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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.

Purpose of YMCA Baseball/Softball

The activities around baseball/softball are merely a vehicle by which we as concerned adults utilize Christian models to work with young people. The program purpose is:

1. Develop and build self-esteem;
2. Develop and teach physical skills, fitness, and health;
3. Develop social skills and relationships among participants;
4. Support and strengthen family life;
5. Develop responsibility, decision making, and leadership;
6. Create a unique and enjoyable leisure family activity.

YMCA of Arlington Mission Statement

The YMCA Of Arlington is a human care organization which puts Christian values into practice, through programs and activities that encourage the development of a healthy body, mind and spirit of individuals of all religions, races, ages and communities.

YMCA Pledge and Procedures

Teams may warm up prior to the start of the game. Before each game, the umpire/parent umpire will instruct each team to line up shoulder-to-shoulder facing the opposing team. The umpire/parent umpire will then ask the teams to repeat the YMCA pledge after reciting one line at a time.

Coach	Win or lose, I pledge before God,
OOOOOOOOOO	To play the game as well as I know how,
Umpire	To obey the rules,
XXXXXXXXXX	To be a good sport at all times,
Coach	And to improve myself
	In spirit, mind and body.

The umpire/parent umpire will then thank the team, give them any pre-game instructions, and be able to inform the coaches of any necessary information. When this is done, the teams may move to their bench area and take their position on the field.

Now You're a Coach

For your players, you, the coaches are the single most important adult leader. You will help the players have fun, learn skills, develop sportsmanship, and discuss values in a meaningful way.

You Will:

- Contact parents and players.
- Conduct parent/players meeting.
- Look at yourself and explore your own motivations, values and goals.
- Listen to and share with other adult leaders.
- Recruit players through your children to complete your roster, if needed.
- Set practice days with start and finish times, plus location.
- Explain your discipline procedures for behavior problems, missed practices, etc., (nothing too severe, unless cleared with Sports Director).
- Stress parental and player conduct while at the field.
- Inform parents about Base/Softball equipment: glove, bat, ball, good fitting shoes and approved equipment only. The YMCA will supply every team with enough equipment for the season.
- Require clean uniforms for every game.
- Stress the need for players to maintain good school grades.
- Get parents involved: 1st base coach, 3rd base coach, parent umpire if needed, team mom, etc.
- Verify your roster, making sure all player information is correct; pass on any corrections to the YMCA Sports Department.
- Question and answer period.

Conduct Practice Sessions:

- Get to know your players personally.
- Help them set goals and work towards them.
- Lead discussions by asking questions and introducing problems and situations for players to deal with.
- Teach baseball/softball skills and physical fitness.
- Build teamwork.
- Enjoy yourself and let your players know it.

Game Responsibilities:

- See that your players are present and ready to play.
- Pre-game warm ups.
- Introduce yourself to the game official and the opposing teams coach.
- Control yourself, players and parent behavior during and after the game.

Coach and encourage your team during the game. DO NOT try and officiate the game from the sideline!! If you would like to officiate, please call the Sports Department (817-801-1400).

YMCA of Arlington Coaching Philosophy

As the coach, forget the professional and college coach models and the win at all cost approach. Do not try to get your feeling of self-worth from your team's win-lost record. Coaching youth sports calls for teaching the fundamentals properly, developing the basic team concepts, working on fair play values and encouraging all players to participate and enjoy the sport. The most important element is the relationship between the coach and the team. The coach is a leader, role model, teacher and friend. This relationship is far more significant than runs scored or the games won. The quality of the coach-team relationship is the ultimate measure of success for youth sports coaches.

- Keep it simple: Most sports are relatively simple to play and can be enjoyed by all ages. Overcomplicated formations, plays and strategies tend to confuse and frustrate youth. By keeping it simple, it will build self-esteem and confidence.
- Work on basic skills: Younger teams especially should concentrate on fundamentals. Teach skills and concentrate on the basic. Help players become conscious of the importance of proper execution. Stop the action often to help individual players improve, but don't interfere excessively.
- Work with every player on your team: The most highly skilled and least skilled players on your team should be given equal attention. Every player should be helped to improve in ability and to enjoy the game. It is important that every player participates and has fun, rather than just a few good players dominating the action.
- Teach 'Fair Play': Playing fair is an essential part of youth sports. Respect for oneself, teammates, the other team, the rules and the officials who uphold them.
- Keep winning in perspective: Winning games is only one of the many goals that are important in sports. Help players and their parents become aware of other important goals: learning skills, becoming better physically fit, being a good leader and a good follower, dealing with the emotions of sports and having fun.

Disciplinary Actions

The YMCA understands the necessity of a coach permitted to discipline a player. 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 one game suspension to be served at the next game. If the same player, coach or fan endures a second ejection 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.

Game Day

Game schedules and rescheduling: The sports department does all scheduling of league games. NO changes in time or date are permitted without authorization from the sports department.

Forfeits: No forfeits will be accepted if there are two teams at the field, regardless of the number of players. The objective is for the teams to play. Problems need to be worked out and games played if at all possible.

Protest: No protest will be accepted. Disagreements made during a game must be corrected on the spot. Show respect for the game and each other; let's make this a positive experience for the kids.

Equipment: Only equipment provided by the YMCA of Arlington will be used for practice and games, unless approved by

the Sports Department. Helmets are required for all on-deck batters, batters and runners. Catchers are required to wear full catcher's equipment, including protective cup for male catchers.

Game Roster: Coaches shall submit a copy of the official team roster to the official scorekeeper at least five (5) minutes prior to the start of the game. Coaches shall inform the official scorekeeper at this time of any player on his roster who will not play because of disciplinary action, injury or absence. The scorekeeper should then inform the opposing coach.

Umpiring: When dealing with young children, remember that the skill level and experience levels are low. For this reason, umpires will be impartial, but do not intimidate the children. Help them, guide them and give them confidence. Remember the game should not be so technical that it cannot be reasonably played by the young players or such that the progress of the game is unduly hampered.

Parent Umpires- Mighty Tots, T. Ball, T. Softball, and Coach Pitch Baseball/Softball: Each team will furnish one parent umpire. Parent umpires will be responsible for base and field rules. The head coach of each team will alternate at the plate when his team is at bat, not as an official, but to aid his/her players. If two parent umpires are not available, then only one will work the game. If there are no parent umpires, the coaches will alternate umpiring. It is recommended that parent umpires do not coach, just make the calls.

Scorekeeping: Each team will be responsible for furnishing a scorekeeper. The "home team" will be the official scorekeeper for the game. Scorekeepers must keep track of innings played by each child and note any player not playing his required number of innings (at least every other inning). Line-ups must be exchanged at least five (5) minutes prior to game time.

Conduct: No razzing or harassing of umpires or other team members is permitted. Spectators at games must be kept under control by coaches. Failure to maintain control of players and spectators may result in the cancellation of the game as recommended by the site supervisor.

Bench area: The home team will occupy the third base dugout, visiting team first base dugout.

Awards: The YMCA does not provide Trophies.

Rainout Policy

Saturdays

If it is raining on game day, no decision will be made prior to 8:00am. At that time, the decision for all morning games will be made. Every effort will be made to play the games as scheduled. Please call the YMCA of Arlington Sports Department Rainout Line (817-459-8614) for the status of your game. At 12:00 (noon), a decision will be made for the remainder of the day. Please call the YMCA of Arlington Sports Department Rainout Line (817-459-8614) for the status of your game.

Sundays

The decision for Sunday afternoon games will be made at 11:00am. Every effort will be made to play the games as scheduled. Please call the YMCA of Arlington Sports Department Rainout Line (817-459-8614) for the status of your game. The Sports Department is closed on Sundays.

Weeknights

The decision for weeknight games will be made at 4:00pm. Every effort will be made to play the games as scheduled. Please call the YMCA of Arlington Sports Department Rainout Line (817-459-8614) for the status of your game.

