3 10/4 8/5		NA	NA	NA	NA	X	X	X
Tied Games End		X	X	X	X	X	X	X
Runners stop when Ball is controlled in the infield		X	X	X				
Pitch Limit per batter		NA	4	6				
Defensive coaches on field		3	3	0	0	0	0	0
Offensive Coaches		3	3	3	2	2	2	2
# of Defensive Players		10	10	10	9	9	9	9
No infield Fly		X	X	X	X			
Innings pitched Per Game		NA	NA	NA	3	3		
In 3 days							7	7
Metal spikes ALLOWED		NO	NO	NO	NO	NO	YES	YES
Umpires		NONE	NONE	NONE	1	2	2	2

# BOYS BASEBALL RECREATIONAL DIVISION RULES

## Coed Division Ages 4-5 T-Ball

### GENERAL

- A. Reduced Injury Factor ball will be used
- B. Each team will provide one umpire for the game
- C. 15 minutes of practice and 2 innings
- D. Base distance 50 feet



### SUBSTITUTION

Free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. A Coach may opt to have all players take the field during defense. If this is done, only 6 players may be on the infield, all other players must be in the outfield (grass area). Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. A player may not continually play the same position for more than two consecutive innings. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

### BATTING & BASE RUNNING

- A. A half inning is complete after the entire team roster has batted once. The entire roster will bat each inning regardless of runs or outs. Team batting orders will be fixed throughout the game and must include all players in attendance. Each player must play a minimum of two defensive innings. This rule is mandatory if the player is able to play. Violation of this policy will result in disciplinary action by DC.
- B. Batter on Deck will be behind the batter and up the fence line or behind the Coach. So that they do not get hit by a bat.
- C. Batter should be warned about throwing the bat.
- D. All players must wear a helmet at all times when out of the dugout on offense.
- E. Bunts and half swings are not allowed.
- F. Strikes will not be counted. Each player will bat until they hit the ball.
- G. The first bat-throwing incident, either intentional or careless, will result in a bench warning. The second offense will result in an out.
- H. The home team will bat in the last inning regardless of score.
- I. A batted ball must stop on or beyond 10-foot in front of home plate to be a fair ball.
- J. No lead-offs or stealing.
- K. A play is over when the ball is returned to the infield and is controlled by an infielder on the infield. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- L. If a player is put out by the defense, he is out and will go to the dugout.

### DEFENSE

- A. The infield fly rule does not apply.
- B. All players can play defense at the same time, 6 of which are infielders.
- C. A play is over when the ball passes through the pitchers circle or the ball is controlled by an infielder on the infield.
- D. Three defensive Coaches and three offensive Coaches are allowed on the field.
- E. The catcher must wear a batting helmet with a facemask while playing defense.

## **Boys Recreational Division Age 6**

### **GENERAL**

- A. Reduced Injury Factor ball will be used
- B. Each team will provide one umpire for the game
- C. A new inning may not start after 1 hour. The game is ended at 1 hour and 10 minutes.
- D. Base distance 50 feet

### **SUBSTITUTION**

Free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. A Coach may opt to have all players take the field during defense. If this is done, only 6 players may be on the infield, all other players must be in the outfield (grass area). Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. A player may not continually play the same position for more than two consecutive innings. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

### **BATTING & BASE RUNNING**

- A. Coaches and batters will have the option to hit off of the tee or Coach pitch; after 4 pitches from the Coach the batter must hit off of the tee.
- B. A half inning is complete after the entire team roster has batted once. The entire roster will bat each inning regardless of runs or outs. Team batting orders will be fixed throughout the game and must include all players in attendance.
- C. Batter on Deck will be behind the batter and up the fence line or behind the Coach. So that they do not get hit by a bat.
- D. Batter should be warned about throwing the bat.
- E. All players must wear a helmet at all times when out of the dugout on offense.
- F. Bunts and half swings are not allowed.
- G. Strikes will not be counted. Each player will bat until they hit the ball.
- H. The first bat-throwing incident, either intentional or careless, will result in a bench warning. The second offense will result in an out.
- I. The home team will bat in the last inning regardless of score.
- J. A batted ball must stop on or beyond 10-foot in front of home plate to be a fair ball.
- K. No lead-offs or stealing.
- L. A play is over when the ball is returned to the infield and is controlled by an infielder on the infield. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- M. If a player is put out by the defense, he is out and will go to the dugout.

### **DEFENSE**

- A. The infield fly rule does not apply.
- B. All players can play defense at the same time, 6 of which are infielders.
- C. A play is over when the ball is controlled by an infielder on the infield.
- D. Two defensive Coaches are allowed on the field.
- E. The catcher must wear a batting helmet with a facemask while playing defense.
- F. Each player must play a minimum of two defensive innings. This rule is mandatory if the player is able to play. Violation of this policy will result in disciplinary action by DC.

## **Boys Recreational Division 8u Machine Pitch**

### **GENERAL**

- A. A Regulation ball will be used.
- B. Each team will provide one umpire for the game
- C. A new inning may not start after 1 hour. The game is ended at 1 hour and 10 minutes.
- D. Base distance 50 feet on Tball Fields, 60 on other fields
- E. The Five Run Rule: A team cannot score more than five runs in an inning.

### **SUBSTITUTION**

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

### **BATTING & BASE RUNNING**

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. No walks.
- C. There is a limit of six pitches or four strikes per batter unless the sixth pitch or the fourth strike is a foul ball; then, there will be additional pitches until there is no contact.
- D. The batter is out on a dropped third strike. Runners may not advance.
- E. No lead-offs or stealing.
- F. The play will be ruled dead, and no runner may advance, when the player in the defensive pitchers position has control of the ball and is standing in the Pitching Circle. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- G. **A courtesy runner must replace the catcher if the catcher is on base after two outs!** The substitute runner must take the same base as the catcher occupied. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner. The catcher shall immediately put on equipment and be prepared to warm-up the pitcher between innings.

### **Machine Pitch Rules**

- A. A batted ball that hits the pitching machine shall be ruled a dead ball and the batter is awarded first base.
- B. The "pitcher position" must start with at least one foot in the circle, but behind the pitching rubber, in order to stay a safe distance from the machine. They may not leave the circle until the ball is hit.
- C. Pitching Machine – The pitching machine will be set as follows;  
Distance for center of the machine to the back of the plate shall be 42 feet.
- D. Speed for the machine shall be set between **36-39 for 7U and 39-42 for 8U.**
- E. Prior to each game, each coach will feed at least one pitch and obtain a consensus that the machine is set correctly. Adjustments to the machine are to be made only if the machine has been hit or is not set correctly. Both teams are to use the same setup.
- F. The coach designated on the schedule as Home team for the first game of the night, 6pm, shall be responsible for getting the machine out and setting it up. The coach designated as Home team for the second game of the night, 7:30, shall be responsible for putting the machine away.

