



YMCA OF GREATER ST. LOUIS YOUTH SPORTS BASEBALL RULES

Rookies

1. The “Sports Pledge” must be said by both teams prior to the start of the game. The coaches and staff are responsible for gathering the teams together for it.
2. Players must have on proper uniform. Batter and base runner must wear a protective helmet. No metal cleats are allowed.
3. Coaches will place the ball on the tee. No Catcher will be used in Rookies
4. Each teams consists of no more than 18 players and have a minimum of 9 players.
5. Each child bats during their half inning. The batting order must be followed.
6. All players are required to remain in the dugout area, except the batter and the player on deck.
7. Strikes are not called. Bunts or half-swings are not allowed.
8. The distance from the base to base will be 45 feet and from home plate to pitcher mound is 35 feet.
9. A foul strike area is within an imaginary arc between the baselines, 10 feet out from the batting tee. The ball must be hit 10 feet or it is called a foul. It is also a foul ball if the batter hits the tee and knocks the ball off.
10. A teaching opportunity will be used if the player throws the bat in a dangerous manner. If the behavior continues, the batter will be called out.
11. A batter makes an out by (1) grounding out, or (2) flying out. Outs are not officially recorded as we bat through the order. If a player is called out, he or she may remain on base for base running practice.
12. A runner may not advance to the next base until contact is made to the ball from the bat.
13. A runner who has left a base must tag up before advancing if a fly ball is caught.
14. A runner may not intentionally interfere with a thrown ball or keep a fielder from making a play on a batted ball. If a runner interferes, use incident as a teachable moment and continue game.
15. Runners may not advance on overthrows from the infield. Play is stopped; the ball is retrieved and placed back on the tee.
16. A run is scored if an offensive player reaches first, second, and third bases and home plate without being tagged out or forced out. The offensive player can overrun first base and home plate.
17. A runner must not run more than 3 feet outside the baseline in situations in which a tag play is possible. If situation occurs, use incident as a teachable moment and continue game.
18. Infield and outfield positions are to be played. All players will take the field each inning. Extra players will be added beyond the infield positions. Players will be rotated in positions throughout the game.

19. An imaginary line called the “playing line” is drawn either between first and third bases or on a curve 40 feet out from home plate. No fielder may cross the playing line until the ball is hit. The player in the pitcher’s position also must stay in place until the ball is hit.
20. Defensive coaches are allowed on the field and must be positioned in the outfield. The coaches are not allowed to physically touch the ball or any player.
21. End game only after the home team bats.
22. Parents or coaches are used as base coaches for 1st and 3rd base.
23. Score is not kept.
24. There will be a 30 minute practice session before each game, consisting of 15 minutes batting, 15 minutes fielding.
25. Game will be approximately 2 innings/or 30 minutes in length. A new inning will not occur after 25 minutes of play. A complete game is recorded at 25 minutes.



