

Coach Pitch Baseball (1st and 2nd grade)

Purpose and Goal

Provide children with an opportunity to learn the basics of baseball. Rules are in place to help kids develop and understand the game. The importance of fun and being active is emphasized in this age group.

Field Dimensions

- Base paths are 60 feet in length.

Game Time

- Games are limited to 90 minutes.
 - It is up to the coaches' discretion how many games will be played in the allotted time.

Rules

1. Softie baseballs (Incrediballs) must be used.
2. Coaches pitch to their players. 5 pitches and then the batter will hit from a tee.
3. All catchers must have appropriate equipment.
4. No scores are kept.
5. The entire roster may play the field on defense.
6. Any Heat index over 100 degrees at 6:00 p.m. – games will be canceled
This is determined locally not across the league. (ex. Britt is in a heat advisory and they play at Lake Mills which is not under an advisory. Lake Mills will make the call whether they will play the game or not, but Britt can forfeit if they don't want to play)
7. Players must wear protective headgear with ear guards both batting and running bases.
8. Half inning will conclude when there are 3 outs, or the offense has batted through 6 kids on their roster. (Adding this to encourage fielding of the ball and make kids want to get in to bat with less dead time) Next inning begins with where you left off in your batting line-up.

Coach Pitch Softball (1st and 2nd grade)

Purpose and Goal

Provide children with an opportunity to learn the basics of softball. Rules are in place to help kids develop and understand the game. The importance of fun and being active is emphasized in this age group.

Field Dimensions

- Base paths are 60 feet in length

Game Time

- Games are limited to 90 minutes.
 - It is up to the coaches' discretion how many games will be played in the allotted time.

Rules

1. An 11" softie softball should be used.
2. Coaches pitch to their players. 5 pitches and then the batter will hit from a Tee.
3. All catchers must have appropriate equipment.
4. No scores are kept.
5. The entire roster may play the field on defense.
6. Any Heat index over 100 degrees at 6:00 p.m. – games will be canceled.
 - This is determined locally not across the league. (ex. Britt is in a heat advisory and they play at Lake Mills which is not under an advisory. Lake Mills will make the call whether they will play the game or not, but Britt can forfeit if they don't want to play)
7. Batters and base runners must wear protective headgear with ear protection at all times.
8. Half inning will conclude when there are 3 outs, or the offense has batted through 6 kids on their roster. (Adding this to encourage fielding of the ball and make kids want to get in to bat with less dead time) Next inning begins with where you left off in your batting line-up.

Baseball (3rd Grade)

Purpose and Goal

Provide children with an opportunity to learn the basics of baseball. Rules are in place to help kids develop and understand the game. The importance of fundamentals and teamwork is the emphasis at this level. As the season progresses, the games should progress into a true baseball game with less coach pitching.

Field Dimensions

- Base paths are 60 feet in length
- The pitching distance is 42 feet.

General Game Information

- Teams will be given 90 minutes to play.
 - It is up to the coaches' discretion how many games will be played in the allotted time.
- Coaches act as umpires and are on the field with the kids. If no umps are provided.
- 3 outs, or 5 runs per inning.
- Players pitch to start off each batter.
- Coaches step in to pitch after 3 pitches are attempted and finish out the count. If a pitching machine is available it must be used.
- There will be walks and strike-outs.

Rules

1. The dropped third-strike rule is not in effect.
The batter is automatically out.
2. No metal spikes.
3. Stealing is permitted only on passed balls.
 - a. No stealing of home.
4. Baseball may NOT lead off.
5. Runners must slide on a close play or they are out.
No head-first slides are allowed.
6. Regular balls will be used in this league.
Baseball – leather
7. Any Heat index over 100 degrees at 6:00 p.m. – games will be canceled
This is determined locally not across the league. (ex. Britt is in a heat advisory and they play at Lake Mills which is not under an advisory. Lake Mills will make the call whether they will play the game or not, but Britt can forfeit if they don't want to play)
8. Batters and base runners must wear protective headgear with ear protection at all times.

Minor League Softball (3rd Grade)

Purpose and Goal

Provide children with an opportunity to learn the basics of softball. Rules are in place to help kids develop and understand the game. The importance of fundamentals and teamwork is the emphasis at this level. As the season progresses, the games should progress into a true baseball game with less coach pitching.

Field Dimensions

- Base paths are 60 ft in length
- The pitching distance is 33 feet.