## DEFENSE

- A. The infield fly rule does not apply.
- B. Ten players are allowed with the tenth player being an outfielder. 6 players may be on the infield, all other players must be in the outfield (grass area)
- C. The play will be ruled dead, and no runner may advance, when the player in the defensive pitchers position has control of the ball and is standing in the Pitching Circle.
- D. Two defensive Coaches are allowed on the field.

## **Boys Recreational Division (Ages 9 – 10)**

### GENERAL

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Official baseballs will be used
- C. Run spreads will not be used
- D. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 20 minutes.
- E. Base distance 65 feet
- F. Pitching distance 46 feet
- G. No metal cleats allowed
- H. The Five Run Rule: A team cannot score more than five runs in an inning.

### SUBSTITUTION

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

### BATTING & BASE RUNNING

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. The batter is out on a dropped third strike.
- C. Batters hit by a pitch will be awarded first base.
- D. Stealing or advance is permitted. No lead offs. Base Runners cannot leave the base until the ball crosses the plate. Only one base may be advanced per pitch, regardless of an overthrown ball. No stealing of Home even if a play is made on the base runner. . A player can only advance Home from a hit, walk or base award by the umpire. **Runners are still at risk to be put out.**
- E. **A courtesy runner must replace the catcher if the catcher is on base after two outs.** The substitute runner must take the same base as the catcher occupied. The catcher shall immediately put on equipment and be prepared to warm-up the pitcher between innings. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner.

### PITCHING

- A. Pitching Mounds will be used when available.
- B. Special Pitching Rules:
  - 1. Coach comes in to pitch after 4 balls; Pitchers will only pitch (4) called balls to a batter. Foul balls will be counted as strikes. At the end of the four ball count the COACH of the batting team will pitch two pitches to the batter. Coaches are to pitch from the pitching rubber or one foot in contact with the portable mound. Coaches may pitch standing, kneeling, overhand or underhand. The batters will carryover their strike count to the two Coach pitches. If the batter does not hit one of the pitches the batter will be declared out. Foul balls on the last pitch will continue the at bat. pitcher for the remainder of the inning.

2. 5 warmup pitches are permitted each half inning or change in pitchers.
  3. Pitcher may not pitch more than three innings in a game (9 outs) and no more than 5 innings in a three day period.
  4. Three outs will constitute an inning pitched. Each out is one third of an inning.
  5. A pitcher must be removed if they hit two batters in an inning.
  6. **NO WALKS**
- C. The strike zone will be expanded to the top of the shoulder to the bottom of the knee.

## **DEFENSE**

- A. The infield fly rule does not apply.
- B. Nine players are allowed with three players being outfielders. 6 players may be on the infield, the three outfielders must be on the outfield (grass area) at the beginning of each pitch.
- C. No defensive Coaches on the field
- D. Teams will have one minute or five pitches between innings. If the catcher is getting into the catchers gear another player or Coach should warm-up the pitcher. The home plate umpire may award balls and strikes for teams and players not ready to hit or pitch.
- E. Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

## **Boys Recreational Division (Ages 11 – 12)**

### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.
- C. A new inning may not start after 1 hour and 25 minutes. The game is ended at 1 hour 40 minutes.
- D. Base distance 70 feet
- E. Pitching distance 50 feet
- F. The Five Run Rule: A team cannot score more than five runs in an inning.

### **SUBSTITUTION**

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

### **BATTING & BASE RUNNING**

- A. Team batting orders will be fixed throughout the game and must include all players in attendance. Batting orders should change from game to game.
- B. Stealing is permitted and lead-offs are permitted.
- C. **A courtesy runner must replace the catcher if the catcher is on base after two outs.** The substitute runner must take the same base as the catcher occupied. The catcher shall immediately put on equipment and be prepared to warm-up the pitcher between innings. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner.



## **PITCHING**

- A. Pitching Mounds will be used when available.
- B. Special Pitching Rules:
  - 1. Pitcher may not pitch more than three innings in a game and no more than seven innings in a three-day period. A Coach who violates this rule will be given a warning for the first offense. The second offense will result in the Coach's dismissal.
  - 2. A pitcher must be removed if they hit two batters in an inning or issue seven walks in an inning.
- C. Teams will have 1 minute or five pitches between innings. If the catcher is getting into the catchers gear another player or Coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

## **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

## **Boys Recreational Division (Ages 13-14) and Boys Recreational Division (Ages 15-18)**

### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.
- C. A new inning may not start after 1 hour 40 minutes. The game is ended at 1 hour 55 minutes.
- D. Base distance 90 feet (Leagues age 13-14 may use 80 feet when available)
- E. Pitching distance 54 feet (Leagues 13-14 may use 54' when available) 15-18 will use 60'6"
- F. Seven Run Rule for Boys Recreational Division age 13-18 A team cannot score more than seven runs in an inning.

**Metal cleats are allowed in Leagues age 13-18.only.**

### **SUBSTITUTION**

Free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who play two consecutive defensive innings cannot play a third inning if another player has only played one defensive inning. Starting lineups must change from game to game.

### **BATTING & BASE RUNNING**

Team batting orders will be fixed throughout the game and must include all players in attendance.

### **PITCHING**

- A. Pitching Mounds will be used when available.
- B. Pitchers are **not** limited to innings pitched per game or per week.
- C. Teams will have 1 minute or five pitches between innings. All players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or Coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

### **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

# BASEBALL Competitive DIVISION RULES

Diamond Council Competitive leagues follow the USSSA Competitive rules for baseball. Any Diamond Council League specific changes and/or clarifications are listed below.

Field Dimensions	Baseline	Pitching
Boys ages 7-8	60 feet	42 ft front of circle
Boys ages 9-10	65 feet	46 feet
Boys ages 11-12	70 feet	50 feet
Boys ages 13	80 feet	54 feet
Boys ages 14	90 feet	60 feet 6 in.



Pitching Mounds will be used when available.

## Uniforms and Equipment

Teams must be uniformly dressed. Shirrtails must be completely tucked in at all times. **Metal cleats are allowed in Leagues ages 13 and up.**

All catchers must wear a protective cup, helmet with mask and throat protector, shin guards and a chest protector. All players warming up a pitcher, on or off the field, must wear a helmet with mask and throat protector.

## Stealing

Stealing is allowed in all ages groups, except 7-8 boys.

## Substitution

Free substitution. Team batting orders will be fixed throughout the game and must include all players in attendance. Courtesy runners may be used for the pitchers and catchers.