Rescheduling Rainout Games

Coaches, please contact the YMCA Sports Department (817-801-1400) or by visiting our website at www.ymca-arlington.org after 2 business days of your rainout to receive your rescheduled game; the Sports Department will not contact you for games that have been rescheduled.

Once the game has started, the official or site supervisor will be in charge of canceling the game. At least three (3) complete innings must be played in order to be considered a complete game, two (2) innings for Coach Pitch and T-Ball. The YMCA will reschedule all games that are cancelled due to rainouts. Coaches, please instruct your parents about this policy. Utilize a phone bank upon notification of your game.

BASEBALL RULES

RULE 1 PLAYING TERMS AND DEFINITIONS

SECTION 1 BALK

ART 1...A balk is an illegal act committed by the pitcher with a runner(s) on base which entitles each runner to advance one base.

SECTION 2 BALL, BASE ON BALLS, INTENTIONAL BASE ON BALLS

ART 1... A base on balls is an award of first base (often referred to as a "walk") if a batter receives four such balls. The batter must go immediately to first base before time out is called.

ART 2... An intentional base on balls may be given by the defensive team by having its catcher or coach request the umpire to award the batter first base. This may be done before pitching to the batter or on any ball and strike count. The ball shall be declared dead before making the award.

SECTION 3 BASE HIT

ART 1... A fair ball is a batted ball which:

- a. settles on fair territory between home and third base or between home and first base; or
- b. contacts fair ground on or beyond an imaginary line between first and third base; or
- c. is on or over fair ground when bounding to the outfield past first or third base; or
- d. first falls on fair ground on or beyond first or third base; or
- e. touches first, second or third base; or
- f. while on or over fair territory, touches the person of an umpire or player, their clothing or equipment; or
- g. while over fair ground passes out of the playing field in flight.

NOTE: A fly ball or line drive, which passes over or inside first or third base in flight and curves to foul ground beyond such base, is not a fair hit; but a hit which goes over or through the fence is a fair hit if it is over fair ground when it leaves the field.

SECTION 4 BATTER, BATTER'S BOX, BATTER RUNNER

ART 1... The batter is the player of the team at bat who is entitled to occupy either of the two batters' boxes.

ART 2... The batter's box is the 4 foot x 6 foot area in which the batter shall stand when batting. The lines are part of the box.

ART 3... A batter-runner is a player who has finished a time at bat until he is put out or until playing action ends.

SECTION 8 BUNT

ART 1... A bunt is a fair ball in which the batter does not swing to hit the ball, but holds the bat in the path of the ball to tap it slowly to the infield.

NOTE: If an attempt to bunt is a foul ball, it is treated the same as any other foul ball, except that if the attempt is by a batter who has two strikes, such batter is out.

SECTION 6 CATCH

ART 1... A catch is the act of a fielder in getting secure possession in his hand or glove of a live ball in flight and firmly holding it, provided he does not use his cap, protector, mask, pocket or other part of his uniform to trap the ball. The catch of a fly ball by a fielder is not completed until the continuing action of the catch is completed. A fielder who catches a ball and then runs into a wall or another player and drops the ball has not made a catch. A fielder, at full speed, who catches a ball and whose initial momentum carries him several more yards after which the ball drops from his glove has not made a catch. When the fielder, by his action of stopping, removing the ball from his glove, etc., signifies the initial action is completed and then drops the ball, will be judged to have made the catch.

SECTION 7 FIELDER

ART 1... A fielder is any one of the nine players of the defensive team.

ART 2... The players who play left field, right field and center field are outfielders.

ART 3... The others are infielders.

ART 4... The pitcher and catcher are the battery.

SECTION 8 FOUL, FOUL TIP

ART 1... A foul is a batted ball:

- a. which settles on foul territory between home and first base or between home and third base; or
- b. that bounds past first or third base on or over foul territory; or

- c. that first falls on foul territory beyond first or third base; or
- d. that, while on or over foul territory, touches the person of an umpire or a player or any object foreign to the natural ground.

ART 2... A foul tip is a batted ball that goes directly to the catcher's hands and is legally caught by any fielder. It shall be called a strike and the ball is in play.

SECTION 9 ILLEGAL PITCH

ART 1... An illegal pitch is an illegal act committed by the pitcher with no runner on base, which results in a ball being awarded the batter. When an illegal pitch occurs with a runner, or runners, on base, it is ruled a balk.

SECTION 10 INFIELD FLY

ART 1... An infield fly is a fair fly (not including a line drive nor an attempted bunt) which can be caught by an infielder with ordinary effort, (rule does not preclude outfielders from being allowed to make the catch) and provided the hit is made before two are out and at a time when first and second bases or all bases are occupied. When it seems apparent that a batted ball will be an infield fly, the umpire immediately announces it for the benefit of the runners. If the ball is near a base-line, the umpire shall declare, "Infield fly, if fair."

SECTION 11 OUT—FORCE-OUT, STRIKEOUT, TAG OUT, THROW-OUT

ART 1... A force-out is a putout during which a runner who is being forced to advance is tagged out, or is put out by a fielder who holds the ball while touching the base toward which the forced runner is advancing.

ART 2... A strikeout is the result of the pitcher getting a third strike charged to a batter.

ART 3... A tag out is the put out of a runner, including the batter-runner, who is not in contact with his base when touched with a live ball, or with the glove or hand when the live ball is held securely therein by a fielder. The ball is not considered as having been securely held if it is juggled or dropped after the touching, unless the runner deliberately knocks the ball from the hand of the fielder.

ART 4... A throw out is a putout caused by a throw to first base to retire a batter-runner, or to any other base to which a runner is forced or is required to retouch.

SECTION 12 PITCHER, PITCH

ART 1... A live ball delivered to the batter is a pitch. The term implies a legally delivered ball unless otherwise stated. When a pitcher commits a balk and completes his delivery to the batter, or delivers an illegal pitch, it is not considered a pitch, because the ball became dead at the time of the infraction.

ART 2... Time of the pitch is when the pitcher has committed to delivering the pitch to the batter. For the windup position, the "time of the pitch" occurs when the pitcher first starts any movement of his arm(s) or leg(s) prior to delivering the pitch. For the set position, the "time of the pitch" occurs the instant the pitcher separates his hands from the ball in front of his body prior to delivering the pitch.

ART 3... A pitch ends when:

- a. the pitched ball is secured by the catcher,
- b. comes to rest,
- c. goes out of play,
- d. becomes dead,
- e. or the batter hits the ball.

SECTION 13 SLIDE

ART 1... A legal slide must be feet first with at least one leg and buttock on the ground. If a runner slides, he must slide within reach of the base with either a hand or a foot.

ART 2... A slide is illegal if:

- a. the runner uses a rolling, cross-body or pop-up slide into a fielder, head first, or
- b. the runner's raised leg is higher than the fielder's knee when the fielder is in a standing position, or
- c. the runner goes beyond the base and makes contact with or alters the play of the fielder, or
- d. the runner slashes or kicks the fielder with either leg, or
- e. the runner tries to injure the fielder, or
- f. the runner, on a force play, does not slide on the ground and in a direct line between the two bases.

SECTION 14 STRIKE ZONE

ART 1... The strike zone is that space over home plate, the top of which is halfway between the batter's shoulders and the waistline, and the bottom being the knees, when he assumes his natural batting stance.

NOTE: The height of the strike zone is determined by the batter's normal batting stance. If he crouches or leans over to make the shoulder line lower, the umpire determines height by what would be the batter's normal stance.

RULE 2 SUBSTITUTING-COACHING-BENCH AND FIELD CONDUCT-CHARGED CONFERENCES

SECTION 1 SUBSTITUTING

ART 1... A player who has been rendered unconscious during a game shall not be permitted to resume participation that day without written authorization from a physician.

