



**2018**  
**Rally Cap House League**  
**RULE BOOK**

*"Sherwood Park Minor Baseball exists to foster and encourage the growth and development of the sport of baseball by teaching the value of sportsmanship, skills and competition".*

Jan 25, 2018

## Setup

- The pitching machine and bases are provided by the home team. Teams operate the pitching machine for their own team.

**Distances:**

**Pitching machine settings:**

**Bat Size**

**Bases = 45 feet & Pitching Machine = 35 feet**

**Spring 5, Arm Rel 4, Ball Seam 3**

**Max Diameter 2 ¾ Max Length 32"**

## Game Guidelines

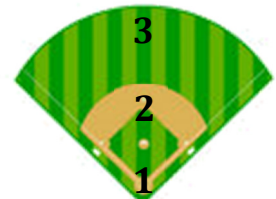
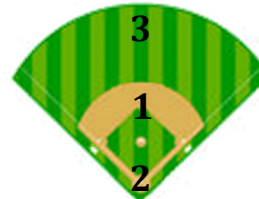
- 6:30 1<sup>st</sup> Inning**

Team 1 Home - Infield

Team 2 Away - Bats

Team 3 Practice - Rally Cap for full inning

½ inning – Teams 1 and 2 rotate after each team's roster has batted



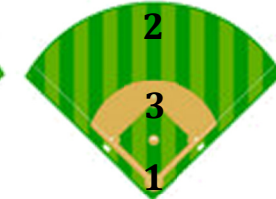
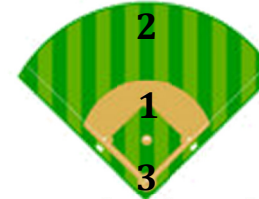
- 7:00 2<sup>nd</sup> Inning**

Team 1 Infield

Team 2 Moves to Practice – Rally Cap

Team 3 Moves to Bat

½ inning - Teams 1 and 3 rotate after each team's roster has batted



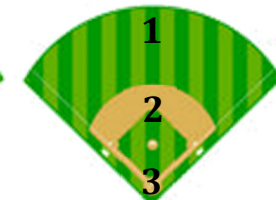
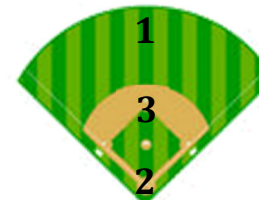
- 7:30 3<sup>rd</sup> Inning**

Team 1 Moves to Practice – Rally Cap

Team 2 Moves to Bat

Team 3 Infield

½ inning - Teams 2 and 3 rotate after each team's roster has batted



- All batters receive 5 pitches from the pitching machine for each at bat. If player fouls off the last pitch, they keep batting. One additional pitch allowed per foul/tipped ball. If not able to hit from pitching machine player hits from tee.
- Base runners are not allowed to lead off and can only advance when the ball is put in play by the batter. (No base stealing). Only one base allowed on an overthrow.
- Coaches for the defensive team will coach from the field, offensive team coaches will coach from the foul territory. All coaches are encouraged to help the other team's players.
- Keep within the time limit as per schedule; no new innings after 1 hr 15 min.
- May Games** - No outs & No Score. ½ inning is over after all players bat.
- June Games** - The coach will call players "out" or "safe". Players who are "out" will return to their bench. All players still get to bat and No Score is maintained.
- At the end of the game** – All 3 Teams have batted twice, played infield twice & spent time in the outfield working on Rally Cap drills.