## Shorthanded Rule

The purpose and spirit of this rule is for teams to be able to play games even if circumstances leave a team with only seven players to start a game. The main purpose of DC leagues is to PLAY BALL. DC always wants to provide the opportunity to play a game for the players that do show up.

Teams must have at least 7 players to start a game. If a team has at least seven players, the Coach may request the other team provide players from their roster on an alternating basis to play defense only. This will be the last player listed in the batting order in the first inning or the last player to complete an at bat in the prior inning. For purposes of this rule, the team that is short of players will bat first (visitors) in the first inning.

Teams may borrow players from the opposing team for defensive purposes only. The shorthanded team will bat a fixed roster and **will not** have to take an out in the eight and nine positions of the batting order. If a team is short players (less than 9), the team may **only** pick up additional players from other DC teams in your league or a younger DC league (including your opponent). These players will count as part of your seven players required to start a game. Competitive teams may pick up players participating on either a DC Recreational league team or a DC Competitive League team.

You may pick up enough players to field 9 players. The pickup player(s) must bat at the bottom of the lineup, preferred positions would be outfield, so that your regular players would get to play infield, however, this is not mandatory. A pick up player may not pitch, unless the opposing Coach agrees to allow the player to pitch. This would be if your team is short of pitchers.

If a regular team member comes late to the game, he is added to the bottom of the lineup and may play. The pickup players may continue to play, however, all regular team members should have priority to play in the field.

If a player comes late, they may enter the game and be added to the last position(s) in the batting line up. If a player becomes injured and cannot bat in his spot due to injury, the team will take an out in that spot the 1<sup>st</sup> time that player comes up to bat. After the first out, there will be no further penalty. The injured player may reenter the game in her batting spot at any time without penalty. EXCEPTION: If a team has only 9 players and one player becomes injured, then there would be an out for that batter for each time his spot comes up to bat.

We encourage Coaches that players be substituted so that no player sits out more than one inning. **Each inning a different player(s) should sit out.**

### **Batting helmets**

- A. Maximum protection helmets are required.
- B. Batters, on-deck batters, batboys/batgirls and base runners must wear batting helmets. A batter will not be allowed to participate if they refuse to wear such a helmet. However, oversight of the helmet's use is not an infraction of this rule.
- C. If a player intentionally removes the helmet, the player's team will receive a warning. Any further violation will result in the removal of that player from the game.
- D. Any player coaching in a Coach's box must wear a batting helmet.
- E. Players permitted to be out of the dugout, by rule, while on offense must wear a helmet. For example, a batter who strikes out or is retired while running the bases must wear the helmet until they have entered the dugout.
- F. Only one batter at a time can be warming up and must be in the on deck circle. The batter must be on their teams' side of the field while pitchers are making their warm up pitches.

### **Shoes**

Metal cleats are permitted in leagues ages 13-19 only.

**Game Length - Run Rule:** Run spreads will be 12 runs after 3 innings, 10 runs after 4 innings and 8 runs after 5 innings will be considered a complete game.

Boys Competitive Division ages 7-8	1 hour and 15 minutes
Boys Competitive Division ages 9-10	1 hour and 30 minutes Dropdead at 1 hour 45 min.
Boys Competitive Division ages 11-14	1 hour and 45 minutes

The starting time for each game will be established at the coin flip. Any inning started within the time limit will be completed, however; if the home team is ahead and batting at the end of time, the game will end. A new inning begins the instant the third out is made in the previous inning.

In case of rain, a game reaching three complete innings or over one half of the time limit will be considered a complete game. Diamond Council will send out a rainout schedule to the Coaches when available and necessary.

## **DEFENSE**

### **Tied Games**

All Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

### **Pre-game infield**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

## **SPORTSMANSHIP**

Coaches please emphasize the importance of team and player sportsmanship. No cursing or foul language from players, parents, or Coaches will be allowed, and will be cause for immediate ejection from the game. **Unsportsman like conduct** on the part of players, Coaches or fans will not be tolerated this includes trash talking or taunting, i.e. hey batter, batter swing. Players may only direct their comments and chatter to their own teammates. Umpires may, but are not required to, warn players, Coaches or fans of unacceptable conduct. Unsportsman like conduct will result in ejection from the game. Any player, Coach or fan throwing any object on the field or in the dugout, will be warned for the first offense and ejected on the second offense. If a player or fan is ejected, the Head Coach may also be ejected at the discretion of the umpire. A second ejection of an offending fan, player or Coach will result in the suspension for the remainder of the season. DC reserves the right to suspend a Coach, player, parent or fan at any time during the season. As a Coach, if you have a problem with a Coach or a player from the opposing team, discuss the problem with the umpire and let the umpire handle the problem. **Do not confront the opposing Coach or player.** If the problem does not get resolved then call your league coordinator.

## **Pitching Rules**

See USSSA Rule Book

## ***8U MACHINE PITCH SPECIFIC RULES***

**9.01** Fair Ball Arc: There shall be a twenty (20) foot arc drawn from first (1st) baseline to third (3rd) baseline in front of home plate. A batted ball must go past this line to be a fair ball.

**9.02** Safety Arc: There shall be a thirty (30) foot arc drawn from first (1st) baseline to third (3rd) baseline in front of home plate. Infielders must stay behind this line until the ball is hit.

**9.03** Pitching Circle: There shall be a ten (10) foot diameter circle with the front edge set at forty-two (42) feet from the rear point of home plate.

**9.04** Pitcher's Line: There shall be a line drawn from the pitcher's circle to the safety arc.

**9.04.A** The pitching Coach shall keep one foot on or straddle the pitcher's line.

**9.04.B** The pitching Coach shall not verbally or physically Coach while in the pitching position

**9.04.C** The pitching Coach shall position himself as not to be an obstruction to the defensive team on any possible play once the ball has been hit.

**Rule 9.04.C Penalty:** If a Coach violates this rule after the ball is pitched, obstruction will be called.

**Rule 9.04.C Additional Penalty:** If a Coach violates this rule before the ball is pitched, First Offense: Warning; Second Offense: Removal of Coach as the pitcher for the remainder of the game.

**9.05** The catcher shall receive the pitch in the catcher's box in a normal baseball manner. If in the umpire's judgment, the catcher is not receiving the ball in a normal baseball manner, there will be a warning issued.

**9.06** Ten (10) defensive players shall play in the field with four (4) outfielders. The fourth (4th) outfielder shall not assume an infield position. All outfielders shall stay behind the baselines.

**9.07** The defensive player listed as pitcher shall not leave the pitching circle until the ball is hit.

**Rule 9.07 Penalty:** The play continues. After the play has ended, the offensive team has the option of taking the result of the play or no-pitch.

**Rule 9.07 Additional Penalty:** First Offense: Warning; Second Offense: Removal of player from the pitching position for the remainder of the game.

