

# Instructional Softball

## *Team & Player Guidelines*

- Player's ages are five to seven (4 year olds may join at the discretion of coaches and commissioner).
- Players on a team: 9 minimum, 14 maximum.
- Managers and coaches are not allowed to smoke during a game either on or off the field.
- Players, Managers or coaches may be removed from the game for unsportsmanlike conduct after the team has been warned one (1) time. If there is a disagreement regarding decisions, a report must be filled with the softball/baseball commissioner to address the situation. The softball/baseball commissioner may impose further action and any decision made is final.
- Coaches will act as umpires.
- Coaches will be responsible for the behavior of their team player's parents.

## *Rules of Play*

- Each inning every player will have a turn at bat and play a position on the field.
- Safety helmets must be worn by the batter and the defensive player fielding at the pitchers position.
- Coaches will pitch to their team's players.
- The coach will throw (four) 4 underhand pitches from one knee on the ground (bring or wear a knee pad) to put the pitcher at the same level as the batter.
- After (four) 4 overhand coach pitches the tee must be placed over home plate for further batting attempts.
- Batters will have struck out after the 3<sup>rd</sup> missed swing from the tee and return to the bench. This will not include hit balls that do not travel beyond the 10ft arc.
- There are no walks.
- When hit the ball must travel beyond the 10ft foul ball arc to be considered live/playable.
- Outs – Batters hitting a fair ball and runners attempting to reach their destination base can be tagged or forced out by a defensive player with the ball prior to their reaching base safely.

- Players tagged or forced out must return to the bench.
- No stealing! Player must stay on the base until the ball is hit.
- The team roster constitutes the batting order. An inning is over when all the players on the offensive team's roster have batted once.
- There is no limit to the number of outs for the offensive team completing their batting rotation.
- Standard game is four innings or a time limit of 1 ½ hours at the discretion of the coaches.
- Coaches for the defensive team will position themselves on the field with their players to maximize instructional guidance and teaching opportunities.
- The ball shall be live after it is hit into fair territory, and shall remain live until it is returned to the infield. The ball shall be considered dead when it reaches the baseline between first and second bases or the baseline between second and third bases.
- Once the ball is judged dead, the play is stopped, runners still advancing to a base may continue to the next base if they have advanced at least half way to that base. If the runner is not half way to the next base then he/she must return to the previous base.
- There will be no forfeits in the Instructional league. Players may be borrowed from the opposing team if necessary.
- Scores are to be kept informally and unofficially by the coaches.

## *Playing Field*

- The baselines are (forty-five feet) 45'.
- The pitchers "mound" is a circle with a radius of (five feet) 5', the center of which shall be (thirty-five feet) 35' from the point of home plate (batting tee).
- The batter's box shall be (five feet) 5' long and (three feet) 3' wide. It shall be (six inches) 6" off from home plate with (two feet) 2' extending forward from center of the plate, and (three feet) 3' extending backward from the center of the plate.
- A foul strike arc shall be made from baseline to baseline in front of home plate on a (ten feet) 10' radius from the back point of home plate.