ART 2... A player or coach who is bleeding or who has an open wound shall be prohibited from participating further in the game until appropriate treatment has been administered. If medical care or treatment can be administered in a reasonable amount of time, the individual would not have to leave the game. The length of time that is considered reasonable is umpire judgment. If there is an excessive amount of blood on the uniform, it shall be changed before that individual participates again.

SECTION 2 COACHING

ART 1... One coach may occupy each coach's box while his/her team is at bat. He may address base runners or the batter.

ART 2... No coach shall physically assist a runner during playing action.

PENALTY: **The ball is dead at the end of playing action. The involved batter-runner is out and any additional outs made on the play stand. Runners not put out return to bases occupied at the time of the infraction.**

ART 3... No offensive team personnel, other than the base coach, shall be near a base for which a runner is trying so that a fielder may be confused; nor be on or near the baseline in such a way as to draw a throw; nor shall the base coach or members of the team at bat fail to vacate any area needed by a fielder in his attempt to put out a batter or runner.

If a thrown live ball accidentally touches a base coach in foul territory, or a pitched or thrown ball touches an umpire, the ball is alive and in play. If the coach is judged by the umpire to have interfered intentionally with the thrown ball, or interferes in fair territory, the interference penalty is invoked.

PENALTY: **The ball is dead immediately and the runner is out.**

SECTION 3 BENCH AND FIELD CONDUCT

ART 1... A coach, player, substitute, attendant or other bench personnel shall not:

- a. fake a tag without the ball;
- b. carelessly throw a bat;
- c. wear jewelry (players participating in the game);
- d. hit the ball to players on defense after the game has started;
- e. wear bandannas;

PENALTY: **At the end of playing action, the umpire shall issue a warning to the coach of the team involved and the next offender on the team shall be ejected.**

- f. commit any unsportsmanlike act or include, but not limited to,
 1. use of words or action to incite or attempt to incite spectators demonstrations,
 2. use of profanity, intimidation tactics, remarks reflecting unfavorably upon any other person, or taunting or baiting,
 3. use of any language intended to intimidate,
 4. behavior in any manner not in accordance with the spirit of fair play;
- g. charge an umpire;
- h. use amplifiers or bullhorns for coaching purposes during the course of the game;

PENALTY: **The umpire shall eject the offender from the game, unless the offense is judged to be of a minor nature.**

The umpire may warn the offender and then eject him if he repeats the offense. The warning or ejection shall be made at the end of playing action. Failure to comply shall result in the game being forfeited.

- i. deliberately throw a bat, helmet, etc.;
- j. initiate malicious contact;

- k. call "Time" or use any command or commit any act for the purpose of causing a balk; or
- l. use tobacco or tobacco-like products within the confines of the field;
- m. leave their positions or bench area for the purpose of fighting or physical confrontation.

PENALTY: The umpire shall eject the offender from the game. Failure to comply shall result in the game being forfeited. In (j), the ejected player is declared out unless he has already scored. In (m), a coach who attempts to prevent a fight or restore order is not in violation of the rule.

ART 2... A coach who is ejected shall leave the vicinity of the playing area immediately and is prohibited from further contact, direct or indirect, with the team during the remainder of the game. He may return to attend to an ill or injured player.

SECTION 4 CHARGED CONFERENCES

ART 1... Each team, when on defense, may be granted not more than three charged conferences during a game, without penalty, to permit coaches or their non-playing representatives to confer with a defensive player or players. A request for time for this purpose shall be made by a coach, player, substitute or an attendant. Time granted for an obviously incapacitated player shall not constitute a charged conference. Prior to accumulation three charged conferences, a conference is not charged if the pitcher is removed as pitcher.

ART 2... Each team, when on offense, may be granted not more than one charged conference per inning to permit the coach or any of that team's personnel to confer with base runners, the batter, the on-deck batter or other offensive team personnel. The umpire shall deny any subsequent team request for charged conferences.

ART 3... When either team has a charged conference, the other team may also have a conference, which is not charged, provided the conference concludes when the opposing team's charged conference concluded, so that the game is not further delayed.

RULE 3 DEAD BALL—SUSPENSION OF PLAY

SECTION 1 DEAD BALL

ART 1... Ball becomes dead immediately when:

- a. a pitch touches a batter or his clothing;
- b. the ball is illegally batted or is intentionally struck a second time with the bat;
- c. the batter enters the batter's box with an illegal bat;
- d. any batted ball while on or over foul ground:
 - 1. touches any object other than the ground or any person other than a fielder; or
 - 2. goes directly from the bat to the catcher's protector, mask or person without first touching the catcher's glove or hand; or
 - 3. becomes and uncaught foul; or
- e. there is interference by a runner, batter-runner, or a retired runner, the batter or by any person
- f. a fair batted ball touches a runner or an umpire before touching any fielder and before passing any fielder and before passing any fielder other than the pitcher; or
- g. a balk or an illegal pitch is committed.

ART 2... The ball becomes dead when time is taken to make an award when a catcher or any fielder obstructs a runner, when an intentional base on balls is to be awarded, or when base running penalties are imposed.

ART 3... After a dead ball, the ball becomes alive when it is held by the pitcher in a legal pitching position, provided the pitcher has engaged the pitcher's plate, the batter and the catcher are in their respective boxes, and the umpire calls "Play" and gives the appropriate hand signal.

SECTION 2 SUSPENSION OF PLAY

ART 1..."Time" shall be called by the umpire and play suspended when:

- a. the ball becomes dead;
- b. the umpire considers the weather or ground conditions unfit for play;
- c. a player, bench personnel or spectator is ordered from the grounds, or a player is ordered to secure protective equipment;
- d. an umpire or player is incapacitated;
- e. a player or coach requests "Time"; or
- f. the umpire suspends play for any other cause, including an award of a base after an infraction, or for inspection of the ball.

ART. 2.When the ball becomes dead:

- a. no action by the defense can cause a player to be put out.

RULE 4 PITCHING

SECTION 1 PITCHING

ART 1... The pitcher shall pitch while facing the batter from either a windup position or a set position. The position of his feet determine whether he will pitch from the windup of the set position. He shall take his sign from the catcher with his pivot foot in contact with the pitcher's plate. Turning the shoulders to check runners while in contact with the pitcher's plate is a balk. He shall not make a quick-return pitch in an attempt to catch a batter off balance.

ART 2... For the wind-up position, the pitcher is not restricted as to how he shall hold the ball. When the hands are separated, or the pitcher brings his hands together and the pitcher is in contact with the pitcher's plate, the pitcher shall continue his pitching motion. The pitcher's non-pivot foot shall be in any position on or behind a line extending through the front edge of the pitcher's plate. He is limited to not more than two pumps or rotations. After he starts his movement to pitch, he must continue the motion without interruption or alteration.

ART 3... For the set position, the pitcher shall have the ball in either his gloved hand or his pitching hand. His pitching hand shall be down at his side or behind his back. Before starting his delivery, he shall stand with his entire non-pivot foot in front of a line extending through the front edge of the pitcher's plate. He shall go to the set position without interruption and in one continuous motion. He shall come to a complete and discernible stop with the ball in both hands in front of the body and the entire glove below the chin.

ART 4... Each legal pitch shall be declared by the umpire as a strike, ball, fair or foul hit or a dead ball. A pitch dropped during delivery and which crosses a foul line shall be called a ball. Otherwise, it will be called no pitch. A pitch dropped during delivery with at least one runner on base would be a balk if it does not cross a foul line.

SECTION 2 INFRACTIONS BY PITCHER

ART 1... Illegal acts include:

- a. applying a foreign substance to the ball;
- b. spitting on the ball or glove;
- c. rubbing the ball on the glove, clothing or person if the act defaces the ball;;
- d. discoloring the ball with dirt;
- e. bringing the pitching hand in contact with the mouth without distinctly wiping off the pitching hand before it touches the ball;
- f. wearing any items on the hands or wrists or arms that may be distracting to the batter;
- g. wearing or placing tape, bandages or other foreign material on the fingers or palm of his pitching hand that could come in contact with the ball.