**9.08** Defensive Coaches shall not be allowed on the field of play and shall Coach from the dugout.

**9.09** The Infield Fly Rule shall not be in effect at any time.

**9.10** The batting order shall constitute all present players on the team roster at the beginning of the game. Late arrivals shall be inserted at the bottom of the batting order. All players on the roster shall bat before returning to the top of the batting order.

**Rule 9.10.A Approved Ruling:** A ninth (9th) & tenth (10th) player and all subsequent players may be added to the bottom of the batting line-up as soon as they become available.

**9.11** Teams may use free substitution on defense but the batting order shall remain the same.

**9.12** Bunting shall not be allowed.

**9.13** The batter shall receive a maximum of six (6) pitches or three (3) swinging strikes.

**Rule 9.13 Comment:** A batter that has received less than six (6) pitches and has a count of two (2) swinging strikes shall have his turn at bat extended on foul balls up to the six (6) pitch limit.

**9.14** A player may only be intentionally walked once per game by announcement from the defensive team.

**9.15** Runners shall not lead-off or steal bases. A runner is out for leaving the base before the ball is hit or reaches home plate.

**9.16** A courtesy runner for catcher of record only the previous inning may be used. The courtesy runner shall be the player that made the previous out. If no outs have been recorded in the game, the courtesy runner shall be the previous batter not on base. If the team batting has not played defense yet and a courtesy runner is used for a player, the player that was run for must assume the catching position the next inning. This scenario only applies in the first inning for the visiting team.

**9.17** A team may score a maximum of seven (7) runs per inning, including the last inning or record three (3) outs.

**9.18** Umpires shall call "Time" after every play and declare the ball dead. "Time" shall be called as soon as the lead runner is not attempting to advance. "Time" does not have to be called by the defense for the purpose of this rule.

**Rule 9.18 Comment:** When a runner stands off a base and "jukes" or "feints" back and forth, this is to be interpreted as "not attempting to advance" and "Time" shall be called.

**9.19** When a batted ball hits the Pitching Coach, the following shall apply:

**9.19.A** If in the umpire's judgment, the Coach did not make a legitimate attempt to avoid contact, the batter is declared out and no runners shall advance.

**9.19B** If in the umpire's judgment, the Coach did make a legitimate attempt to avoid contact, the ball becomes dead and a no-pitch is declared.

### **DIAMOND COUNCIL SPECIFIC RULES**

A line will be drawn halfway between bases. Runners beyond halfway between bases when an infielder has control of the ball on the infield will be awarded the next base. Runners not beyond halfway when the infielder has control of the ball on the infield shall return to the proceeding base.

The play will be ruled dead by the umpire, and no runner may advance, when the player in the defensive pitchers position has control of the ball and is standing in the Pitching Circle.

The ruling of when the ball is dead and the position of the base runners in relation to the halfway line is a judgment call by the umpire and should not be disputed!

# SOFTBALL GENERAL RULES

Diamond Council follows the Amateur Softball Association (USSSA) rules for softball with the exceptions noted below.

## Organization of Leagues

The player's age as of January 1 and grade in school of the current year will determine in which league the player will be eligible to play. No player may "play up" to an older league or "play down" to a younger league without the approval of the Executive Director.

Age date cutoff for Competitive leagues is January 1.

Girls Recreational	age 4
Girls Recreational	age 5
Girls Recreational	age 6
Girls Recreational	ages 7 to 8
Girls Recreational	ages 9 to 10
Girls Recreational	ages 11 to 12
Girls Recreational	ages 13 to 14
Girls Recreational	ages 15 to 18



Field Dimensions	Baseline Distances	Pitching Distances
Ages 5-8	50 feet	N/A
Ages 9-10	60 feet	35 feet
Ages 11-18	60 feet	40 feet

## Uniforms and Equipment

Teams must be uniformly dressed. T-shirts and caps will be provided to all players. **Shirrtails must be completely tucked in at all times.**

**Metal and polyurethane spikes are prohibited in all leagues 10U and 12U.** Turf style shoes are recommended. **Metal spikes are approved for ages 13U to 18U.**

All catchers must wear a helmet with a mask and throat protector, shin guards and a chest protector.

## Batting helmets

- A. Maximum protection helmets are required.
- B. Batters, on-deck batters, batboys and base runners must wear batting helmets. A batter will not be allowed to participate if they refuse to wear such a helmet. However, oversight of the helmet's use is not an infraction of this rule.
- C. If a player intentionally removes the helmet, the player's team will receive a warning. Any further violation will result in the disqualification of that player from the game.
- D. Any player coaching in a Coach's box must wear a batting helmet.
- E. Players permitted to be out of the dugout by rule while on offense must wear a helmet. For example, a batter who strikes out or is retired while running the bases must wear the helmet until they have entered dugout.
- F. Only one batter at a time can be warming up and must be in the on deck circle. The batter must be on their teams' side of the field while pitchers are making their warm up pitches.

## **Game Length**

Ages 6-8 No new inning after 1 hour; Game is ended at 1 hr 10 minutes

Ages 9-18 No new inning after 1 hr 10 minutes; Game is ended at 1 hr 20 minutes

In order to speed up the game, each Coach should have an inning-by-inning defensive lineup prepared so players will know what position they are playing and the catcher will have their equipment on!

The starting time for each game will be established at the time of end of the pre-game meeting and coin flip

Any inning started within the time limit will be completed. A new inning begins the moment the third out is made in the previous inning.

## **INCLEMENT WEATHER**

Columbia Parks and Recreation will monitor weather conditions and inspect the playing fields to determine if the fields are playable. If the fields are deemed not playable, the games scheduled for those fields will be canceled by 4:00 P.M. The local radio stations will be notified of any cancellations. This information will be available on the **SPORTS HOTLINE (874-7663)**. If no announcements of cancellation have been received, assume the game will be played.

At the start or during a game, Umpires will use their own judgment on the delay or cancellation of games due to weather conditions. Games will not be played if it is determined such play might result in injury to players or serious damage to the playing fields. If lightning or severe weather is present, take **immediate** action to delay or cancel the game and remove the players from the field.

In case of rain, a game reaching three complete innings or over one half of the time limit will be considered a complete game.

All teams are scheduled a maximum number of games per league. Rained out games are not guaranteed to be made up 3 or more games. Coaches will be able to reschedule any game that is rained out if they want. Just schedule the game like you would a practice and contact the opposing Coach to schedule the game. Umpires will not be available for these games due to the short notice of some games and irregular game times. The procedure for scheduling additional games will be as follows:

- 1) Contact your players and parents to confirm they want to play on the available dates.
- 2) Contact other teams to setup games.
- 3) Call the DC office to reserve a field.
- 4) Field assignments will be posted on the practice field schedule on the web site.