YMCA OF GREATER ST. LOUIS WINNERS T-BALL

Kindergarten

1. The "Sports Pledge" must be said by both teams prior to the start of the game. The coaches and staff are responsible for gathering the teams together for it.
2. Players must have on proper uniform. Batter and base runner must wear a protective helmet. No metal cleats are allowed.
3. Coaches will place the ball on a tee. The catcher will stand far enough from home plate to not interfere with the batter.
4. Catchers will be optional. In the case of excessive heat, catchers will not be used. If used, catchers will be placed in catcher's helmet, and must be positioned no less than 10 feet behind the plate.
5. Each team consists of no more than 18 players and have a minimum of 9 players. All players play the entire game.
6. Each child bats during their half inning. The batting order must be followed.
7. All players are required to remain in the dugout area, except the batter and the player on deck.
8. Strikes are not called. Bunts or half-swings are not allowed.
9. The distance from base to base will be 45 feet and from home plate to pitcher mound is 35 feet.
10. A foul strike area is within an imaginary arc between the baselines, 10 feet out from the batting tee. The ball must be hit 10 feet or it is called a foul. It also is a foul ball if the batter hits the tee and knocks the ball off.
11. A teaching opportunity will be used if the player throws the bat in a dangerous manner. If the behavior continues, the batter will be called out.
12. A batter makes an out by (1) grounding out, or (2) flying out. Outs are not officially recorded as we bat through the order. If a player is called out, he or she may remain on base, for base running practice.
13. A runner may not advance to the next base until contact is made to the ball from the bat.
14. A runner who has left a base must tag up before advancing if a fly ball is caught.
15. A runner may not intentionally interfere with a thrown ball or keep a fielder from making a play on a batted ball. If a runner interferes, use incident as a teachable moment and continue game.
16. Runners may not advance on overthrows from the infield. Play is stopped; the ball is retrieved and placed back on the tee.
17. A run is scored if an offensive player reaches first, second, and third bases and home plate without being tagged out or forced out. The offensive player can overrun first base and home plate.
18. A runner must not run more than 3 feet outside the baseline in situations in which a tag play is possible. If situation occurs, use incident as a teachable moment and continue game.
19. Infield & outfield positions to be played. All players will take the field each inning. Extra players will be added beyond the infield positions. Players will be rotated in positions throughout the game.

20. A real or imaginary line called the “playing line” is drawn either between first and third bases or on a curve 40 feet out from home plate. No fielder may cross the playing line until the ball is hit. The player in the pitcher’s position also must stay in place until the ball is hit.
21. A defensive coach is allowed on the field and must be positioned in the outfield. The coach is not allowed to physically touch the ball or any player.
22. End game only after the home team bats.
23. Parents or coaches are used as base coaches for 1st and 3rd base.
24. Score is not kept.
25. Game will be approximately 3 innings / or one hour in length. A new inning will not occur after 50 minutes of play. A complete game is recorded at 25 minutes.



**YMCA OF GREATER ST. LOUIS
WINNERS COACH-PITCH**

1st-2nd Grade

1. The "Sports Pledge" must be said by both teams prior to the start of the game. The coaches and staff are responsible for gathering the teams together for it.
2. Players must have on proper uniform. Batter and base runner must wear a protective helmet. No metal cleats are allowed.
3. Catcher will be placed in catcher's equipment and will be placed in catcher's position during games only. Catchers will be optional in the case of excessive heat.
4. Each team consists of no more than **18** players and a minimum of **9** players. All players play the entire game.
5. Each child bats during their half inning. The batting order must be followed.
6. All players are required to remain in the dugout area, except the batter and the player on deck.
7. Coaches shall pitch to their own teams. No base on balls will be called. A defensive player will need to play the position of pitcher in addition to the coach. The coach may pitch overhand or underhand depending on the skill of the athlete.
8. Strikes are called. After 4 strikes, the ball is placed on a tee. Bunts or half-swings are not allowed.
9. The distance from base to base will be 45 feet and from home plate to pitcher mound is 35 feet.
10. A foul strike area is within an imaginary arc between the baselines, 10 feet out from home plate. The ball must be hit 10 feet or it is called a foul.
11. A teaching opportunity will be used if the player throws the bat in a dangerous manner. If the behavior continues, the batter will be called out.
12. A batter makes an out by (1) grounding out, or (2) flying out. Outs are not officially recorded as we bat through the order. A child that makes an out must return to the dugout.
13. A runner may not advance to the next base until contact is made to the ball from the bat.
14. A runner who has left a base must tag up before advancing if a fly ball is caught.
15. A runner may not intentionally interfere with a thrown ball or keep a fielder from making a play on a batted ball. If a runner interferes, use incident as a teachable moment and continue game.
16. Runners may not advance on overthrows from the infield. Play is stopped; the ball is retrieved and placed back on the tee.
17. A run is scored if an offensive player reaches first, second, and third bases and home plate without being tagged out or forced out. The offensive player can overrun first base and home plate.