General Game Information

- Teams will be given 90 minutes to play.
 - It is up to the coaches' discretion how many games will be played in the allotted time.
- Coaches act as umpires and are on the field with the kids.
- 3 outs, or 5 runs per inning.
- Players pitch to start each batter.
- Coaches step in to pitch after 3 pitches are attempted and finish out the count. If a pitching machine is available it must be used.
- There will be walks and strike-outs.

Rules

1. The dropped third-strike rule is not in effect.
 - The batter is automatically out.
2. No metal spikes.
3. Stealing is permitted only on passed balls.
No stealing of home.
4. Softball MAY lead off. (when the ball leaves pitchers hand)
5. Runners must slide on a close play or they are out.
No head-first slides are allowed.
6. Regular balls will be used in this league.
11" yellow softballs
7. Any Heat index over 100 degrees at 6:00 p.m. – games will be canceled
This is determined locally not across the league. (ex. Britt is in a heat advisory and they play at Lake Mills which is not under an advisory. Lake Mills will make the call whether they will play the game or not, but Britt can forfeit if they don't want to play)

PeeWee Baseball (4th/5th Grade)

Field Dimensions

- Base paths are 70 feet in length.
- The pitching distance is 49 feet.

General Game Information

- The game will begin at 6:00 pm.
- Teams will play one 7-inning game or 2 hours
- 5 run limit, or 3 outs per inning.
- The 12-run rule is in effect after 4 innings.
- Unlimited substitutions are allowed.

Rules

1. Protective gear is necessary at all times during play.
 - Batters and base runners must wear protective headgear with ear protection at all times.
 - Catchers must wear protective gear and helmets at all times.
2. Metal cleats are allowed, but molded are preferred as some facilities will not allow metal cleats on their portable mounds.
3. No going “around the horn” after an out.
4. Pitchers are allowed to pitch only 4 innings total per game. This is to help prevent injury to pitchers.
5. If a pitcher stays in the game, he can come back to pitch. (If he has not already pitched 4 innings.)
 - If he leaves, he cannot come back to pitch.
6. Every team needs to use a safety base.
7. **Runners may lead off.**
From 3rd base, you may score on a passed ball.
8. The dropped 3rd strike rule is in effect.
 - If the catcher drops the third strike, the batter CAN run to first base if it is not occupied and/if there are 2 outs.
 - If 1st base is occupied and there are less than 2 outs, the batter is automatically out.
9. Any Heat index over 100 degrees at 6:00 p.m. – games will be canceled
 - This is determined locally not across the league. (ex. Britt is in a heat advisory and they play at Lake Mills who is not under an advisory. Lake Mills will make the call whether they will play the game or not, but Britt can forfeit if they don't want to play)
10. Pitching mounds will be used if available. Both teams will be required to use it if one is available.
11. The infield fly rule will be enforced. (defined below)
 - The rule applies only when there are fewer than two outs and a force play at third base and/or bases loaded. In these situations, if a fair fly ball is in play, and in the umpire's judgment is catchable by an infielder with ordinary effort, the umpire shall call "infield fly"

When the rule is in effect, the batter will be out regardless of whether the ball is caught. Umpires typically raise the right arm straight up, index finger pointing up and call to signal the rule is in effect.

- If "infield fly" is called and the fly ball is caught, it is treated exactly as an ordinary caught fly ball; the batter is out, there is no force, and the runners must tag up. On the other hand, if "infield fly" is called and the ball lands fair without being caught, the batter is still out, there is still no force, but the runners *are not* required to tag up. In either case, the ball is live, and the runners may advance on the play, at their own risk.

PeeWee Softball (4th/5th Grade)

Field Dimensions

- Base paths are 60 feet in length.
- The pitching distance is 35 feet.
- 12" softball

General Game Information

- The game will begin at 6:00 pm.
- Teams will play one 7-inning game or two one hour games. If choosing the double-header option a pitcher may only pitch 4 total innings between both games.
- 5 run limit, or 3 outs per inning.
- Unlimited substitutions are allowed.
- The 12-run rule is in effect after 4 innings.
- Runners may leave the base once the ball leaves the pitcher's hand.
 - Runners may only steal home on a passed ball.