## **Pre-game infield**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

Any player warming up the pitcher, in the crouch position, is required to wear a catcher's helmet with a mask and throat protector.

## **Competitive Players**

Competitive players are permitted to participate in Recreational leagues, however, the player will generally play up at least one age division. The Executive Director will have the discretion to allow players to play in the same age group as their age, however, the players level of skill will be evaluated during the season to determine their continued participation in the league they were assigned. Certain restrictions may apply such as the player may not be permitted to pitch in the recreational league.

## Pitching Rules

Girls Ages 9-18 League:

- L. Any player may pitch.
- M. Three outs constitute an inning pitched.
- N. Girls Recreational ages 9-10 pitchers are limited to pitch three innings per game.
- O. Girls Recreational ages 9-10 pitchers must be removed if he or she hits two batters in an inning or issues seven walks in an inning.
- P. Girls Recreational ages 9-12. Coach comes in to pitch after 4 balls; Pitchers will only pitch (4) called balls to a batter. Foul balls will be counted as strikes. At the end of the four ball count the Coach of the batting team will pitch two pitches to the batter. Coaches are to pitch from the pitching rubber. Coaches may pitch standing, kneeling, overhand or underhand. The batters will carry over their strike count to the two Coach pitches. If the batter does not hit one of the pitches the batter will be declared out. Foul balls on the last pitch will continue the at bat. If a Coach has to pitch to three consecutive batters, then, the pitcher must be replaced by another pitcher for the remainder of the inning. The player may return to pitch in a later inning. **NO WALKS**
- Q. There shall be a maximum of five pitches or one minute between innings unless the home plate umpire rules otherwise. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.
- R. A Coach is allowed one defensive conference per pitcher per inning. If a second conference is called, the pitcher must be replaced for the remainder of the inning.
- S. Any player warming up the pitcher, in the crouch position, is required to wear a catcher's helmet with a mask and throat protector.
- T. **Coaches may not stand in the batter's box while the pitcher is taking their warm-up pitches.** This is a safety issue. Umpires have the authority to correct any unsafe circumstances which they deem to be a safety hazard to players, Coaches and fans.

## Shorthanded Rule

The purpose and spirit of this rule is for teams to be able to play games even if circumstances leave a team with only seven players to start a game. The main purpose of DC leagues is to PLAY BALL. DC always wants to provide the opportunity to play a game for the players that do show up.

Teams must have at least 7 players to start a game. If a team has at least seven players, the Coach may request the other team provide players from their roster on an alternating basis to play defense only. This will be the last player listed in the batting order in the first inning or the last player to complete an at bat in the prior inning. For purposes of this rule, the team that is short of players will bat first (visitors) in the first inning.

Teams may borrow players from the opposing team for defensive purposes only. The shorthanded team will bat a fixed roster and **will not** have to take an out in the eight and nine positions of the batting order. If a team is short players (less than 9), the team may **only** pick up additional players from other DC teams in your league or a younger league (including your opponent). These players will count as part of your seven players required to start a game. Recreational teams may only pick up players from DC Recreational league teams. Competitive teams may pick up players participating on either a DC Recreational league team or a DC Competitive league team.

You may pick up enough players to field 9 players. The pickup player(s) must bat at the bottom of the lineup, preferred positions would be outfield, so that your regular players would get to play infield, however, this is not mandatory. A pick up player may not pitch, unless the opposing Coach agrees to allow the player to pitch. This would be if your team is short of pitchers.

If a regular team member comes late to the game, she is added to the bottom of the lineup and may play. The pickup players may continue to play, however, all regular team members should have priority to play in the field, and pick up players may continue to bat in the lineup and play the field.



## Forfeits and Protests

Forfeits and protests are not allowed, except for a team having six or fewer players. See Shorthanded Rule above.

## Player Participation

All Recreational leagues have free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.** For ages 7-12 leagues, a player may not continually play the same position for more than two consecutive innings. Team-batting orders will be fixed throughout the game and must include all players in attendance.

**Competitive leagues** will use USSSA rules, plus have free substitution and no player participation requirements.

## Half Inning Changes

Each team will have one minute to change sides each half inning. If the pitcher does not have the ball ready to pitch within this limit, a ball may be charged. If the batter is not in the box ready to bat, a strike may be charged.

## Tied Games

All Recreational and Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

## Batters and Coaches Signals

After entering the batter's box, a batter may not leave the batter's box to receive Coaching signals. After a pitch, unless forced out of the box by playing action, a batter may only step out of the box with one foot to receive Coaching signals.

## Base Running

If a play is being made on the batter-runner at first base, the batter-runner must step on the outside 1/2 of the base. If there are double bases, the runner must use the Orange outer base. A warning will be given for the first infraction of this rule by each player. Thereafter, the batter-runner will be declared out if the rule is violated. This will not be considered a force-out. The out will be considered to occur after the end of the play, thus allowing a runner on third base to score.

Stealing Recreational League:

	<u>Lead off*</u>	<u>Stealing</u>	<u>Stealing of Home</u>
Girls 5 & 6	None	None	None
Girls 7 & 8	None	None	None
Girls 9 - 10	None	None	None
Girls 11 - 18	None	Yes	Yes

\*Base runners may leave the base when the ball leaves the pitchers hand.

Stealing for all Girls Competitive - Straight USSSA Rules

### **Courtesy Runner**

Courtesy Runners are allowed for the pitcher and catchers. The courtesy runner shall be the last recorded out.

In ages 7-12, a courtesy runner must replace the catcher if the catcher is on base after two outs. The catcher shall immediately put on equipment and be prepared to warm-up the pitcher between innings. The substitute runner must take the same base as the catcher occupied. The substitute runner must be a player not playing defense in the next half inning, but if substitute is not available, then the second out of the inning will be the courtesy runner.

**Unsportsman like conduct** on the part of players, Coaches or fans will not be tolerated this includes trash talking or taunting, i.e. hey batter, batter swing. Players may only direct their comments and chatter to their own teammates. Umpires may, but are not required to, warn players, Coaches or fans of unacceptable conduct. Unsportsmanlike conduct will result in ejection from the game. Any player, Coach or fan throwing any object on the field or in the dugout, will be warned for the first offense and ejected on the second offense. If a player or fan is ejected, the Head Coach may also be ejected at the discretion of the umpire. A second ejection of an offending fan, player or Coach will result in the suspension for the remainder of the season. DC reserves the right to suspend a Coach, player, parent or fan at any time during the season. As a Coach, if you have a problem with a Coach or a player from the opposing team, discuss the problem with the umpire and let the umpire handle the problem. **Do not confront the opposing Coach or player.** If the problem does not get resolved then call your league coordinator.

