



SBDCRC Coach Pitch Rules

The purpose of our coach pitch league is to start children off on the right road to learning and enjoying the game of baseball. We put the emphasis on learning and having FUN rather than on winning. Every child in this league is encouraged to participate and play the game to the best of their ability and have fun doing so. We ask that our coaches and parents make a point of encouraging all players by setting an example of good sportsmanship for not only their children, but everyone involved (including other coaches).

Coach Responsibilities:

1. Coaches will act as liaison between Sharron Baucom Dale City Recreation Center and team parents/guardians. This includes informing parents/guardians of: game schedules (including changes and make-ups), inclement weather updates, and any other necessary information.
2. Coaches will attend all games. If unable to attend, the coach will notify all team mates (including 2nd coach) and parents.
3. Coaches will arrive promptly to all games. If unable, the coach will notify the 2nd coach and/or the front desk at SBDCRC.
4. Coaches will enforce all rules/guidelines.

Rules and Regulations:

1. Playing Rules:
 - A coach, assistant coach, or parent with experience must pitch to all batters.
 - Children are allowed five pitches to swing at or hit. There are no called strikes and no strikeouts. If a child has not hit the ball fair after five attempts, then they may attempt to hit off a tee.
 - Batters are not permitted to bunt. The ball must pass over the 15 foot line to be considered fair.
 - Base-runners are not permitted to steal or lead-off bases and must remain in contact with the base until the ball is hit.
 - There is no infield fly rule.
 - Overthrows:
 - On a batted ball which is the first play by an infielder, all runners, including the batter-runner, are awarded one base on an overthrow.
 - When on defense, you may use full roster on field if desired.
 - There are no walks.
 - No metal spikes are permitted.

- Parent, coach, or child may catch. If the catcher is a child, they must wear a mask, chest protector, shin guards, and catcher's helmet provided. If no equipment provided, they may not catch.

2. Pitching Rules:

- Coach may pitch overhand or underhand from pitching plate. If a batted ball strikes the coach-pitcher, the ball is dead and pitch is re-pitched
- The player fielding the pitcher's position will take a position always to the rear of the pitching plate and on the left or right side of the coach-pitcher, but may not switch back and forth during the pitch. The player may move once the ball is hit by the batter.
 - The coach-pitcher may not run up or down the base line yelling at his/her or opposing team players or draw any attention other than pitching the ball to his/her team.
 - If a parent or coach assists by holding, pushing or grabbing a base runner while the play is alive, that base runner will be declared out. The ball will become dead immediately at the time of the infraction.

3. Length of Game/Innings:

- Regulation games will end when each child has been at bat at least twice.
- Innings will end when full roster has bat.
- Each game will include at least two innings.

4. Substitutions:

- A player in the starting line-up who has been removed for a substitute may re-enter game and may play any defensive position.
- A substitute removed from the game may re-enter the game and may play any defensive position.
- All players will play a minimum of two innings of defense per game, at any position the coach desires.
- All players will bat at least once during length of game, unless injury or illness prevents a player from batting in order.

5. Batting Order:

- Coaches will keep batting order.

6. Rain outs: SBDCRC does not set field conditions. **Please do not call SBDCRC front desk for field conditions.** Call PWCPA field status # 703.792.3286



Sharron Baucom
DALE CITY RECREATION CENTER.....Where Everybody Fits In!"
703.670.7112 www.pwcparks.org/dcrc