Rules

1. Protective gear is necessary at all times during play.
 - Batters and base runners must wear protective headgear with ear protection at all times.
 - Catchers must wear protective gear and helmets at all times.
2. Metal cleats are allowed, but molded are preferred.
3. Teams may only play 9 players on the field at a time but the entire roster may bat.
4. Teams shall pitch according to Iowa High School Rules.
5. If a defensive player has any opportunity to make a play, the runner has to attempt to slide. If they do not slide, they will be called out.
6. Time is called by the umpire only when the ball is in the eight-foot circle – any other time play is live and runners may advance at their own risk. Please make sure each field has a clearly defined 8ft circle
 - If a runner has left the base before the ball gets to the circle, that runner may continue.
 - If they stop forward progress, they must go back to the previous base.
7. The dropped 3rd strike rule is in effect.
 - If the catcher drops the third strike, the batter CAN run to first base if it is not occupied and/if there are 2 outs.
 - If 1st base is occupied and there are less than 2 outs, the batter is automatically out.
8. Any Heat index over 100 degrees at 6:00 p.m. – games will be canceled
 - This is determined locally not across the league. (ex. Britt is in a heat advisory and they play at Lake Mills which is not under an advisory. Lake Mills will make the call whether they will play the game or not, but Britt can forfeit if they don't want to play)
9. The infield fly rule will be enforced. (defined below)
 - The rule applies only when there are fewer than two outs and a force play at third base or bases loaded. In these situations, if a fair fly ball is in play, and in the umpire's judgment is catchable by an infielder with ordinary effort, the umpire shall call "infield fly" When the rule is in effect, the batter will be out regardless of whether the ball is caught. Umpires typically raise the right arm straight up, index finger pointing up and call to signal the rule is in effect.

- If "infield fly" is called and the fly ball is caught, it is treated exactly as an ordinary caught fly ball; the batter is out, there is no force, and the runners must tag up. On the other hand, if "infield fly" is called and the ball lands fair without being caught, the batter is still out, there is still no force, but the runners *are not* required to tag up. In either case, the ball is live, and the runners may advance on the play, at their own risk.

ALL GAMES SHALL BE GOVERNED BY THE OFFICIAL PLAYING RULES OF THE HIGH SCHOOL ATHLETIC UNION UNLESS OTHERWISE STATED.
RULE BOOKS MAY BE PURCHASED BY CALLING THE GIRL'S ATHLETIC UNION AT (515) 288-9741
OR BY MAIL PO BOX 10348 DES MOINES, IA 50306.

Midget Baseball (6th/7th Grade)

Field Dimensions

- Base paths are 75 feet in length. (if you are playing a high school field accommodations need to be made so base paths are NO MORE than 75 FT!)
- The pitching distance is 54 feet.

General Game Information

- The game will begin at 6:00 pm.
- Teams will play one 7 inning game or a two-one hour games if they choose
- 5 run limit, or 3 outs per inning.
- The 12-run rule is in effect after 4 innings.
- Unlimited substitutions are allowed on defense.
- 9 players play the field, but your entire lineup can bat. If your entire line-up does not bat you must follow substitution rules
 - Teams are permitted to substitute players any time the ball is dead. The manager must immediately notify the umpire of the switch and substitutes must bat in the replaced player's batting-order position. Once removed, players are not permitted to return to the game in any capacity. Types of substitutions include pinch-hitting, pinch-running, a pitching change and a defensive replacement.
 - Barring injury or illness, the starting pitcher must pitch until at least one batter reaches base or is put out. Any substitute pitcher must pitch until at least one batter reaches base or is put out, or the offensive team is put out in some other manner.
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- A 15-run rule will be in effect after three complete innings; a 12-run rule will be in effect after four complete innings.
- A minimum of eight players is needed to start the game.
 - When batting, the ninth position will be an out.
 - Any fewer players will require a forfeit.

Rules

1. Protective gear is necessary at all times during play.
 - Batters and base runners must wear protective headgear with ear protection at all times.
 - Catchers must wear protective gear and helmets at all times.
2. Metal cleats are allowed, but molded are preferred as some facilities will not allow metal cleats on their portable mounds.
3. A courtesy runner for the catcher and pitcher can be used.
4. Pitching Regulations
 - A maximum of 4 innings per pitcher, per day.
 - A pitcher may not pitch two days in a row if they have pitched a full 4 innings the previous day.
 - The only balk that will be called is when a pitcher fails to throw to first base while on the rubber, and this will only be called the second time it happens in a game.
 - The first time will be a warning from the umpire.
 - **If you have a mound available you must use it.**
5. The dropped 3rd strike rule is in effect.