PENALTY: For defacing the ball (a-e), the ball is dead immediately. The umpire may eject the pitcher. If such defaced ball is pitched and then detected, it is an illegal pitch.

ART 2... Delay of the game includes:

- a. throwing to any player other than the catcher, when the batter is in the batter's box, unless it is an attempt to retire a runner;

PENALTY: The pitcher shall be ejected from the game after a warning.

- b. consuming time as the result of the coach or his representative conferring with a defensive player or players after being charged with three conferences;

PENALTY: The pitcher shall be replaced as pitcher for the duration of the game.

- c. failing to pitch or make or attempt a play, including a legal feint, within 20 seconds after he has received the ball.

PENALTY: The batter shall be awarded one ball.

ART 3... Intentionally throw close to a batter.

PENALTY: The pitcher shall be ejected if the act is judged to be intentional. In case of doubt, the umpire may first warn the pitcher.

ART 4... Balk. If there is a runner or runners, any of the following acts by a pitcher while he is touching the pitcher's plate is a balk:

- a. any feinting toward the batter or first base, or dropping of the ball (even accidental) and the ball does not cross a foul line;
- b. failing to step with the non-pivot foot directly toward a base when throwing or feinting there in an attempt to put out, or drive back a runner; or throwing or feinting to any unoccupied base when it is not an attempt to put out or drive back a runner;
- c. making an illegal pitch from any position;
- d. failing to pitch to the batter in a continuous motion immediately after any movement of any part of the body such as

- he habitually uses in his delivery;
- e. failing to pitch to the batter when the entire non-pivot passes behind the perpendicular plane of the back edge of the pitcher's plate, except when feinting or throwing to second base in an attempt to put out a runner.

ART 5... It is also a balk if a runner or runners are on base and the pitcher, while he is not touching the pitcher's plate makes any movement naturally associated with his pitch, or he places his feet on or astride the pitcher's plate, or positions himself within approximately five feet of the pitcher's plate without having the ball.

RULE 5 BATTING

SECTION 1 POSITION AND BATTING ORDER

ART 1... Each player of the team at bat shall become the batter and shall take his position within a batter's box, on either side of home plate, in order in which his name appears on the lineup card. This order shall be followed during the entire game. A batter is in proper order if he follows the player whose name precedes his in the lineup, even though such preceding batter may have batted out of order. An improper batter is considered to be at bat as soon as he is in the batter's box and the ball is alive. When the improper batter's infraction is first discovered by either team, time may be requested and the improper batter replaced by the proper batter with the improper batter's ball and strike count still in effect, provided the infraction is detected before the improper batter is put out or becomes a base runner.

ART 2... After the first inning, the first batter in each inning shall be the player whose name follows that of the last batter who completed his time at bat in the preceding inning.

PENALTY: For batting out of order (Art. 1 and 2):

- a. A batter shall be called out, on appeal, when he fails to bat in his proper turn and another batter completes a time at bat in his place.

NOTE: Only the defensive team may appeal batting out of order after the batter has completed his time at bat.

- b. When an improper batter becomes a runner or is put out and the defensive team appeals to the umpire before the first legal or illegal pitch, or, play or attempted play, or prior to an intentional base on balls or before the infielders leave the diamond if a half-inning is ending, the umpire shall declare the proper batter out and return all runners to the base occupied at the time of the pitch.

EXCEPTION: Any outs made on play stand. An out for batting out of order supersedes and out by the improper batter on a play.

NOTE: While the improper batter is at bat, if a runner advances because of a stolen base, balk, wild pitch or passed ball, such advance is legal.

- c. When an improper batter becomes a runner or is put out and a legal pitch or illegal pitch has been delivered to the succeeding batter, or an intentional base on balls has occurred, or all infielders have left the diamond if a half inning is ending, and before an appeal is made, the improper batter becomes the proper batter and the results of his time at bat become legal.
- d. When the proper batter is called out because he has failed to bat in turn, the next batter shall be the batter whose name follows that of the proper batter thus called out.
- e. When an improper batter becomes a proper batter because no appeal is properly made as above, the next batter shall be the batter whose name follows that of such legalized improper batter. The instant an improper batter's actions are legalized,
- f. the batting order picks up with the name following that of the legalized improper batter.

NOTE: When several player bat out of order before discovery so that a player's time at bat occurs while he is a runner, such player remains on base, but he is NOT out as a batter.

SECTION 2 STRIKES, BALLS AND HITS

ART 1... A strike is charged to the batter when:

- a. a pitch enters any part of the strike zone in flight and is not struck at;
- b. a pitch is struck at and missed (even if the pitch touches the batter);
- c. a pitch becomes a foul when the batter has less than two strikes;
- d. a pitch becomes a foul tip (even on third strike) or a foul from an attempted bunt;
- e. a batter delays; or
- f. a batted ball contacts the batter in the batter's box (foul ball).

ART 2... A ball is credited to the batter when a pitch is not touched by the bat and is not a strike or when there is an illegal pitch.

ART 3... A foul ball or a fair hit (which may be a bunt) occurs when a pitch is touched by the bat of the batter who is in his box.

SECTION 3 BATTING INFRACTIONS—A BATTER SHALL NOT:

ART 1... Delay the game by failing to take his position promptly in the batter's box within 20 seconds. The batter must keep at least one foot in the batter's box throughout the time at bat.

EXCEPTIONS: A batter may leave the batter's box when:

- a. the batter swings at a pitch,
- b. the batter is forced out of the box by the pitch,
- c. the batter attempts a "drag bunt,"
- d. the pitcher or catcher feints or attempts a play at any base,
- e. the pitcher leaves the dirt area of the pitching mound or takes a position more than five feet from the pitcher's plate after receiving the ball,
- f. a member of either team requests and is granted "Time,"
- g. the catcher leaves the catcher's box to adjust his equipment or give defensive signals, or
- h. the catcher does not catch the pitched ball.

PENALTY: For failure of the batter to be ready within 20 seconds after the ball has been returned to the pitcher, the umpire shall call a strike. If the batter leaves the batter's box and none of the above exceptions apply, the plate umpire shall charge a strike to the batter. The pitcher need not pitch, and the ball remains alive.

ART 2... Hit the ball fair or foul while either foot is touching the ground completely outside the lines of the batter's box or touching home plate.

ART 3... Disconcert the pitcher by stepping from the box on one side of home plate to the box on the other side while the pitcher is in position ready to pitch.

ART 4... Permit a pitched ball to touch him.

ART 5... Interfere with the catcher's fielding or throwing by:

- a. leaning over home plate,
- b. stepping out of the batter's box,
- c. making any other movement which hinders actions at home plate or the catcher's attempt to play on a runner, or
- d. failing to make a reasonable effort to vacate a congested area when there is a throw to home plate and there is time for the batter to move away.

ART 6... If the bat breaks and is hit by the ball or hits a runner or a fielder, no interference shall be called. If a whole bat is thrown and interferes with a defensive player attempting a play, interference will be called.

PENALTY: For infraction of Art. 2 and 3, the ball becomes dead immediately and the batter is out. For infraction of Art. 4, the batter remains at bat (pitch is a ball or strike), unless pitch was a third strike. For infraction of Art. 5: When there are two outs, the batter is out. When there are not two outs and the runner is advancing to home plate, if the runner is tagged out, the ball remains alive and the interference is ignored. Otherwise, the ball is dead and the runner is called out. When an attempt to put out a runner at any other base is unsuccessful, the batter is out and all runners must return to bases occupied at the time of the pitch. If the pitch is a third strike and in the umpire's judgment interference prevents a possible double play (additional outs), two may be ruled out. For infractions of Art. 6, the batter is out and runners return. If, in the umpire's judgment, interference prevented possible double play, two players may be ruled out.

