

APPENDIX D

Junior Rally Cap Program Format

Incorporating the Baseball Canada Rally Cap Program

Ages: 5 and 6* (4 with approval from Division Director and parent/guardian coaching) as of December 31 of current year.

*If already completed 2 years of Junior Rally Cap, player may consider Senior Rally Cap.

Number of Coaches: 1 or 2 along with 1-2 parent helpers.

Concept:

Players' first experiences in baseball should be filled with active and engaging activities that are developmentally appropriate for their age. The Baseball Canada Rally Cap program introduces the game to children while developing skill in fun and entertaining manner. Three teams come to the baseball park for a 90 minute practice/game. The first 15 minutes is to organize and perform a skill warm-up with their coaches. When the official game begins – Team A and B will play a 20 minute game while Team C will be in the outfield with their coaches practicing hitting, fielding, running and throwing. Teams rotate taking 10 minutes to reorganize with Team B and C playing a 20 minute game and A practicing in outfield. Final rotation occurs for Team A to play C and B practices. Coaches will be provided with activity cards that they can use in the outfield for practice ideas.

The Rally Cap Program is Baseball Canada's official initiation program. It was designed specifically for young baseball players and aims to increase interest in baseball at young ages. Players will demonstrate their skill level early in the season following Baseball Canada's Rally Cap report card. Baseball Saskatchewan Association will designate a Rally Cap week in June for players to achieve their Baseball Canada Rally Cap by demonstrating their skills once again. There are different colored Baseball Canada Caps that players will earn according to baseball skill levels. Baseball Regina's Rally Cap Director(s) will assist in organizing the Rally Cap events.

General Rules:

- 8-10 players on team –no more than 10 on a team!
- All players are on the field for defense.
- Players on defense will rotate positions at each inning.
- Catcher can be used when teams go to the pitching machine in June.
- Use of tee for first half of season unless player is capable of hitting from the pitching machine (coach's discretion).
- Pitching machine (Blue Flame) is to be used full time as of June 1st unless a player's skill level continues to require the batting tee. (coach's discretion)
- When using the pitching machine if player does not put the ball in play after the 4th pitch/foul ball the player will hit off the tee.
- Every inning the team at bat will start with loaded bases (increases activity level).
- Players will stop advancing once a defensive player fields the ball and throws it in the direction of the coach positioned in the infield. No advance on overthrows.
- Base paths should be 45 feet.
- Players at bat must hit the ball past the designated line in front of the plate in order to be considered a "fair ball". This line should be about 5 feet directly in front of home plate. If



the tee is hit and not the ball then the player gets to try again. No line will be used – coaches to use their judgment.