An **injured player** who is bleeding must be removed from the game and treated immediately. If the player was on defense, he or she may be replaced by any player not in the game. If the player was batting, the count will be reset and the next batter in the lineup will bat. If the player was a base runner, they must be replaced by a player not in the game. In the event that there is no player who is not in the game, the injured player must be replaced by the player who made the previous out.

### **Miscellaneous Rules**

The "home" team shall keep the official score book for the purpose of maintaining the correct batting order for each game and to let the umpire know maximum number of runs/inning.

Designated Coaches and players will be the only persons who may sit on the bench.

All players must remain in the dugout except when batting, playing defense, warming up in the on-deck circle or Coaching in the Coach's box. Penalty for not adhering to this rule will be a team warning on the first violation. For subsequent violations, the offending player will lose their next turn at bat and no out is recorded.

Designated hitters are not allowed.

# RECREATIONAL SOFTBALL RULES

Rule	Division	4U-5U	6U	7U-8U	9U-10U	11U-12U	13U-14U	15U-18U
		2						
Game Length	Innings	60 Min.	60 Min.	70 Min.	70 Min.	70 Min.	70 Min.	70 Min.
Drop Dead	70 Min.	70 Min.	70 Min.	80 Min.	80 Min.	80 Min.	80 Min.	80 Min.
Base Distance	50'	50'	60'	60'	60'	60'	60'	60'
Pitching Distance	NA	NA	35'	35'	40'	43'	43'	43'
Ball used	RIF	RIF -11"	11"	11"	12"	12"	12"	12"
Free Substitution	X	X	X	X	X	X	X	X
Infield play required	X	X	X	X	X	X	X	X
Bat Entire roster	X	X	X	X	X	X	X	X
Home team bats last inning	X	X						
Drop 3rd strike out	NA	NA	X	X				
No walks	X	X	X	X	X			
No Leadoffs	X	X	X	X	X	X	X	X
No Stealing	X	X	X	X				
Max Runs per inning	NA	NA	5	5	5	7	7	7
Run spread; 12/3 10/4 8/5	NA	NA	NA	NA	NA	NA	NA	NA
Tied Games End	X	X	X	X	X	X	X	X
Runners stop when Ball is controlled	X	X	X	X				
Pitch Limit per batter	NA	4	6	6				
Defensive coaches on field	3	3	2	2	0	0	0	0
Offensive Coaches	3	3	3	3	2	2	2	2
# of Defensive Players	10	10	10	9	9	9	9	9
No infield Fly	X	X	X	X				
Metal spikes							X	X
Umpires	NONE	NONE	NONE	1	2	2	2	2

# SOFTBALL RULES

## Girls Age 6

### **GENERAL**

- A. R.I.F. 5 (Reduced Injury Factor) ball will be used
- B. Each team will provide one parent umpire for the game
- C. A new inning may not start after 1 hour. The game is ended at 1 hour and 10 minutes.
- D. Base distance 50 feet

### **SUBSTITUTION**

Free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. A Coach may opt to have all players take the field during defense. If this is done, only 6 players may be on the infield, all other players must be in the outfield (grass area). Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. A player may not continually play the same position for more than two consecutive innings. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

### **BATTING & BASE RUNNING**

- A. Coaches and batters will have the option to hit off of the tee or Coach pitch; after 4 pitches from the Coach the batter must hit off of the tee.
- B. A half inning is complete after the entire team roster has batted once. The entire roster will bat each inning regardless of runs or outs. Team batting orders will be fixed throughout the game and must include all players in attendance. Each player must play a minimum of two defensive innings. This rule is mandatory if the player is able to play. Violation of this policy will result in disciplinary action by DC.
- C. Batter on Deck will be behind the batter and up the fence line or behind the Coach. So that they do not get hit by a bat.
- D. All players must wear a helmet at all times when out of the dugout on offense.
- E. Bunts and half swings are not allowed.
- F. Strikes will not be counted. Each player will bat until they hit the ball.
- G. The first bat-throwing incident, either intentional or careless, will result in a bench warning. The second offense will result in an out.
- H. The home team will bat in the last inning regardless of score.
- I. A batted ball must stop on or beyond 10-foot in front of home plate to be a fair ball.
- J. No lead-offs or stealing.
- K. A play is over when the ball is returned to the infield and is controlled by an infielder on the infield. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- L. If a player is put out by the defense, she is out and will go to the dugout.

### **DEFENSE**

- A. The infield fly rule does not apply.
- B. All players can play defense at the same time, 6 of which are infielders.
- C. A play is over when the ball passes through the pitchers circle or the ball is controlled by an infielder on the infield.
- D. Two defensive Coaches are allowed on the field.
- E. The catcher must wear a batting helmet with a facemask while playing defense.

## Girls Age 7-8 Machine pitch

### GENERAL

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. An 11-inch ball will be used.
- C. A new inning may not start after 1 hour. The game is ended at 1 hour and 10 minutes.
- D. Base distance 50 feet on Tball Fields, 60 feet on other fields
- E. Each team will provide one umpire
- F. The Five Run Rule: A team cannot score more than five runs in an inning.

### SUBSTITUTION

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

### BATTING & BASE RUNNING

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. No walks
- C. A limit of six pitches or four strikes per batter unless the sixth pitch or fourth strike is a foul ball, then, there will be additional pitches until there is no contact or the ball has been put into play.
- D. The batter is out on a dropped fourth strike. Runners may not advance.
- E. No lead-offs or stealing.
- F. The play will be ruled dead, and no runner may advance when the ball is returned to the infield and is controlled by an infielder on the infield. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- G. **A courtesy runner must replace the catcher if the catcher is on base after two outs.** The substitute runner must take the same base as the catcher occupied. The substitute runner must be a player not playing defense in the game, however, if a substitute is not available, then the second out of the inning will become the courtesy runner.

### Machine Pitch Rules

- E. A batted ball that hits the pitching machine shall be ruled a dead ball and the batter is awarded first base.
- F. The "pitcher position" must start with at least one foot in the circle, but behind the pitching rubber, in order to stay a safe distance from the machine. They may not leave the circle until the ball is hit.
- G. Pitching Machine – The pitching machine will be set as follows;  
Distance for center of the machine to the back of the plate shall be 35 feet.
- H. Speed for the machine shall be set between 34-36 mph.
- I. Prior to each game, each coach will feed at least one pitch and obtain a consensus that the machine is set correctly. Adjustments to the machine are to be made only if the machine has been hit or is not set correctly. Both teams are to use the same setup.
- J. The coach designated on the schedule as Home team for the first game of the night, 6pm, shall be responsible for getting the machine out and setting it up. The coach designated as Home team for the second game of the night, 7:30, shall be responsible for putting the machine away.

