



# **YMCA of Metropolitan Fort Worth**



## **T-Ball /Coach Pitch/ Baseball Coaches Manual**

**Mission Statement:**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all

## **Purpose of YMCA Sports**

The sports program is designed to be an aid and tool in the development and growth of the participants. The YMCA is not a building, athletic fields or just sports. It is an association of people, a fellowship of people united by a common loyalty to Jesus Christ for the purpose of developing Christian personalities and building a Christian society. The YMCA is not just a sports association; however, the YMCA does use sports as one of its programs to foster physical, mental, and spiritual growth. The attainments of exceptional athletic skills and the winning of games, though important, are secondary- the molding of future men and women is the goal.

### **YMCA Sports Pledge**

All players and coaches are asked to repeat the following pledge in unison prior to every game: (any volunteer and/or coach may say the pledge)

*"Win or lose, I pledge before God to play the game as well as I know how, to obey all the rules, to be a good sport at all times, and to improve myself in spirit, mind, and body."*

### **Playing Balls**

3/4 Year Olds - Official T-Ball

5/6 year olds T-Ball / Pitch - R.I.F. (Level 5)

7/8 year olds Coach Pitch - R.I.F. (Level 5)

9/10 year olds and up - Regulation Ball

### **Roster Size**

Minimum of 10 players, Maximum of 13 players

## **YMCA of Metropolitan Fort Worth (3&4 Year Old) Tee-Ball Rules**

1. A maximum of (2) two coaches, assistant coaches, or team parents may be in the field during their teams defensive series.
2. Home plate to the pitcher's mound / circle shall be 25 feet. Base path distance shall be 30 feet.
3. An arc will be placed 10 feet in front of home plate extending from foul line to foul line. Any ball hit on or beyond the 10-foot arc will be considered a fair ball. Any ball not traveling the required 10 feet will be a foul ball.
4. Home team is required to provide the Tee for the game.
5. Games consist of 2 innings or 50 minutes, whichever occurs first. No new inning may start after 45 minutes.
6. When a ball is hit on the infield, runners may advance one base.
7. Each player will bat each inning. The last batter will hit a "Home Run" to clear the bases. For the 2<sup>nd</sup> inning the batting order shall be flipped so whoever hit the "Home Run" will now lead off
8. Infielders may play no closer than 10 feet inside the baseline.
9. All players will play on defense; each player shall be in a regular baseball position with the remaining players playing in the outfield.

## **YMCA of Metropolitan Fort Worth Tee-Ball / Coach Pitch Rules (5&6 year olds)**

1. Only the coach that is pitching will be allowed on the infield; all other coaches must stay outside the foul lines. Base coaches are not permitted to touch the players when the ball is in play. Specifically, this means that the coach cannot push the player to get him/her moving toward the next base or restrain them from advancing to the next base. In either case, the umpire will declare the player out.
2. Home plate to the pitcher's mound / circle shall be 25 feet. Base path distance shall be 40 feet.
3. Home team is required to provide the Tee for the game.
4. Each player will bat each inning. The last batter will hit a "Home Run" to clear the bases. The batting order shall list all eligible players who have shown up for the game. Each player must bat in the order they are listed. Players showing up late will be added to the bottom of the

- batting order. Coaches need to reverse the batting order each new inning.
5. Each player will be given a maximum of 3 pitches per batting turn. If a player has not hit the ball after 3 pitches, the player will be awarded two tries off a tee. If the coach decides the batter will not progress by being thrown 3 pitches, then the batter can take 5 chances off of the tee instead.
  6. Coaches must pitch overhand. No softball (underhanded) like throws are allowed. Coaches may pitch from a knee.
  7. Stealing bases is not permitted.
  8. Games consist of 3 innings or 50 minutes, whichever occurs first. No new inning may start after 45 minutes.
  9. All players will play on defense; each player shall be in a regular baseball position with the remaining players playing in the outfield.
    - a. Each player must play a minimum of two defensive innings per game (time permitting). No player will be on the bench for two consecutive innings.
    - b. All players must play an equal number of outfield and infield positions during the course of the season.
  10. Outfielders may play no closer than 20 feet outside an imaginary line connecting the bases.
  11. The batting order shall list all eligible players who have shown up for the game. Each player will bat each inning. The last batter will hit a "Home Run" to clear the bases. For the 2nd inning the batting order shall be flipped so whoever hit the "Home Run" will now lead off. Players showing up late will be added to the bottom of the batting order. **Coaches need to reverse the batting order each new inning.**
  12. The infield fly rule will not be enforced.
  13. Throwing the bat is a major safety problem. Each child will be given one warning on throwing the bat. On the next offense (by the same batter) the batter will be called out, play stopped and runners may not advance.
  14. A runner who is trying to advance to the next base on an outfield hit but is unable to because the base is occupied by another runner will be allowed to return to their previous base once the ball is returned to the infield.
  15. Infield hits will be awarded a single base hit. No base runner will advance more than one base. Runners may not advance on an over throw.
  16. When a ball is hit on the infield, runners may advance one base. If the ball is hit to the outfield,

runners may advance the two base maximum. An outfield hit is one that goes beyond a normally positioned infield player.

