



Recreation

8U (Coach Pitch – Modified T) League Rule

The primary goal of the Windsor Recreation Summer Baseball Program is to help each participant experience success as they develop their skills and abilities. An emphasis is placed not only on the basic skills of baseball, but also upon the development of important character qualities such as sportsmanship, teamwork, honesty, courtesy, leadership, and self-discipline. Our philosophy of success is based upon the premise that a winner is someone who gives his or her best effort whether it is in practice or in games. **The following rules and reminders will be in effect for the current Youth Baseball Season:**

Field of Play:

- A. Bases will be set at 60 feet
- B. Coach pitchers will pitch from 40 feet
- C. When a batting tee is used, a 7-foot arc will be in front of home plate. If, at any time, a hit ball does not go beyond the arc, the ball is dead and the batter will hit again.

Players and Substitutions:

- A. Nine defensive players on the field, only six in the infield including the pitcher and catcher.
- B. Playing time should be equitable for all players who attend practices regularly.
- C. Continual subbing is permitted and no one should sit out for consecutive innings.
- D. Make sure you rotate kids throughout the game to an outfield and an infield position and lineup. (Exception would be someone who, because of ability level, could possibly hurt themselves at a certain position.)

Coach Pitch:

- A. Batting team's coach will pitch to own players. If batted ball hits coach who is pitching, ball will remain live, same as if hitting a defensive player.
- B. Player cannot strike out or walk.
- C. If batter has two strikes swinging a batting tee will then be placed at home plate. Batter will then hit off batting tee. Player swings until ball is hit. No strike outs off batting tee.
- D. A seven-foot arc will also be used. If the ball lands and stops in the seven foot arc in front of home plate, the ball will be declared a foul ball and the batter will re-hit.

Equipment:

- A. Catchers must wear full protective gear, including athletic supporters.
- B. Batters and base runners must wear protective helmet.
- C. It is strongly recommended that the player in the pitcher position wear a heart guard.
- D. Players must wear issued hat and jerseys.
- E. No metal cleats allowed.
- F. No jewelry may be worn by players; this includes watches, necklaces and earrings.
- G. All players are encouraged to wear baseball pants or sweats. (No shorts)



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Coaching:

- A. Teams are asked to practice at least once a week and no more than twice a week.
- B. Players and coaches shall not verbalize in any way with the opposing team for intimidation.
- C. Players and coaches shall conduct themselves in a sportsmanlike manner.
- D. Players and coaches shall advance around the bases in a legitimate manner. Ex: runner on 1st base can advance to 3rd base at own risk on a legitimate base hit.
- E. Players or coaches shall not argue with umpires. If a concern arises as to a rule interpretation, the coach shall approach the umpire in a calm and respectful manner to discuss it. The final decision will rest with the umpire.
- F. You can have one (1) coach per team on the field. This means, the team up to bat, their coach pitching to them is the one coach allowed on the field for the offensive team. (Base coaches don't count towards the one coach on the field.) The defensive team can have one coach in the outfield grass helping their team defensively, if they feel it is needed.

Start and End of Game:

- A. Dugout rule: Home team takes the 1st base dugout and Away team takes the 3rd base dugout. Failure to oblige may result in forfeit.
- B. Equal innings and a time limit of 75 minutes. Games will "drop-bat" upon reaching time limit.
- C. Clock will begin at the start of first pitch.
- D. No new inning can start when the scoreboard runs out of time.
- E. If game ends in a tie, no extra innings will be played.

Game Play:

- A. Three outs or 8 batters, whichever comes first.
- B. No leading-off. No stealing.
- C. There is no advancement of a runner on any overthrow.
- D. Players shall not intentionally or maliciously run into fielders. Runners must stay within the base path or they are automatically out.
- E. There will be no bunting allowed.
- F. There will be no mercy rule enforced.
- G. No infield fly rule



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10U (Player Pitch – Modified T) League Rules

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Field of Play:

- A. Bases will be set at 60 feet
- B. Pitchers will pitch from 40 feet
- C. When there are 4 balls and a coach has to pitch, a 7-foot arc will be in front of home plate. If, at any time, a hit ball does not go beyond this arc, the batter is out.