### DEFENSE

- A. The infield fly rule does not apply.
- B. Ten players are allowed in the field. The tenth player must be an outfielder.
- C. Outfielders must start play in the grass area.
- D. Two defensive Coaches are allowed on the field.

## **Girls Ages 9 – 10 Kid Pitch/Coach Pitch**

### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. An 11-inch ball will be used.
- C. 3 Offensive coaches on the field
- D. 2 Defensive Coaches on the field
- E. A new inning may not start after 70 minutes. The game is ended at 80 minutes.
- F. Base distance 60 feet.
- G. The Five Run Rule: A team cannot score more than five runs in an inning.

### **SUBSTITUTION**

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

### **BATTING & BASE RUNNING**

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. No walks
- C. A limit of six pitches or four strikes per batter unless the seventh pitch or fourth strike is a foul ball, then, there will be additional pitches until there is no contact.
- D. The batter is out on a dropped third strike. Runners may not advance.
- E. No lead-offs or stealing.
- F. The play will be ruled dead, and no runner may advance when the ball is returned to the infield and is controlled by an infielder on the infield. If a runner has passed the halfway mark between bases when the play stops, the runner will be awarded the next base. If the runner has not passed the halfway mark, the runner must go back to the last base touched.
- G. **A courtesy runner must replace the catcher if the catcher is on base after two outs.** The substitute runner must take the same base as the catcher occupied. The substitute runner must be the last completed at bat of the inning. They will become the courtesy runner.

### **PITCHING**

#### A. Special Pitching Rules:

1. Coach comes in to pitch after 4 balls; Pitchers will only pitch (4) called balls to a batter. Foul balls will be counted as strikes. After a four ball count has been reached, the COACH of the batting team will pitch two pitches to the batter, regardless of the count. Coaches are to pitch from the pitching rubber or one foot in contact with the portable mound. Coaches may pitch standing, kneeling, overhand or underhand. If the batter does not hit one of the two coach pitches in fair play the batter will be out. A Foul ball on the last pitch will continue the at bat. NO WALKS

2. A pitcher must be removed if they hit two batters in an inning.

3. Pitchers are not required to pitch in a windmill motion, but still must be an underhand pitch.

4. NO WALKS

B. The strike zone will be expanded to the top of the shoulder to the bottom of the knee.

### **DEFENSE**

- A. The infield fly rule does not apply.
- B. Ten players are allowed in the field. The tenth player must be an outfielder.
- C. Outfielders must start play in the grass area.
- D. Two defensive Coaches are allowed on the field.

## **Girls Ages 11 – 12**

### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Absolutely no metal spikes.
- C. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 20 minutes.
- D. Base distance 60 feet
- E. Pitching distance 40 feet
- F. The Five Run Rule: A team cannot score more than five runs in an inning.

### **SUBSTITUTION**

Free substitution. All Recreational leagues have free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play both infield and outfield in each game. If a game is only two innings, and a player has not had the opportunity to play the infield, the player will play infield in the 1<sup>st</sup> or 2<sup>nd</sup> inning of the next game. Pitchers may pitch three consecutive innings. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

### **BATTING**

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. Stealing is permitted.
- C. A courtesy runner may replace the catcher if the catcher is on base after two outs. The substitute runner must take the same base as the catcher occupied. The substitute runner must be The last completed at bat of the inning.
- D. The Five Run Rule: A team cannot score more than five runs in an inning.

### **PITCHING**

- D. Special Pitching Rules:
  - 1. Coach comes in to pitch after called 4 balls; Pitchers will only pitch (4) called balls to a batter. Foul balls will be counted as strikes. At the end of the four ball count the COACH of the batting team will pitch two pitches to the batter. Coaches are to pitch from the pitching rubber. The batters will carryover their strike count to the two Coach pitches. If the batter does not hit one of the pitches the batter will be declared out. Foul balls on the last pitch will continue the at bat. If a Coach has to pitch to three consecutive batters, then, the pitcher must be replaced by another pitcher for the remainder of the inning. The player may return to pitch in a later inning. **NO WALKS**
  - 2. 5 warmup pitches are permitted each half inning or change in pitchers.
  - 3. A Coach who violates these rules can be given a warning for the first offense. The second offense will result in the Coach's dismissal.
  - 4. A pitcher must be removed if they hit two batters in an inning.
  - 5. **NO WALKS**
- E. The strike zone will be expanded to the top of the shoulder to the bottom of the knee.

## **Girls Ages 13 – 14**

### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Metal spikes are allowed.
- C. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 20 minutes
- D. Base distance 60 feet
- E. Pitching distance 43 feet
- F. The Five Run Rule: A team cannot score more than five runs in an inning.

## **SUBSTITUTION**

Free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play infield in each game. A player may play the same position for more than two consecutive innings. The two consecutive inning rule applies only to the 12 & Under League and below. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

## **BATTING**

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. The Five Run Rule: A team cannot score more than five runs in an inning.

## **PITCHING**

Any player may pitch with the following exception;

Teams will have 1 minute or five pitches between innings. With the exception of the catchers being ready to play all players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or Coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

### Modified Pitching Rules

Rules which will be enforced

- 1. Must begin with both feet on the rubber.
- 2. No Leaping - the drag foot must stay in contact with the ground at all times.

Rules which will not be enforced:

- 1. Going to the glove more than once.
- 2. Stepping onto the rubber with hands together.
- 3. Taking signs while on the rubber.
- 4. Stride to the plate must be within the sides of the rubber.
- 5. Crow hopping and replanting before delivery.
- 6. Once both feet are on the rubber the pitcher may step back with one foot before delivery

## **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

## **Girls Ages 15 – 18**

### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Metal or polyurethane spikes are allowed.
- C. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 25 minutes
- D. Base distance 60 feet
- E. Pitching distance 43 feet
- F. The Seven Run Rule: A team cannot score more than five runs in an inning.

## **SUBSTITUTION**

Free substitution. After completing the first inning of play, the Coach must insert those players who did not play defense in the inning. Players who have played two consecutive defensive innings cannot play a third defensive inning if another player has played only one defensive inning. Starting lineups must change from game to game. Similarly, the Coach must give each player the opportunity to play infield in each game. A player may play the same position for more than two consecutive innings. The two consecutive inning rule



applies only to the 12 & Under League and below. **Diamond Council requires every player to play an equal number of innings in the infield and outfield over the course of an entire season.**

### **BATTING**

- A. Team batting orders will be fixed throughout the game and must include all players in attendance.
- B. The Five Run Rule: A team cannot score more than five runs in an inning.

### **PITCHING**

Any player may pitch with the following exception; A player that plays on a Competitive team is not allowed to pitch in the Recreational League.