17. The pitching coach may field a batted ball only for the reason of self-protection. When this happens, play is stopped, runners may advance one base and the batter is awarded first base. Any batted ball that is deflected by the pitching coach will also be a dead ball and the batter will be awarded first base.

## **YMCA of Metropolitan Fort Worth Coach Pitch Rules (7&8 year olds)**

1. Only the coach that is pitching will be allowed on the infield; one defensive coach is permitted to be in the outfield; all other coaches must stay outside the foul lines. Base coaches are not permitted to touch the players when the ball is in play. Specifically, this means that the coach cannot push the player to get him/her moving toward the next base or restrain them from advancing to the next base. In either case, the umpire will declare the player out.
2. Home plate to the pitcher's mound shall be 36 feet. Base path distance shall be 50 feet.
3. A game consists of 6 innings or 55 minutes, whichever occurs first. No new inning may start after 55 minutes.
4. An inning is over after 3 outs or five runs have been scored, whichever occurs first. Each team can record a maximum of 5 runs in any given inning.
5. There may be nine players on the field defensively. Each player shall be in a regular baseball position with the exception of the player in the pitcher's position. This player must start behind the pitcher's rubber on either side
  - a. Each player must play a minimum of two defensive innings per game (time permitting). No player will be a substitute on the bench for two consecutive innings.
6. To keep the game going, each team will need to provide a coach to fill the position as catcher. You are still allowed to field 9 players, so the 9<sup>th</sup> player can either play a 4<sup>th</sup> position in the outfield or be an assistant catcher wearing a catcher's mask, the rest of the catcher's gear is optional.
7. Infielders may play no closer than 10 feet inside an imaginary line connecting the bases.
8. Outfielders may play no closer than 20 feet outside an imaginary line connecting the bases.
9. The batting order shall list all eligible players who have shown up for the game. Each player

must bat in the order they are listed before starting over at the top of the batting order.

Coaches must exchange lineups prior to the start of the game. Players showing up late will be added to the bottom of the batting order.

10. The batter will receive 5 pitches from their own coach; coaches must throw overhand. If the fifth pitch is fouled, the at bat will continue until the last pitch is not a foul ball.
  
11. The pitching coach may field a batted ball only for the reason of self-protection. When this happens, play is stopped, runners may advance one base and the batter is awarded first base. Any batted ball that is deflected by the pitching coach will also be a dead ball and the batter will be awarded first base.
12. Throwing the bat is a major safety problem. Each child will be given one warning on throwing the bat. On the next offense (by the same batter) the batter will be called out, play stopped and runners may not advance.
13. Bunting is not allowed.
14. Infield fly rule will be enforced. An infield fly is defined as a fly ball that may be easily caught by an infielder while runners are occupying first base and second base or if the bases are loaded with less than 2 outs.
15. After hitting the ball, a player may take as many bases as possible until the ball is returned to the infield as determined by the umpire. The umpire will signal "Time" to call play to a halt. If a player is more than half way to the base when the umpire calls time the runner will advance to that base. If less than halfway they will return to the base they were coming from.
16. Leading off of a base is not permitted. The runner must have one foot on the base until the hitter makes contact with the ball.
17. Runners may only advance one base on an over throw.
18. If time has expired, and Home team is losing by 5 runs or less, they will get their last at bat. If they are winning, then the game will be declared over. (All players must bat at least one time)