SECTION 4 BATTER IS OUT

ART 1... A batter is also out as in above penalty when:

- a. the batter enters the batter's box with an illegal bat or is discovered having used an illegal bat. If the infraction is discovered before the next pitch following the turn at bat of the player who used the illegal bat, the defense may take the penalty of the result of the play;
- b. a third strike is not caught, provided a runner occupies first base and there are less than two outs;
- c. a third strike is caught;
- d. a foul ball (other than a foul tip not a third strike) is caught by a fielder or such catch is prevented by a spectator reaching into the playing area;
- e. an attempt to bunt on third strike is a foul;
- f. any member of the offensive team or coach interferes with a fielder who is attempting to field a foul fly ball;
- g. he enters the game as an illegal substitute and is discovered; or
- h. he intentionally deflects a foul ball which has a chance of becoming fair.

RULE 6 BASERUNNING

SECTION 1 WHEN BATTER BECOMES A RUNNER

ART 1... A batter becomes a runner with the right to attempt to score by advancing to first, second, third and home in the listed order when:

- a. he hits a fair ball;
- b. he is charged with a third strike;

NOTE: If third strike is caught, he is out an instant after he becomes a runner.

- c. an intentional base on balls is awarded, or a fourth ball is called by the umpire;
- d. a pitched ball hits his person or clothing, provided he does not strike at the ball; or

EXCEPTION: If he makes no effort to avoid being hit, or if the umpire calls the pitched ball a strike, the hitting of the batter is disregarded except that the ball is dead. It is a strike or ball depending on location of the pitch.

NOTE: If a batter's loose garment, such as a shirt that is not worn properly, is touched by a pitched ball, the batter is not entitled to first base.

- e. the catcher or any other defensive player obstructs him. The coach or captain of the team at bat, after being informed by the umpire-in-chief of the obstruction, shall indicate whether or not he elects to decline the obstruction penalty and accept the resulting play. Such election shall be made before the next pitch (legal or illegal), before award of an intentional base on balls, or before the infielders leave the diamond. Obstruction of the batter is ignored if the batter-runner reaches first and all other runners advance at least one base.

NOTE: Any runner attempting to advance (i.e., steal or squeeze) on a catcher's obstruction of the batter shall be awarded the base he is attempting. If a runner is not attempting to advance on the catcher's obstruction, he shall not be entitled to the next base, if not forced to advance because of the batter being awarded first base. If obstruction is enforced, all other runners on the play will return to base occupied at the time of the pitch. The batter is awarded first base, if he did not reach base.

SECTION 2 TOUCHING, OCCUPYING AND RETURNING TO A BASE

ART 1... An advancing runner shall touch first, second, third and then home plate in order, including awarded bases.

ART 2... A returning runner shall retouch the bases in reverse order. If the ball is dead because of an uncaught foul, it is not necessary for a returning runner to retouch intervening bases. The umpire will not make the ball alive until the runners return to the appropriate base.

ART 3... Any runner who misses a base while advancing may not return to touch it after a following runner has scored.

ART 4... If a fair or foul batted ball is caught, other than a foul tip, each base runner shall touch his base after the batted ball has touched a fielder.

ART 5... If a runner who misses any base, including home plate desires to return to touch the base, he must do so immediately. If the ball becomes dead and the runner is on or beyond a succeeding base, he cannot return to the missed base and, therefore, is declared out.

PENALTY (Art. 1-5): For failure to touch base (advancing or returning), or failure to tag up as soon as the ball is touched on a caught fly ball, the runner is out. This is a delayed penalty if not played upon by the defense during same playing action (live ball). After all playing action has ended, the umpire will indicate time-out to call runner(s) out. During playing action, the runner is out if, before returning to each untouched base, the runner is touched by the ball in the hand of a fielder, or the ball is held by a fielder on that missed base (including home plate). In this instance, the out would be called immediately before time is called.

EXCEPTION: A runner must be tagged if he attempts to return to a missed base before the defense initiates appeal action, unless this is a force-out or the runner touched a succeeding base. If a baserunning infraction is the third out, runs scored by the following runner(s) would not count. With two outs, if the base missed was the first to which the batter or runner was forced to advance, no runs would score. When a runner is legally returning after a long fly ball has been caught, he can be put out by being tagged with the ball by a defensive player or merely by the defensive player with the ball touching the base occupied by the runner at the time of the pitch.

ART 6... A batter-runner who reaches first base safely and then overruns or overslides may immediately return without liability of being put out provided he does not attempt or feint an advance to second. A player who is awarded first base on a base on balls does not have this right.

ART 7... A runner acquires the right to the proper unoccupied base if he touches it before he is out. He is then entitled to this base until he is put out, or until he legally touches the next base while it is unoccupied or until a following runner is forced to advance to the base he has occupied. A runner need not vacate his base to permit a fielder to catch a fly ball in the infield, but he may not interfere.

NOTE: If two runners are on the same base, at the same time and both are tagged, the following runner is declared out. On a force play situation, the runner who is forced to advance shall be declared out when tagged on the base to which he is forced is touched by a fielder while in possession of the ball.

ART 8... Each runner shall touch his base after the ball becomes dead. All awarded bases must be touched in their proper order. The runner returns to the base he had reached or passed when the ball became dead.

SECTION 3 BASERUNNING AWARDS

ART 1... Each runner other than the batter-runner is awarded one base when:

- a. there is a balk or a pitch strikes a runner;
- b. he is forced from the base he occupies by a following runner who must advance because a batter receives a fourth ball, or is hit by a pitched ball, or hits a fair ball which becomes dead;
- c. he is attempting to steal or he is forced from the base he occupies by a batter-runner who must advance because the catcher or any fielder obstructs the batter, such as stepping on or across home or pushing the batter to reach the pitch or touching the bat. Instances may occur when the infraction may be ignored.

ART 2... When a runner is obstructed while advancing or returning to a base by a fielder who neither has the ball nor is attempting to make a play, or a fielder without the ball fakes a tag, the umpire shall award the obstructed runner and each other runner affected by the obstruction the bases they would have reached, in his opinion, had there been no obstruction. The obstructed runner is awarded a minimum of one base beyond his position on base when the obstruction occurred. If any preceding runner is forced to advance by the awarding of a base or bases to an obstructed runner, the umpire shall award this preceding runner the necessary base or bases. Malicious contact supersedes obstruction.

ART 3... Each runner is awarded:

- a. four bases (home) if a fair ball goes over a fence in flight or hits a foul pole above the fence, or is prevented from going over by being touched by a spectator, or is touched by an illegal glove/mitt or detached player equipment which is thrown, tossed, kicked or held by a fielder;
- b. three bases if a batted ball (other than in item a) is touched by an illegal glove or mitt, or by detached player equipment which is thrown, tossed, kicked or held by a fielder, provided the ball when touched is on or over fair ground, or is a fair ball while on or over foul ground in a situation such that it might become a fair ball;
- c. two bases if a fair batted or thrown ball becomes dead because of bouncing over or passing through a fence, or lodges in a defensive player's or umpire's equipment or uniform;

NOTE: When two runners are between the same bases on an overthrow into dead ball territory, the lead runner receives two bases and the following runner is awarded one, since both runners cannot share the same awarded base.

EXCEPTION: Runners between second and third would score, because the award does not result in both runners occupying the same base.

- d. one base if a pitch or any throw by the pitcher from his pitching position on his plate goes into a stand or bench or over or through or lodges in a fence or backstop or touches a spectator or lodges in an umpire's or catcher's equipment; or with less than two outs, the batter hits a fair or foul ball which is caught by a fielder, who then leaves the field of play by stepping with both feet or by falling into a bench, dugout, stand, bleacher or over any boundary or batter such as a fence, rope, chalk line or pre-game determined imaginary boundary line.