Teams will have 1 minute or five pitches between innings. With the exception of the catchers being ready to play all players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or Coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

#### 18 & Under Recreational

##### Modified Pitching Rules

Rules which will be enforced

- 1. Must begin with both feet on the rubber.
- 2. No Leaping - the drag foot must stay in contact with the ground at all times.

Rules which will not be enforced:

- 1. Going to the glove more than once.
- 2. Stepping onto the rubber with hands separated.
- 3. Taking signs while on the rubber.
- 4. Stride to the plate must be within the sides of the rubber.
- 5. Crow hopping and replanting before delivery.
- 6. Once both feet are on the rubber the pitcher may step back with one foot before delivery

### **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

# SOFTBALL COMPETITIVE DIVISION

## **10 and UNDER – Competitive (Ages 9 & 10)**

### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. May play with 10 defensive players on the field
- C. There will be no run spreads with the 5 run per inning rule.
- D. Absolutely no metal spikes.
- E. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 20 minutes.
- F. Base distance 60 feet
- G. Pitching distance 35 feet
- H. The Five Run Rule: A team cannot score more than five runs in an inning.

### **SUBSTITUTION**

Free substitution.

### **BATTING**

Team batting orders will be fixed throughout the game and must include all players in attendance. A team may start with 8 players, however; they will take an out in that spot the 9<sup>th</sup> spot. If a player comes late, they may enter the game and be added to the last spot(s) in the batting line up. If a player becomes injured and cannot bat in her spot due to injury, the team will take an out in that spot the 1<sup>st</sup> time that player comes up to bat. After the first out, there will be no further penalty. The injured player may reenter the game in her batting spot at any time without penalty. EXCEPTION: If a team has only 9 players and one player becomes injured, then there would be an out for that batter for each time her spot comes up to bat.

### **PITCHING**

Teams will have 1 minute or five pitches between innings. With the exception of the catchers being ready to play all players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or Coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

### **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits. Pitchers may not take warm-up pitches from the mound prior to taking the field to begin the game.

### **TIED GAMES**

All Recreational and Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

### **SPORTSMANSHIP**

Coaches please emphasize the importance of team and player sportsmanship. No cursing or foul language from players, parents, or Coaches will be allowed, and will be cause for immediate ejection from the game.

## **12 and UNDER – Competitive (Ages 11 – 12)**

### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page.
- B. Absolutely no metal spikes.
- C. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 20 minutes.
- D. Base distance 60 feet
- E. Pitching distance 40 feet
- F. The Five Run Rule: A team cannot score more than five runs in an inning.

### **SUBSTITUTION**

Free substitution.

### **BATTING**

Team batting orders will be fixed throughout the game and must include all players in attendance. A team may start with 8 players, however; they will take an out in that spot the 9<sup>th</sup> spot. If a player comes late, they may enter the game and be added to the last spot(s) in the batting line up. If a player becomes injured and cannot bat in her spot due to injury, the team will take an out in that spot the 1<sup>st</sup> time that player comes up to bat. After the first out, there will be no further penalty. The injured player may reenter the game in her batting spot at any time without penalty. EXCEPTION: If a team has only 9 players and one player becomes injured, then there would be an out for that batter for each time her spot comes up to bat.

### **PITCHING**

Teams will have 1 minute or five pitches between innings. With the exception of the catchers being ready to play all players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or Coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

### **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits. Pitchers may not take warm-up pitches from the mound prior to taking the field to begin the game.

### **Tied Games**

All Recreational and Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

### **SPORTSMANSHIP**

Coaches please emphasize the importance of team and player sportsmanship. No cursing or foul language from players, parents, or Coaches will be allowed, and will be cause for immediate ejection from the game.

## **14 and UNDER – Competitive (Ages 13 – 14)**

### **GENERAL**

- A. Teams will use USSSA rules for their age bracket with the exceptions noted on this page..
- B. A new inning may not start after 1 hour and 10 minutes. The game is ended at 1 hour and 20 minutes.
- C. Base distance 60 feet
- D. Pitching distance 43 feet
- E. The Five Run Rule: A team cannot score more than five runs in an inning.

### **SUBSTITUTION**

Free substitution.

## **BATTING**

Team batting orders will be fixed throughout the game and must include all players in attendance. A team may start with 8 players, however; they will take an out in that spot the 9<sup>th</sup> spot. If a player comes late, they may enter the game and be added to the last spot(s) in the batting line up. If a player becomes injured and cannot bat in her spot due to injury, the team will take an out in that spot the 1<sup>st</sup> time that player comes up to bat. After the first out, there will be no further penalty. The injured player may reenter the game in her batting spot at any time without penalty. EXCEPTION: If a team has only 9 players and one player becomes injured, then there would be an out for that batter for each time her spot comes up to bat.

## **PITCHING**

Teams will have 1 minute or five pitches between innings. With the exception of the catchers being ready to play all players must be ready to pitch and hit at the end of one minute. If the catcher is getting into gear another player or Coach should warm-up the pitcher. The home plate umpire may assess balls and strikes for teams and players not ready to hit or pitch.

## **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

## **18 and Under Competitive (ages 15-18)**

Straight USSSA rules. Teams may bat the entire roster and have free substitution.

## **DEFENSE**

Pre-game infield is not permitted. Teams may take ground balls on the outfield side of the first and second base baseline and the second and third base baseline only if time permits.

## **TIED GAMES**

All Recreational and Competitive games tied at the end of the time limit will end in a tie. No extra innings will be played.

## **FIVE RUN RULE**

A team cannot score more than five runs in an inning

## **SPORTSMANSHIP**

Coaches please emphasize the importance of team and player sportsmanship. No cursing or foul language from players, parents, or Coaches will be allowed, and will be cause for immediate ejection from the game.

Unsportsman like conduct on the part of players, Coaches or fans will not be tolerated. Umpires may, but are not required to warn players, Coaches or fans of unacceptable conduct. Unsportsman like conduct will result in ejection from the game and may result in the game being forfeited.

## **Miscellaneous Rules**

Metal spikes are allowed.

The "home" team shall keep the official score book for the purpose of maintaining the correct batting order for the game.

Designated Coaches and players will be the only persons who may sit on the bench.

Designated hitters are not allowed.

All players must remain in the dugout except when batting, playing defense, warming up in the on-deck circle or Coaching in the Coach's box. Penalty for not adhering to this rule will be a team warning on the first violation. For subsequent violations, the offending player will lose their next turn at bat and no out is recorded.

An injured player who is bleeding must be removed from the game and treated immediately. If the player was on defense, any player not in the game may replace her. If the player was batting, the count will be reset and the next batter in the lineup will bat. If the player was a base runner, a player not in the game must replace them. In the event that there is no player who is not in the game, the injured player must be replaced by the player who last completed their time at bat.