

Apex Rotary Baseball League

Coach Pitch Rules and Regulations

Purpose:

To develop baseball fundamentals, a sportsmanlike attitude, a spirit of teamwork and to have fun. The coaches shall express a good sportsmanlike attitude and be a good example to the players and fans. Official score and win-loss records will not be maintained.

General:

1. Gloves must be furnished by the parents. Shirts, caps and equipment will be furnished by the league.
2. The home team will be stationed in the first base dugout and the visiting team will be in the third base dugout.
3. An Apex Rotary representative will be at each game to start the game and help where and when needed.
4. All games will begin with the Pledge of Allegiance.
5. Each game will consist of 60 minutes. Games may be extended so that each batter bats twice. No inning may be started after 50 minutes have elapsed unless each batter has not batted twice.
6. All batters and base runners and the Catcher must wear helmets.
7. Bases shall be 50 feet apart.
8. Coaches will need to bring their team equipment to each game. There will be an Apex Rotary representative at each game with baseballs to use.

Fielding:

1. Each outfielder must play on outfield grass.
2. Four outfielders are to be used in Coach Pitch.
3. The first and third basemen may not be positioned more than ten feet inside the base before the ball is hit (or less than 40 feet from home plate).
4. The player-pitcher must stand within six feet of the coach pitcher; he may not play in front of the pitcher's rubber

Batting:

1. The batter will have eight pitches. If after eight pitches, the ball is not in fair territory, the batter is out.
2. The batter will have eight pitches with no strikeouts
3. A team will bat until three outs or five runs are scored, whichever comes first. This rule will be in effect all innings.
4. The entire team will be the batting order.
5. Coaches may recruit a parent to help with pitching for their team
6. Each batter should have the opportunity to bat twice during a game.

Base Running:

1. Runners cannot leave the base until the batter makes contact with the ball.
2. A runner can only advance **one base** on any overthrow. An overthrow is not merely a “dropped ball”. An overthrow can occur at all bases, even if the ball is thrown into the outfield.
3. If the ball is hit by the batter and strikes a base runner, the runner is out.
4. When the ball is thrown into the infield from the outfield, runners must stop at the base they are advancing to and time out will be called. This occurs when the ball reaches the infield, whether or not it is fielded cleanly by an infielder. Runners must “make the base” they are advancing to. Time out will not be called if the defense is attempting a legitimate play on a runner.

Line-Up:

1. The lineup for each team will consist of all players present. Every player must play in the field at least one inning. The batting order will remain consistent throughout the game and will consist of ALL players present, regardless of position played or whether they were in the field for the preceding half-inning.
2. Players may leave and re-enter the game freely.

Officials:

1. Coaches will be umpiring. Each team is responsible for providing one umpire per game and the head coach shall ascertain that he/she is familiar with these rules.
2. Any player or coach will be promptly ejected for unsportsmanlike remarks or actions to umpires, players, spectators, or coaches. He/she will not be allowed to return until league officials grant approval.