SECTION 4 RUNNER IS OUT

ART 1... The batter-runner is out when:

- a. he intentionally interferes with the catcher's attempt to field the ball after a third strike;
- b. his fair hit or foul (other than a foul tip which is not a third strike) is caught by a fielder, or such catch is prevented by a fielder, or such catch is prevented by a spectator reaching into the playing field;
- c. his fair fly, fair line drive or fair bunt in flight is intentionally dropped by an infielder with at least first base occupied and before there are two outs. The ball is dead and the runner or runners shall return to their respective base(s).
- d. after hitting or bunting a ball, he intentionally contacts the ball with the bat a second time in fair or foul territory. The ball is dead and no runner(s) advance.

NOTE: In the case of a foul ball, it must have a chance to become fair in the umpire's judgment.

EXCEPTION: If the bat and ball accidentally come in contact with each other a second time while the batter is holding the bat in the batter's box, it is a foul ball.

- e. a third strike is caught, usually by the catcher but might be by a fielder if the ball rebounds from the catcher after touching the catcher's glove or hand; or the third strike is not caught while a runner is on first and there are less than two outs;
- f. after a dropped third strike or a hit, if the ball held by any fielder touches the batter before the batter touches first base; or if any fielder, while holding the ball in his grasp, touches first base or touches first base with the ball before the batter-runner touches first base; or
- g. he runs outside the three-foot running lane (last half of the distance from home plate to first base), while the ball is being fielded or thrown to first base; or

EXCEPTION: This infraction is ignored if it is to avoid a fielder who is attempting to field the batted ball or if the act does not interfere with a fielder or a throw.

NOTE: The batter-runner is considered outside the running lane lines if either foot is outside either line.

- h. on a dropped third strike, he gives up by entering the bench or dugout area, or with two outs he does not attempt to reach first base before all infielders leave the diamond at the end of the half-inning;
- i. hits an infield fly and the infield-fly rule is in effect;
- j. enters the game as an illegal substitute and is discovered.

ART 2... Any runner is out when he:

- a. runs more than three feet away from a direct line between bases to avoid being tagged or to hinder a fielder while the runner is advancing or returning to a base.

EXCEPTION: This is not an infraction if a fielder attempting to field a batted ball is in the runner's proper path and if the runner runs behind the fielder to avoid interfering with him.

NOTE: When a play is being made on a runner or batter-runner, he establishes his baseline as directly between his position and the base toward which he is moving.

- b. does not legally slide and causes illegal contact and/or alters the actions of a fielder in the immediate act of making a play, or on a force play, does not slide in a direct line between the bases; or

EXCEPTION: A runner may slide in a direction away from the fielder to avoid making contact or altering the play of the fielder.

NOTE: Runners are never required to slide, but if a runner elects to slide, the slide must be legal.

PENALTY: **The runner is out, the ball is dead, and the interference is called. On a force-play slide with less than two outs, the runner is declared out, as well as the batter-runner. Runners shall return to the bases occupied at the time of the pitch. With two outs, the runner is declared out. The batter is credited with a fielder's choice.**

- c. does not legally attempt to avoid a fielder in the immediate act of making a play on him; or

PENALTY: **The runner is out and the ball remains alive unless interference occurs.**

NOTE: Jumping, hurdling, and leaping are all legal attempts to avoid a fielder as long as the fielder is lying on the ground.

- d. dives over a fielder; or

PENALTY: **The runner is out and the ball remains alive unless interference occurs.**

- e. initiates malicious contact;

NOTE: Malicious contact always supersedes obstruction.

- f. as a runner or retired runner fails to execute a legal slide, or attempts to avoid the fielder or the play on a force play at any base; or
- g. intentionally interferes with a throw or a thrown ball; or he hinders a fielder on his initial attempt to field a batted ball. A fielder is not protected, except from intentional contact if he misplays the ball and has to move from his original location; or his being put out is prevented by an illegal act by anyone connected with the team or by the batter-runner; for runner returning to base; and for runner being hit by a batted ball. If, in the judgment of the umpire, a runner including the batter-runner interferes in any way and prevents a double play anywhere, two shall be declared out (the runner who interfered and the other runner involved). If a retired runner interferes, and in the judgment of the umpire, another runner could have been put out, the umpire shall declare that runner out. If the umpire is uncertain who would have been played on, the runner closest to home shall be called out; or
- h. is touched by a live ball securely held by a fielder or is touched by a fielder's glove or hand with the live ball held therein, while the runner is not touching his base.

EXCEPTION: If a batter-runner safely touches first base and then overslides or overruns it, except on a base on balls, he may immediately return to first base without liability of being tagged out, provided he did not attempt to run or feint to second.

Also, if any base comes loose from its fastening when any runner contacts it, such runner cannot be tagged out because the base slides away from him.

NOTE: The ball is not securely held if it is dropped or juggled after the runner is touched.

- i. does not retouch his base before a fielder tags him out or holds the ball while touching such base after any situation. Umpire may also call him out at end of playing action. Also, it is not necessary for runner to retouch his base after a foul tip; or
- j. fails to reach the next base before a fielder either tags the runner out or holds the ball while touching such base, after runner has been forced from the base he occupied because the batter became a runner (with ball in play) when other runners were on first base, or on first and second, or on first, second and third.

EXCEPTION: No runner may be forced out if a runner who follows him in the batting order is first put out (including a batter-runner who is out for an infield fly).

- k. is contacted by a fair batted ball before it touches an infielder, or after it passes any infielder, except the pitcher, and the umpire is convinced that another infielder has a play.

EXCEPTION: If a runner is touching his base when he is hit by an infield fly, he is not out, but the batter is out by the infield fly rule.

NOTE: If a runner is hit by an infield fly when he is not touching his base, both he and the batter are out.

- l. attempts to advance to home base when the batter interferes with a play at home base, with less than two outs; or

NOTE: If there are two outs, the batter is out because of his interference and since he is the third out, the runner cannot score. But if there are not two outs, the runner is out and the batter is not penalized.

- m. passes an unobstructed preceding runner before such runner is out (including awarded bases); or
- n. runs bases in reverse to confuse opponents or makes a travesty of the game; or
- o. position himself behind a base to get a running start; or
- p. after at least touching first base, leaves the baseline, obviously abandoning his effort to touch the next base; or

NOTE: Any runner, after reaching first base, who leaves the baseline heading for the dugout or his defensive position believing that there is not further play, shall be declared out if the umpire judges the act of the runner to be considered abandoning his efforts to run the bases.

- q. is on or beyond a succeeding base when the ball is declared dead after having left a base too soon on a caught fly ball, or he failed to touch a preceding base, or he continues and touches a succeeding base after the ball has become dead; or
- r. deliberately knocks the ball from a fielder's hand.

SOFTBALL RULES

NOTE: The game of softball is a modification of the game of baseball and the rules of play are much the same except for equipment, field dimensions, pitching regulations and base running restrictions. Since the rules for baseball are also included in this book, only the major differences in the rules for softball are presented here. See Baseball for rules not included in this section.

RULE 1 PLAYERS

SECTION 1 POSITIONS

ART 1... The use of an extra player (short fielder) is optional. The S.F. may play no closer than 60' radius from the pitcher's plate.

RULE 2 PLAYING TERMS AND DEFINITIONS

SECTION 1 CHOPPED BALL

ART 1... A chopped hit ball is an illegally hit ball, which is struck with a downward motion. A batter who does this is out.

SECTION 2 HITTING

ART 1... A bunt is a fair ball which occurs when the batter does not swing to hit the ball, but holds the bat in the path of the ball to tap it slowly to the infield. In slow pitch, a batter who bunts the ball is declared out.

SECTION 3 STRIKE ZONE

ART 1... The strike zone is that space over any part of home plate which is between the batter's highest shoulder and the knees when the batter assumes a natural batting stance. The umpire shall determine the batter's strike zone according to the batter's usual stance when swinging at a pitch.