- If the catcher drops the third strike, the batter CAN run to first base if it is not occupied or if there are 2 outs.
 - If 1st base is occupied and there are less than 2 outs, the batter is automatically out.
6. A player may not intentionally create contact with another player at any time.
- If the defensive player has the ball and a play is being made, the offensive player must either slide or make every effort to avoid contact with the defensive player.
 - Should a player run over or crash into another player, he will be ejected from the game.
 - If a defensive player is in the base path without the ball and makes contact with, or impedes the path of the offensive player, interference will be called on the defensive player.
 - Any runner obstructing a throw to attempt a double play will result in a double play being called.
7. Any Heat index over 100 degrees at 6:00 p.m. – games will be canceled
- This is determined locally not across the league. (ex. Britt is in a heat advisory and they play at Lake Mills which is not under an advisory. Lake Mills will make the call whether they will play the game or not, but Britt can forfeit if they don't want to play)
8. Pitchers will pitch from a pitching mound if provided by the home team, both teams will be required to use it.
9. The infield fly rule will be enforced. (defined below)
- The rule applies only when there are fewer than two outs and a force play at third base or bases loaded. In these situations, if a fair fly ball is in play, and in the umpire's judgment is catchable by an infielder with ordinary effort, the umpire shall call "infield fly" When the rule is in effect, the batter will be out regardless of whether the ball is caught. Umpires typically raise the right arm straight up, index finger pointing up and call to signal the rule is in effect.
 - If "infield fly" is called and the fly ball is caught, it is treated exactly as an ordinary caught fly ball; the batter is out, there is no force, and the runners must tag up. On the other hand, if "infield fly" is called and the ball lands fair without being caught, the batter is still out, there is still no force, but the runners *are not* required to tag up. In either case, the ball is live, and the runners may advance on the play, at their own risk.

ALL GAMES SHALL BE GOVERNED BY THE OFFICIAL PLAYING RULES OF THE NFHS. THE NFHS RULEBOOK CAN BE FOUND ON THE NFHS APP OR <https://www.nfhs.org/activities-sports/baseball/>

Midget Softball (6th/7th Grade)

Field Dimensions

- Bases are 60 feet apart.
- Pitching distance is 40 feet.

General Game Information

- Game will begin at 6:00pm.
- Teams will play one 7 inning game or a two-one hour games if they choose
- 5 run limit, or 3 outs per inning.
- 9 players will play the field, but the entire roster may bat.
- Unlimited substitutions are allowed.
- Runners may steal bases once the ball leaves the pitcher's hand.

Rules

8. Protective gear is necessary at all times during play.
 - Batters and base runners must wear protective headgear with ear protection at all times.
 - Catchers must wear protective gear and helmets at all times.
9. Metal cleats ARE allowed.
10. Teams may only play 9 players on the field at a time.
11. Teams shall pitch according to Iowa High School Rules.
12. If a defensive player has any opportunity to make a play, the runner has to attempt to slide. If they do not slide, they will be called out.
13. Time is called by the umpire only when the ball is in the eight foot circle – any other time play is live and runners may advance at their own risk.
 - If a runner has left the base before the ball gets to the circle, that runner may continue.
 - If they stop forward progress, they must go back to the previous base.
14. The dropped 3rd strike rule is in effect.
 - If the catcher drops the third strike, the batter may advance to first base if it is not occupied or if there are 2 outs.
 - If 1st base is occupied and there are less than 2 outs, the batter is automatically out.
15. Any Heat index over 100 degrees at 6:00 p.m. – games will be canceled
 - This is determined locally not across the league. (ex. Britt is in a heat advisory and they play at Lake Mills who is not under an advisory. Lake Mills will make the call whether they will play the game or not, but Britt can forfeit if they don't want to play)
16. Infield fly rule will be enforced.
 - The rule applies only when there are fewer than two outs, and there is a force play at third base and/or bases loaded. In these situations, if a fair fly ball is in play, and in the umpire's judgment is catchable by an infielder with ordinary effort, the umpire shall call "infield fly" When the rule is in effect, the batter will be out regardless of whether the ball is actually caught. Umpires typically raise the right arm straight up, index finger pointing up and call to signal the rule is in effect.

- If "infield fly" is called and the fly ball is caught, it is treated exactly as an ordinary caught fly ball; the batter is out, there is no force, and the runners must tag up. On the other hand, if "infield fly" is called and the ball lands fair without being caught, the batter is still out, there is still no force, but the runners *are not* required to tag up. In either case, the ball is live, and the runners may advance on the play, at their own risk.

ALL GAMES SHALL BE GOVERNED BY THE OFFICIAL PLAYING RULES OF THE HIGH SCHOOL ATHLETIC UNION, UNLESS OTHERWISE STATED.
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