## YMCA of Metropolitan Fort Worth Minors Baseball Rules (9&10 year olds)

1. Home plate to the pitcher's mound / circle shall be 40 feet. Base path distance shall be 60 feet.
2. A game consists of 6 innings or 1 hour 15 minutes, whichever occurs first. No new inning may start after 1 hour and 5 minutes.
3. An inning is over after 3 outs or 5 runs scored, whichever occurs first. A maximum of 5 runs per team per inning may be scored.
4. Only head coaches, assistant coaches, and team players may occupy the bench or dugout area during the game.
5. Each player must play a minimum of 2 full defensive innings per game, time permitting. No player will be a substitute on the bench for two consecutive innings.
6. The batting order shall list all eligible players that have shown up for the game. Each player must bat in the order they are listed. Coaches must exchange line-ups prior to the start of a game. Any player showing up late for the game will be added to the bottom of the order.
7. Pitchers may pitch a maximum of 4 innings per day or 50 total pitches, no exceptions. Pitchers should only pitch a maximum of 75 pitches per week at this age group. An inning is any part of an inning (one pitch). If a pitcher is removed from the mound, during play or between innings, that player can no longer pitch in that
8. Balk rules will not be enforced.
9. The "infield fly rule" will be enforced.
10. Base play: Tight bases—Stealing is allowed with no leadoffs. The ball must be past the batter before an attempt is made. Stealing home is NOT permitted, no exceptions. If a runner is stealing 3<sup>rd</sup> and the ball is over thrown the runner may advance home. If there is a runner on 3<sup>rd</sup> and 1<sup>st</sup> and the runner from 1<sup>st</sup> attempts to steal 2<sup>nd</sup> and a throw is made to 2<sup>nd</sup> base, the runner at 3<sup>rd</sup> may advance home
11. The batter is out if the third strike is dropped by the catcher. The batter may not attempt to advance to first base.
12. The catcher may be pinch run for to allow them to put on catchers gear to speed up the game
13. Runners may only advance one base on an over-throw.
14. If time has expired, and Home team is losing by 5 runs or less, they will get their last at bat. If they are winning, then the game will be declared over. (All players must bat at least one time)

## YMCA of Metropolitan Fort Worth Majors Baseball Rules (11 & 12 year olds)

1. Home plate to the pitcher's mound / circle shall be 48 feet.
2. Base path distance shall be 60-70 feet.
3. A game consists of 6 innings or 1 hour 15 minutes, whichever occurs first. No new inning may start after 1 hour and 5 minutes.
4. An inning is over after 3 outs or 5 runs scored, whichever occurs first. A maximum of 5 runs per team per inning may be scored.
5. Only head coaches, assistant coaches, and team players may occupy the bench or dugout during the game.
6. Each player must play a minimum of 2 full defensive innings per game, time permitting. No players will be a substitute on the bench for two consecutive innings.
7. The batting order shall list all eligible players that have shown up for the game. Every player must bat in the order they are listed. Coaches must exchange line-ups prior to the start of the game. Any player showing up late for the game will be added to the bottom of the order.
8. Pitchers may pitch a maximum of 4 innings per day or 75 total pitches, no exceptions. Pitchers should only pitch a maximum of 100 pitches per week at this age group. If a pitcher is removed from the mound during play or between innings, that player can no longer pitch in that game.
9. Base play: Loose bases—leadoffs and stealing are both permitted.
10. Balk rules will be enforced.
11. The "infield fly rule" will be enforced.
12. If the third strike is dropped by the catcher, the batter may attempt to advance to first base. However, if first base is occupied and there are less than two outs, the batter is out.
13. Runners may advance as many bases as possible on an over throw.
14. The catcher may be pinch run for to allow them to put on catchers gear to speed up the game
15. If time has expired, and Home team is losing by 5 runs or less, they will get their last at bat. If they are winning, then the game will be declared over. (All players must bat at least one time)

## Disciplinary Actions

The YMCA understands the necessity of a coach to sometimes discipline his/her players. The YMCA will allow this only in regards to disruptive behavior and practice absences. If the coach elects to utilize this disciplinary option as a teaching method, he/she must abide by the following procedures:

NOTE: This action is to deter a habitual action, not a single unavoidable circumstance.

1. Clearance with the Sports Director at the YMCA.
2. Discuss the situation with the child's parents.
3. Notify the opposing coach prior to commencement of the game, if needed.
4. Clearance is for one game only. Each offense must be processed.

## Ejected

If a player, coach, or fan is ejected from a game, the head coach must notify the Sports Director within 48 hours. Failure to report an ejection may result in further action taken against the head coach. The player, coach or fan will be placed on probation for the remainder of the season and will receive a minimum one game suspension to be served at the next game. If the same player, coach, or fan is ejected a second time during the season, he/she could face the possibility of being suspended for the remainder of the season, depending on the nature of the offense.

## First Aid

1. Coaches and parents are responsible for providing first aid to their own team and child.
2. Cover open sores/lesions prior to the game.
3. A team member who has an open wound will be prohibited from participating further in the game until appropriate treatment has been administered.
4. If medical care or treatment can be administered in a reasonable amount of time, the individual would not have to leave the game. The official judges the length of time that is considered reasonable.
5. Suggested guidelines for providing first aid:
  - a. Wear gloves when contact with blood or other body fluids is anticipated.
  - b. Immediately wash hands and other skin surfaces with soap and water if in contact with blood or body fluids.
  - c. The bloodied portion of the uniform must be properly disinfected, or the uniform changed before the individual may participate.
  - d. Clean all blood contaminated surfaces and equipment with a solution of 1:10 bleach and water or other disinfectant.