RULE 3 DEAD BALL

SECTION 1 DEAD BALL

ART 1... Ball becomes dead immediately when:

- a. after each strike or ball, as soon as a pitch touches the ground, or when an intentional base on balls is awarded.

RULE 4 PITCHING

SECTION 1 PITCHING REGULATIONS

ART 1... Prior to delivery, the pitcher shall take a position with both feet firmly on the ground and with at least one foot on the pitcher's plate within the 24-inch length of the pitcher's plate. The pitching arm must come to rest, holding the ball in front of the body, with a foot on the pitcher's plate. The pitcher must come to a full and complete stop facing the batter with the shoulders in line with first and third base. This position must be maintained for at least one second and not more than 10 seconds before starting delivery. The pitcher is not required to take a signal. The pitch starts when the pitcher makes any motion that is part of the windup after the required pause.

ART 2... At the moment of delivery, only the pivot foot is required to be within the 24-length of the pitcher's plate. The pivot foot must remain in contact with the pitcher's plate until the ball leaves the pitcher's hand. There is no restriction on position or movement of the non-pivot foot except if a step is taken, the step must be forward and simultaneous with the release of the ball. After the pitcher releases the ball, there are no restrictions on the pitcher's movement except the pitcher may not continue to windup after the release of the ball.

ART.3... The pitcher may select any windup provided no motion is made without immediate delivery of the ball to the batter. The pitcher's windup shall be a continuous motion without interruption, stop or reversal of the forward motion. The pitcher must deliver the ball toward home plate on the first swing of the arm past the hip. The windup shall end as soon as the ball is released.

ART 4... The pitch must be delivered at a moderate speed underhand, below the hip, with a perceptible arch of at least 6 feet and not more than 12 feet at its highest point from the ground. The speed of the pitch is left entirely to the judgment of the umpire. The pitcher shall not pitch the ball between her legs or behind her back.

PENALTY: **The umpire shall warn a pitcher who delivers a pitch with excessive speed. If the pitcher repeats such an act after being warned, that pitcher shall be removed from the pitcher's position for the remainder of the game.**

ART 5... At no time during the progress of the game shall the pitcher be allowed to use tape or other substance on the pitching hand or fingers; nor shall any foreign substance be applied to the ball, except, under the supervision and control of the umpire, powdered resin may be used to dry the hands. The pitcher shall not wear any item on the hands, wrist, arms or thighs, which may be distracting to the batter. Jewelry is prohibited.

ART 6... The catcher must be in a remain within the boundaries of the catcher's box until each pitch reaches home plate or is batted. The pitcher is not considered in legal pitching position unless the catcher is in legal position to receive the pitch.

PENALTY: **An illegal pitch shall be declared a ball by the umpire. The ball is dead until put in play again. Base runners do not advance, however, if the batter strikes at any illegal pitch it shall be a strike, and there shall be no penalty for such an illegal pitch. The ball shall remain in play if hit by the batter.**

ART 7... The catcher shall return the ball directly to the pitcher after each pitch except after a strikeout or putout made by the catcher. The pitcher has 20 seconds to release the next pitch.

PENALTY: **An additional "ball" is awarded to the batter.**

ART 8... No pitch shall be declared when:

- a. the pitcher pitches during the suspension of play;
- b. the runner is called out for leaving the base too soon;
- c. the pitcher attempts a quick return of the ball before the batter is in her position or is off balance as a result of the previous pitch;
- d. the ball slips from the pitcher's hand during the windup or during the back swing; or
- e. the pitcher pitches before the base runner has retouched the base after a foul ball has been declared and the ball is dead.

PENALTY: **Art. 8a thru e.- The ball is dead and all subsequent action on that pitch is cancelled.**

ART 9... An illegal pitch is:

- a. when a pitcher throws to a base while a foot is in contact with the pitcher's plate; or
- b. delivery of the ball not in accordance with the pitching rule.

NOTE: The pitcher can remove herself from the pitching position by stepping backwards off the pitcher's plate. Stepping forward constitutes an illegal pitch.

ART 10... No player, manager or coach shall call time or employ any other word or phrase or commit any act while the ball is alive and in play for the obvious purpose of trying to make the pitcher commit an illegal pitch.

PENALTY: **No pitch shall be declared and a warning issued to the offending team. A repeat of this type of act by the team warned shall result in the offender being removed from the game.**

RULE 5 BATTING

SECTION 1 STRIKES AND BALLS

ART 1... Any pitch that touches the plate shall be called a ball if the batter does not strike at it.

SECTION 2 BATTER IS OUT

ART 2... A batter shall be called out when:

- a. the batter bunts or chops the ball downward;
- b. a third strike (in flight) is not caught or a foul ball on the third strike is not caught.

NOTE: The batter is out whenever a third strike occurs, whether the pitch is caught or not.

RULE 6 BASERUNNING

SECTION 1 RUNNER IS OUT

ART 1... Any runner is out when:

- a. she does not stay in contact with the base until a legally pitched ball has reached home plate. This results in a dead ball, no pitch is declared, and the runner is ruled out. Under no conditions is a runner permitted to steal a base.

YMCA of Arlington Mighty-Tots/T-Ball/T-Softball Rules

1. **COACHES ARE NOT PERMITTED ON THE FIELD;** they must stay outside of the foul line (except Mighty-Tots). 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. The diamond (or infield) shall be a 45-foot square. Home plate to pitchers plate is 36 feet.
3. An arc will be placed 20 feet in front of home plate extending from foul line to foul line. Any ball hit on or beyond the 20-foot arc will be considered a fair ball. Any ball not traveling the required 20 feet will be a foul ball.
4. Games consist of 4 innings or 60 minutes, which ever occurs first. No new inning may start after 50 minutes.
5. An inning is over after 3 outs or 5 runs have been scored, which ever occurs first. A maximum of 5 runs per team per inning.
6. 10 players on the field as the defensive team, each player shall be in a regular baseball/softball position with the tenth player in the outfield.
 - 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.
 - b. All players must play an equal number of outfield and infield positions during the course of the season.
 - c. A player may play one inning at either first base or pitcher. The same player may not play in both positions during the same game.
7. Infielders may play no closer than 10 feet inside an imaginary line connecting 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 with the top of the batting order. Players showing up late will be added to the bottom of the batting order. Coaches must exchange lineups prior to the start of the game.
10. Coaches will carry the continuous batting order from one game to the next. For example, once the batting order is set it will remain the same for the entire season. Each new game, the first batter will be the next batter after the last out of the previous game.
11. The batter gets no more than 5 swings. A fair hit or 5 swings constitutes an at bat.
12. Only batting tees approved by the YMCA may be used at games.
13. The batting tee will be placed on home plate. It is the responsibility of the team at bat to remove the tee from the plate after the ball is hit.
14. The infield fly rule will not be enforced.
15. Throwing the bat is a major safety problem. A 15 foot diameter circle will be around home plate. Each child will be given one warning on throwing the bat where the bat on the fly completely leaves the circle. On the next offense (by the same batter) the batter will be called out, play stopped and runners may not advance.
16. Runners will cease running the bases when any hit or thrown ball into the outfield is returned to the infield including foul territory. Base runners may advance no further than the next base. If a base runner is between bases, he/she may advance no further than the next base. A defensive play may be made on the runner at any time.
17. A runner who is trying to take an extra base on a outfield hit but is unable to because the base is occupied by another

runner who was held up by base coach or umpire due to the ball being returned to the infield will be allowed to return to their previous base.

