



**NATIONAL YOUTH SPORTS**

**RULES**

**BASEBALL: COACH PITCH: 7-9 YEAR-OLDS**

*Applies to both practices and games.*

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1. The home team is listed first on the schedule and will occupy the third base dugout.
2. Games are one hour and forty minutes or five innings, whichever is completed first. A new inning will not be started after one hour and twenty minutes. No team may intentionally delay the game.
3. No extra innings in case of a tie.
4. No forfeits.
5. The NYS provided jersey and hat or pre approved jersey and hat must be worn at all times. No exceptions! The catcher position is required to wear a cup.
6. Metal cleats, open toed shoes, or jewelry may not be worn.
7. Pitchers must pitch from the assigned pitchers plate and should be approximately 35 -40 feet (depending on the size of the field) from the home plate.
8. Ten players are allowed to play on defense. Teams may play with four outfielders.
9. Coaches are not allowed in the field of play except for the first base coach third base coach and pitcher
10. Only Little League approved bats may be used.
11. All on deck batters, base runners and hitters must wear a helmet when on the field. NYS will supply helmets. On deck batters must stay in the on deck area and all players on the batting team must stay in the dugout.
12. All team members must be on the batting line up. The batting line up must be followed in continuous order throughout the entire game.
13. No advancing to first base on a dropped third strike.
14. Teams may only bat through their line up once per inning, except to equal the opposing teams batting line up. For example, if team "A" has 12 players and team "B" has 10 players, then team "B" may bat 12 players in a row as long as they do not increase their lead by more than 5 runs or get 3 outs. See the five run rule clarification at the end of these rules.
15. Bases are approximately 60 feet apart.
16. No leading off, but stealing is allowed. The base runner may not leave the base unless the ball is kept in front of the catcher. If the ball crosses the plate and is not a passed ball or wild pitch, the base runner can steal. If a player leaves early and is thrown out, he is out. If he is safe, he must return to the previous base. The second offense by the same player in same inning will result in an automatic out.
17. No infield fly rule.
18. Bunting is allowed.



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19. Sliding is allowed. It is the base runner's responsibility to avoid contact with the fielder with the ball. Slide or avoid is in effect at all times when fielder is in possession of the ball. Intentionally running into a fielder, including the catcher who has possession of the ball will result in ejection from the game.
20. The base runner may not steal home on any play between the pitcher and catcher (including a passed ball or wild pitch). Stealing home is not allowed. Runner on third base must be forced home by a walk, hit by pitch, or advance on a hit ball.
21. Runners may advance only one base on an overthrow (that means the runner gets the base they are advancing to, plus they can try for the next one at their own risk). If a play is made on an advancing runner after the overthrow and another overthrow occurs, the runner may again try to advance to the next base at his own risk. If a play is not made on the advancing runner after the overthrow, the runner must stop after one base. Once the ball is thrown back to the pitcher by the catcher or any fielder at the conclusion of a play, at the umpire's judgment, all base runners must return to their previous base if they are not at least halfway to the next base.
22. No team may increase their lead by more than five runs after the first inning. See the five run rule clarification at the end of these rules.
23. Courtesy runners are allowed for pitcher or catcher at any time but the runner must be the player that made the last out.

#### FIVE-RUN RULE

When participating in an NYS baseball or softball event, there are 3 ways to end an "at bat".

1. Increase a lead by five runs. This does not apply in the first inning.
2. Bat through your entire line-up once. Remember that a team may equal the same number of batters as the opposing team.
3. Three outs.

Whichever one of the above happens first in a given half inning concludes that half inning immediately.