



Northumberland Jacks House League

7U Coach Pitch

Rules and Regulations

Coach Pitch aims to ensure that players have fun and learn the game in a safe way. It is essential that Coaches use the rules below in a manner consistent with these aims. The game outcome is not relevant in comparison to the practice of patience and good sportsmanship.

RULES

- The main goal of Coach Pitch is to teach children the game of baseball in a fun manner.
- Games are innings of one hour. No new inning is to start after 55 minutes.
- Everyone bats. Outs are phased in later in season as decided by the convenor but runners still stay on base so they can develop base running skills.
- Team put 10 or eleven players on the field. 4 outfielders, a pitchers helper (must wear a helmet with mask), a catcher, 1st baseman, 2nd baseman, 3rd baseman, and two shortstops.
- Outs can be made at first base by throwing the ball to the 1st baseman who touches the base or the runner, or a ball thrown in the arch at first base before the runner touches the base. Fielders at other positions may not run the ball to first base, it must be thrown. Outs at other bases are made by tagging the runner or stepping on the base with the ball.
- All batters get 4 pitches delivered by their coach. If a hit is not made, a tee is brought out and they hit off the tee. The at bat continues until the ball is put in play.
- Please have runners advance one base at a time. Do not advance runners on overthrows. The emphasis is skill development and learning rules of the game. We will phase in extra base hits later in season as decided by the convenor.
- Bases are set at 55 feet.



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GAME FUNDAMENTALS	
Scores / Standings Kept	No
Base Distance (feet)	55'
Pitcher's Mound Distance (feet)	41'
Complete Game (innings)	N/A
Official Game (innings)	N/A
No new Inning starts after	55 mins
Umpires	No
Mercy Runs (per inning)	N/A
Ties?	N/A
Call-ups permitted	N/A
BASE RUNNING	
Leadoffs allowed	No
Stealing Allowed	N/A
Runner can advance on overthrows	N/A
Runner can advance to Home on Passed Ball / Wild Pitch	N/A
Run to First on dropped third strike	N/A



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HITTING	
Last Batter Status	declared by Coach
Permitted Bat Types	USA or USSSA Stamped
# of Batters	All players bat each inning
Bunts Allowed	No, batters must take a full swing.
Walks Allowed	N/A
DEFENCE	
Infield Positions	Pitcher's Helper must wear a helmet with mask), C, 1B, 2B, 3B, SSx2
Outfield Positions	4 Outfielders
# of Outs	Any number (all players hit through each offensive appearance)
Outs Made	All players must hit each inning. Outs can be made but all players hit each inning and run the bases, regardless.
Infield Fly Rule	N/A
Player Substitutions	N/A
Position Rotation	Coaches discretion
PITCHING	
Pitching Machine Speed (mph)	N/A
# of Pitches or Strikes and Balls	All batters get 4 pitches delivered by their coach. If a hit is not made, a tee is brought out and they hit off the tee.
# of Warm up Pitches	N/A
Pitcher Limit (Consecutive Outs per Appearance)	N/A
Pitcher Count Limit	N/A
Balks	N/A