

Wellington Recreation

Official Age 7-9 Coach/Player Pitch Manual



Wellington Recreation modifications to the National Federation of High Schools Baseball rules. Visit www.nfhs.org to purchase a rulebook.

Purpose of League Play

The purpose of the league to be sponsored by Wellington Recreation is to provide kids with the opportunity for learning and fun in a safe environment. Friendly competition and clean sportsmanship will be emphasized. Our main goal is for ALL participants to have FUN while building athletic, team, and social skills.

RULE 1 - Players, Field and Equipment

- A. There shall be nine (9) defensive players on the field at a time, three (3) outfielders, five (5) infielders & a catcher.
- B. No metal cleats will be allowed.
- C. Catchers must wear a helmet, which includes ear protection. The mask must have a separate, attached throat protector. The chest protector shall have a tail that protects the groin area. All male catchers must wear protective cups.
- D. It is strongly recommended that all players wear a protective cup.
- E. The diamond shall be sixty (60) feet between bases.
- F. The pitcher's rubber shall be thirty-five (35) feet from the point of home plate.
- G. Throw Down bases will be provided by Wellington Recreation.
- H. The official ball shall be a safe-t-ball provided by Wellington Recreation.

RULE 2 - Playing Terms and Definitions

- A. There will be no balks called.
- B. Bunting will not be allowed.
- C. There is no infield fly rule.
- D. A half inning is over when there are three (3) outs or when the number of players in attendance of the larger team have batted. A coach shall announce the last batter prior to their at bat.
- E. A batter is out when the umpire, regardless of whether the ball is caught by the catcher or not, calls the third strike.
- F. Sliding is allowed. Any slide must be feet first, and should be attempted only after proper training.
- G. The strike zone includes the neck & the knees, the width of the plate **PLUS** three (3) inches to either side of the plate. Batters should be swinging. Please be liberal with this.

RULE 3 - Substituting – Coaching - Bench & Field Conduct-Charge

- A. On defense, free substitution shall be allowed, however, all players shall play at least every other inning.

- B. On offense the batting order shall contain the entire roster of players.
- C. A team may start or end a game with eight players, and an automatic out will not be charged for the missing players. If a team has fewer than eight players, that team shall borrow players from the other team as long as the other team can start with nine players. If at any time a team has fewer than 8 players the game shall be forfeited.
- D. A player who carelessly or unintentionally throws their bat or helmet shall receive one (1) warning. Further infractions by the same player, or a player who intentionally throws their bat or helmet, shall result in the player being called out and in forfeiture of their next turn at bat (automatic out).

RULE 4 - Starting and Ending the Game

- A. Games shall start and end on time.
- B. No inning shall begin later than 90 minutes after the game's scheduled starting time.
- C. Wellington Recreation will not reschedule rainouts. Managers may reschedule un-played games at their option.

RULE 5 - Dead Ball - Suspension of Play

- A. On an overthrown ball to first base that goes into foul territory, base runners may not advance unless they were attempting to advance before the ball crossed the baseline, in which case base runners shall be awarded the base to which they were advancing.

RULE 6 - Pitching

- A. Pitchers may pitch no more than three (3) innings per week. Once another player has replaced a pitcher, they may not reenter the game as a pitcher.
- B. An adult pitcher shall be used during EVEN numbered innings. Players shall pitch during ODD numbered innings.
- C. Adult pitchers will take over during odd numbered innings after three (3) walks have been given up by a player pitcher, or any combination of player pitchers, in one inning.
- D. The adult pitcher shall be considered a defensive player.
- E. If a batted or thrown ball hits the adult pitcher, the ball remains live and play continues, unless if a batted ball lodges in the adult pitcher's clothing, the ball is dead, the batter is awarded first base, and all base runners shall advance one (1) base.
- F. If a batted ball hits the adult pitcher & bounces into foul territory without going past first or third base & without being touched by a defensive player, a dead-ball single is awarded the batter and base runners will not advance unless in a force situation.
- G. The adult pitcher should be either the coach or manager of the team, and shall pitch to the players of their team. If a coach or manager is unable to pitch, any **ADULT** may assume the pitching duties.
- H. The adult pitcher shall pitch with at least one knee touching the ground. There are no restrictions as to how many adult

pitchers are used in one game, or on how many times the pitcher may be replaced. If a change is made in the middle of inning, no warm-up pitches shall be permitted.

- I. Bases on balls are NOT awarded when an adult pitcher is pitching. If an adult pitcher is not able to throw strikes consistently, a new adult pitcher should be brought in. Bases on balls shall be awarded when the player is pitching.
- J. Adult pitchers are prohibited from fielding any batted or thrown ball, except in self-defense, other than a return throw from a fielder at the end of playing action. If a batted or thrown ball inadvertently strikes the adult pitcher, refer to the rule above dealing with this issue. If an adult pitcher, in the judgment of either umpire, intentionally fields a batted or thrown ball, all runners, including the batter-runner, shall be awarded home.

RULE 8 - Base Running

- A. Once the pitcher has control of the ball within an eight (8) foot radius of the pitcher's rubber, runners must remain in contact with their bases until the ball crosses home plate. The first time a runner leaves too soon, a warning shall be issued to the runner. The second time, the runner shall be called out. Each runner shall be issued one warning per time on base. Warnings and penalties shall be called immediately, and the ball will be considered dead before the pitch.

RULE 9 - Scoring - Record Keeping

- A. Official game scores and team standings shall not be kept.

RULE 10 - Umpiring

- A. Each team shall provide one umpire for each game. The umpires shall trade positions after three innings.
- B. The Umpire-In-Chief shall make the calls at home and third base, keep track of the count and number of outs, the Field Umpire shall make the calls at first and second base in the field, and determine that all base runners remain in contact with their bases until the ball has crossed the plate.

Miscellaneous:

- Playing Conditions: Field supervisor will determine if games will or will not be played. Games will be called if safety is a concern.
- Opposing parents/coaches and players should shake hands after each game.
- Wellington Recreation recommends that this age group should have practices limited to one or two 45-60 minute sessions per week.
- Games called due to inclement weather will not be rescheduled. It will be up to the coaches to set up a time, if any to make up a missed game.

- Participation awards will be given to ALL participants.
- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters.
- All coaches and officials are volunteers and as such are not employees of the Town of Wellington.
- All coaches will be required to attend a training seminar and will be subject to a background check.
- No alcoholic beverages or tobacco products will be allowed or used in the parks during youth games or practices.
- Swearing will not be tolerated by fans, participants, or coaches. All adults need to remember that they are role models and need to be positive in their words and actions.
- Elastic Clause: The league director shall have complete charge of the Youth Soccer League. Any and all situations not specifically covered by these rules shall be acted upon by the League Director and all actions by the league director will be final.
- The league director reserves the right to change or amend any of the rules or regulations contained in this manual. Any questions concerning Youth Soccer should be directed to:

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