

Coach Pitch Rules: 1st – 3rd Grade

- 4 Teams with around 10 players per team
- Games should start on or before 10:15am with a prayer before start time.
- Games should last no longer than 60 minutes
- For the first Game, each batter will get a maximum of 7 pitches
Starting with Game 2, each batter will get a maximum of 5 pitches.
Starting with Game 3, the three-out rule **does** come into play. Each ½ inning will be considered complete when either three outs have occurred, or all batters have hit, whichever comes first.
- **Hitting/fielding/lineup**: At the start of the season, players can get “out” and will be asked to return to the bench. For the first 2 Games, the three-out rule will not come into effect; when the last hitter comes to the plate, the coach will yell out “last hitter”. The last hitter in the lineup will go through a regular at bat and try to get a hit, but once they are either safe or out, time will be called, and the inning will change over. **The last batter of the inning should not try to make it around all bases.** Coaches are to create and fill out a batting lineup before the start of each game. That line up does not need to be the same every single game, but it should be followed in order for a complete game. For example, maintain the order of batters the entire game. Don’t switch the order whenever you please. Your last batter for Game 1 does not need to be your last batter for Game 2. Change the order of batters each game. If you have a player who really struggles with hitting pitched balls and there is a batting tee at your field, you may allow them to use it at your discretion. But, please don’t let this become a normal thing. Hopefully those players will progress through the season and eventually begin to hit a ball that is pitched.
- **Fielding**: Coaches must change the positions of players each inning. Just because a player is in a different position doesn’t mean that the batting order must change during the game. If a player that fields the ball in the outfield can throw or advance the ball back to the infield and a player, not a coach, yells out “time,” any runner that is not at least half way to the next base must return to the previous base (the fielding coach makes all umpire calls in the field). Remember, if a runner is thrown or tagged out, he will be called “out” by the fielding coach and must return to the bench.
- **A strikeout will be recorded after the maximum number of pitches is reached without a hit. Strikeouts are hard, but they are a big part of baseball. Go over a strikeout in practice.**
- **Umpires**: One coach from each team will umpire the game from the field while their team is fielding. The assistant will need to stay on the bench to help with bench security and help

with any substitutions. The bases should be placed on the big "X" along the base line. There will be 2 "X"s and you will place the base on the "X" further from home plate.

- **Helmets**: Each player hitting, running or on deck to hit should have a **helmet on**. You may need to share with the other team during games. Coach Pitch division should teach the basics of hitting, running, fielding, and throwing in front of the baserunner.
- **Coaches Pitching**- As a pitcher for coach-pitch, try pitching from one knee. This is uncomfortable, but you will find that it is more effective because the ball is not traveling down to the hitter. The pitcher is essentially on the same level as the hitter. No catcher is used in this division; no person (including parents/coach) should be behind the hitter. This can cause injury due to a fouled ball or swung bat.
- Each player should be in the batting line up, but each team should only put 9 with the maximum of 10 (4 or 5 outfielders) in the field. NO MORE THAN TEN ARE ALLOWED IN THE FIELD. And a player should NEVER sit out more than one fielding inning during a game.
- Each team will have a small black bag full of equipment for each practice and game. **At each practice you will either pick up this bag at the equipment room by the concession stand OR you will bring the bag back to the equipment room after your practice.**
- We will have all games prepared for you the best way we can but might need help with moving benches for players.
- Please use Riff level 5 balls.
- When finished with practice or games, please help ROAR staff by making the field look like it has not been used (clean/pick up the field and area around).