



NATIONAL YOUTH SPORTS

RULES

COACH PITCH: 5 & 7-YEAR-OLDS

Applies to both practices and games.

ATTIRE

1. NYS jersey and hat must be worn during the game. No exceptions!
2. No metal cleats, open-toed shoes, or jewelry allowed.

BATS

All bats must be USA Bat Certified

3. No composite
4. No BB Core
5. No Wood

FIELD

6. Bases are approximately 45 feet apart.
7. Coaches are allowed in the outfield but they must not interfere with gameplay.
8. The coach may pitch to an individual batter based on their demonstrated ability to hit the ball at practice.
9. Batting team must provide adults to be the first and third base coaches, as well as place the ball on the tee for each batter.
10. All team members must be on the batting line up.

TEAM

11. Teams will play with a limit of 7 infielders and the rest of the team must occupy the outfield.
12. The home team is listed first on the schedule and will occupy the third base of the field.

GAMEPLAY

13. Games are 1 hour and 15 minutes, or 3 innings, whichever is completed first.
14. All players on the defensive team are allowed to be on the field.
15. Defense team must rotate the pitcher position every inning.
16. Infielders must stay in normal baseball positions with the exception of the catcher.
For example, the catcher cannot be closer than 20 feet from the home plate.
17. Each batter will be given three pitches/chances to hit the ball, then the tee must be used.
18. Players who cannot hit a pitched ball at practice should only use the tee during games.
19. All batters must run the bases.
20. Every player bats every inning.
21. No on deck batters.
22. No strikeouts.
23. No leading off or stealing any base.
24. No sliding.
25. No throwing bats. A thrown bat is an automatic out.
26. The last batter in the lineup continues to run to all the bases until tagged out or a defensive player with the ball steps on home plate.
27. Coaches should let the defense know when the last batter is up to bat.
28. Players may NOT advance to the next base on an overthrow.
29. Base runners must stop when the ball is under control in the infield.
30. Base runner hit by a batted ball is out.



NATIONAL YOUTH SPORTS

RULES

COACH PITCH: 5 & 6-YEAR-OLDS

Applies to both practices and games.

31. All base runners called out may not continue to run the bases.
32. No score will be kept.
33. No forfeits!