18. Base stealing is not allowed.
19. There will be a limit of three bases when a ball is hit into another field of play and interfered with by those players.
20. Infield hits will be awarded a single base hit. No base runner will advance more than one base.
21. The ball must be thrown to the base to record the putout. Unless the ball is hit to the player who normally covers that base; first baseman- first base; second baseman or shortstop- second base; third baseman- third base. The runner is safe if the throw is not made.
22. No outfielder may record a putout in the infield by running and tagging a base or runner. The outfielder must throw the ball to record the putout. The runner is safe if the throw is not made.

YMCA of Arlington Coach Pitch Baseball/Softball Rules

1. **COACHES ARE NOT PERMITTED ON THE FIELD;** they must stay outside of the foul line. 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. The diamond (or infield) shall be a 45-foot square. Home plate to pitchers plate is 36 feet.
3. A game consists of 6 innings or 1 hour and 15 minutes, which ever occurs first. No new inning may start after 1 hour.
4. An inning is over after 3 outs or five runs have been scored, which ever occurs first. Each team can record a maximum of 5 runs in any given inning.
5. There may be nine players on the field (defensive) for Coach Pitch Baseball and 10 players for Coach Pitch Softball. Each player shall be in a regular position of baseball/softball with the exception of the player in the pitcher's position. This player must play within a ten-foot radius of the pitcher's plate, never in front of or behind the pitcher at the time of the pitch.
 - 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.
 - b. All players must play an equal number of outfield and infield positions during the course of the season.
 - c. Violation of any part of these rules may result in suspension of the coach.
6. Infielders may play no closer than 10 feet inside an imaginary line connecting the bases.
7. Outfielders may play no closer than 20 feet outside an imaginary line connecting the bases.
8. 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.
9. Coaches will carry the continuous batting order from one game to the next. For example, once the batting order is set, it will remain the same for the entire season. Each new game, the first batter will be the next batter after the last out of the previous game.
10. The batter will receive 5 pitches from their own coach; overhand baseball, underhand softball. 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 not pitch any closer to the batter than 10 feet in front of the pitching plate.
12. The pitching coach may field a batted ball only for the reason of self-protection. When this happens, play is stopped, runners may not advance and the batter is awarded another pitch. Any batted ball that is deflected by the pitching coach will also be redone.
13. Throwing the bat is a major safety problem. A 15-foot diameter circle will be around home plate. Each child will be given one warning on throwing the bat where the bat on the fly completely leaves the circle. On the next offense (by the same batter) the batter will be called out, play stopped and runners may not advance.
14. Bunting is not allowed.
15. Infield fly rule will not be enforced.
16. Runners will cease running the bases when any hit or thrown ball into the outfield is returned to the infield including foul territory. Base runners may advance no further than the next base. If a base runner is between bases, he/she may advance no further than the next base. A defensive play may be made on the runner at any time.
17. A runner who is trying to take an extra base on a outfield hit but is unable to because the base is occupied by another runner who was held up by a base coach or umpire due to the ball being returned to the infield will be allowed to return to their previous base.
18. Base stealing is not allowed.
19. Infield hits will be awarded a single base hit. No base runner may advance more than one base.

20. The ball must be thrown to the base to record the put out. Unless the ball is hit to the player who normally covers that base; first baseman- first base, second baseman or shortstop- second base, third baseman- third base. The runner is safe if the throw is not made.
21. No outfielder may record a putout in the infield by running and tagging a base or runner. The outfielder must throw the ball to record the putout. The runner is safe if the throw is not made.
22. Players in this league will not be allowed to participate in any other type of base/softball league without the approval of the YMCA Sports Department.

YMCA of Arlington Minors Baseball Rules

1. The diamond (or infield) shall be a 60-foot square. Home plate to pitchers plate is 40 feet.
2. A game consists of 6 innings, or no new inning starting after 1 hour and 15 minutes. New inning starts immediately after the Home teams third out or fifth run scored.
3. An inning is over after 3 outs or 5 runs scored, which ever occurs first. A maximum of 5 runs per team per inning may be scored.
4. Only managers, 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 3 innings per game, no exceptions. 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 game.
8. Balk rules will not be enforced.
9. The "hidden ball" trick is illegal.
10. The "infield fly rule" will not be enforced.
11. Base play: Tight bases; stealing is not allowed
12. Dropped third strike batter is out. Throw to first is not necessary.

YMCA of Arlington Majors Baseball Rules

1. The diamond (or infield) shall be a 70-foot square. Home plate to pitcher's plate is 46 feet.
2. A game consists of 6 innings; or no new inning starting after 1 hour and 15 minutes. New innings starts immediately after the Home teams third out or fifth run scored.
3. An inning is over after 3 outs or 5 runs scored, which ever occurs first. A maximum of 5 runs per team per inning may be scored.
4. Only managers, coaches and team players may occupy the bench or dugout during the game.
5. 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.
6. 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.
7. Pitchers may pitch a maximum of 3 innings per game, no exceptions. 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 game.
8. Base play; loose bases.

YMCA of Arlington Senior Baseball Rules

1. The diamond (or infield) shall be an 80-foot square. Home plate to pitcher's plate is 56 feet.
2. A game consists of 7 innings; or no new inning starting after 1 hour and 30 minutes. New inning starts immediately after the Home teams third out or fifth run scored.
3. An inning is over after 3 outs or 5 runs scored, which ever occurs first. A maximum of five runs per team per inning may be scored.
4. Only managers, 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 players 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. 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.
7. Pitchers may pitch a maximum of 3 innings per game, no exceptions. 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 game.
8. Base play; loose bases.

YMCA of Arlington Minors Softball Rules

1. The diamond (or infield) shall be a 60-foot square. Home plate to pitcher's plate is 32 feet.
2. A game consists of 6 innings; or no new inning starting after 1 hour and 15 minutes. New inning starts immediately after the Home teams third out of fifth run scored.
3. An inning is over after 3 outs or 5 runs scored, which ever occurs first. A maximum of 5 runs per team per inning may be scored.
4. Only managers, 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 3 innings per game, no exceptions. 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 game.
8. A batter shall be called out when: a third strike (in flight) is not caught or a foul ball on the third strike is not caught.
9. A batter will not be awarded 1st base when a pitched ball, legal or illegal, hits the batter's person or clothing.
10. The "hidden ball" trick is illegal.
11. The "infield fly rule" will not be enforced.

YMCA of Arlington Majors Softball Rules

1. The diamond (or infield) shall be a 60-foot square. Home plate to pitcher's plate is 36 feet.
2. A game consists of 6 innings; or no new inning starting after 1 hour and 15 minutes. New inning starts immediately after the Home teams third out or fifth run scored.
3. An inning is over after 3 outs or 5 runs scored, which ever occurs first. A maximum of 5 runs per team per inning may be scored.
4. Only managers, 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 players 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. Every 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 3 innings per game, no exceptions. 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 game.
8. A batter shall be called out when: a third strike (in flight) is not caught or a foul ball on the third strike is not caught.
9. A batter will not be awarded 1st base when a pitched ball, legal or illegal, hits the batter's person or clothing.
10. The "hidden ball" trick is illegal.

YMCA of Arlington Senior Softball Rules

1. The diamond (or infield) shall be a 60-foot square. Home plate to pitcher's plate is 40 feet.
2. A game consists of 6 innings; or no new inning starting after 1 hour and 15 minutes. New inning starts immediately after Home teams third out or fifth run scored.
3. An inning is over after 3 outs or 5 runs scored, which ever occurs first. A maximum of 5 runs per team per inning may be scored.
4. Only managers, 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 players 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. Every 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 3 innings per game, no exceptions. 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 game.
8. A batter shall be called out when: a third strike (in flight) is not caught or a foul ball on the third strike is not caught.
9. A batter will not be awarded 1st base when a pitched ball, legal or illegal, hits the batter's person or clothing.
10. The "hidden ball" trick is illegal.

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.
 - e. Articles contaminated with blood or body fluids should be properly disinfected or disposed as soon as possible.

Disposed means place contaminated material in a plastic bag, seal the bag, then dispose of material.