Players and Substitutions:

- A. Nine defensive players on the field, only six in the infield including the pitcher and catcher. Outfielders must position themselves beyond the outfield grass line.
- B. Playing time should be equitable for all players who attend practices regularly.
- C. Continual subbing is permitted, and no one should sit out for consecutive innings.
- D. Make sure you rotate kids throughout the game to an outfield and an infield position and within the lineup. (Exception would be someone who, because of ability level, could possibly hurt themselves at a certain position.)

Player Pitch:

- A. A pitcher should only pitch 4 innings per week; one pitch equals a full inning (Sun - Sat). Overall innings pitched are the responsibility of both teams to monitor. Any coach found cheating, over pitching, or manipulating innings pitched will be suspended for at least one game.
- B. **Between innings, a pitcher is allowed eight warm-up pitches if new and five warm-ups if returning.**
- C. Players can strike out but cannot walk unless the batter is hit by a pitch, which would then result in the batter being awarded first base.
- D. If batter has four balls, a coach from the batter's team will under-hand one pitch. Batter will have only one (1) attempt to hit off the pitch. It must be a fair ball. If batter swings and misses or hits a foul ball, batter is out.
- E. A seven-foot arc will also be used. If the ball lands and stops before the seven-foot arc in front of home plate, the ball will be declared a foul ball, and the batter will be declared out.
- F. Due to safety concerns, teaching or promoting pitchers to throw curve balls is prohibited.

Equipment:

- A. Catchers must wear full protective gear, including athletic supporters.
- B. Batters and base runners must wear protective helmet.
- C. It is strongly recommended that players in the pitcher position wear a heart guard.



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- D. Players must wear issued hat and jerseys.
- E. No metal cleats allowed.
- F. No jewelry may be worn by players. This includes watches, necklaces and earrings.
- G. All players are encouraged to wear baseball pants or sweats. (No shorts)

Coaching:

- A. Teams are asked to practice at least once a week and no more than twice a week.
- B. Players and coaches shall not verbalize in any way with the opposing team for the purpose of intimidation.
- C. Players and coaches shall conduct themselves in a sportsmanlike manner.
- D. Players and coaches shall advance around the bases in a legitimate manner.
- E. Players or coaches shall not argue with umpires. If a concern arises as to a rule interpretation, the coach shall approach the umpire in a calm and respectful manner to discuss it. The final decision will rest with the umpire.
- F. No coaches will be allowed on the field, i.e. a coach standing in the outfield grass helping their team out defensively. Only time a coach can be on the field is for either base coaching or calling time and going to talk to their pitcher/infield.

Start and End of Game:

- A. Dugout rule: Home team takes the 1st base dugout and Away team takes the 3rd base dugout. Failure to oblige may result in forfeit.
- B. Six (6) innings or a time limit of 75 minutes. If game ends in a tie – No extra innings will be played. Games will “drop-bat” upon reaching time limit.
- C. Clock will begin at the start of the pitch.
- D. No new innings shall start after the time has expired.

Game Play:

- A. Three outs or 8 batters, whichever comes first.
- B. No leading-off. No stealing.
- C. On any overthrow, runner can only advance one base after first throw by fielding player. Runner advances at own risk. Exception: if batted ball comes off the coach’s pitch and there is an overthrow, no advancement of the runner is allowed. After runner reaches base or is called out, the ball becomes dead. An overthrow is a thrown ball that is missed by a defensive player.
- D. Batters are limited to a single (only one base) when hitting off the coach’s pitch.
- E. There is no advancement of the runner from 3rd to home on any overthrow.
- F. Players shall not intentionally or maliciously run into fielders. Runners must stay within the base path, or they are automatically out.
- G. There will be no bunting allowed.
- H. There will be no mercy rule enforced. No infield fly rule.
- I. No intentional walks.
- J. Free Substitutions



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