18. A runner must not run more than 3 feet outside the baseline in situations in which a tag play is possible. If situation occurs, use incident as a teachable moment and continue game.
19. Infield & outfield positions to be played. All players will take the field each inning. Extra players will be added beyond the infield positions. Players will be rotated in positions throughout the game.
20. A real or imaginary line called the "playing line" is drawn either between first and third bases or on a curve 40 feet out from home plate. No fielder may cross the playing line until the ball is hit. The player in the pitcher's position also must stay in place until the ball is hit.
21. A defensive coach is allowed on the field and must be positioned in the outfield. The coach is not allowed to physically touch the ball or any player.
22. End game only after the home team bats.
23. Parents or coaches are used as base coaches for 1st and 3rd base.
24. Score is not kept.
25. Game will be approximately 3 innings / or one hour in length. A new inning will not occur after 50 minutes of play. A complete game is recorded at 25 minutes.



**YMCA OF GREATER ST. LOUIS
WINNERS COACH-PITCH**

3rd-4th Grade

1. The "Sports Pledge" must be said by both teams prior to the start of the game. The coaches and staff are responsible for gathering the teams together for it.
2. Players must have on proper uniform. Batter and base runner must wear a protective helmet. No metal cleats are allowed.
3. Team practices are limited to one practice a week.
4. If a team does not field 7 players by 15 minutes past game time, the game is a forfeit.
5. Catcher will be placed in catcher's equipment and will be placed in catcher's position.
6. Each team consists of no more than **18** players and a minimum of **9** players.
7. Outs are recorded. After 3 outs, the half inning is over. The batting order must be followed, as all players will bat in the order. A 6 run rule will be in effect. Free substitutions are allowed.
8. All players are required to remain in the dugout area, except the batter and the player on deck.
9. Coaches shall pitch to their own teams for the first four games of the season. Players will pitch the remaining games. Strikeouts and base on balls will be called. A defensive player will need to play the position of pitcher in addition to the coach during the first four games of the season. The pitcher must pitch overhand. The strike zone is from the chest to the bottom of the kneecap (vertically) and from 2 inches outside each edge of home plate (horizontally).
10. Pitcher Limits: Maximum of 2 innings. Pitching in any part of an inning constitutes a full inning pitched. After the 2nd hit-by-pitcher, the pitcher will be substituted.
11. The distance from base to base will be 55 feet and from home plate to pitcher mound is 35 feet.
12. The batter will be called out if he or she throws the bat in a dangerous manner; in such a case, all base runners must return to base.
13. A batter makes an out by (1) striking out, (2) grounding out, or (3) flying out. Outs are officially recorded. A batter may not advance to first after a dropped third strike. No infield fly rule.
14. A runner may not advance to the next base until contact is made to the ball from the bat. No steals are allowed.
15. A runner who has left a base must tag up before advancing if a fly ball is caught.
16. A runner may not intentionally interfere with a thrown ball or keep a fielder from making a play on a batted ball. Interference will result as an out towards the interfering player.
17. Runners may advance one base on overthrows from the infield.
18. A run is scored if an offensive player reaches first, second, and third bases and home plate without being tagged out or forced out. The offensive player can overrun first base and home plate.
19. A runner must not run more than 3 feet outside the baseline in situations in which a tag play is possible. If situation occurs, the player will be called out.

20. Infield & outfield positions to be played. No extra players will be allowed on the field. Players will be rotated in positions throughout the game. All players will play a minimum of 3 innings per game.
21. Parents or coaches are used as base coaches for 1st and 3rd base.
22. Score is to be kept by the coaches. After a 10 run lead, we will not publicize the score further.
23. Game will be 5 innings. Games may end in a tie. Games are limited to one hour, or if the home team is behind, they will have the opportunity to bat their turn. A new inning will not occur after 50 minutes of play.
24. Three complete innings or 30 minutes constitutes a complete game. In the event a game is cancelled early, it will be made up at another time.