

Welcome to the JUNIOR & SENIOR RALLY CAP DIVISION

Division Directors

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The objective of this division is to introduce the game of baseball to young players while making it safe, interesting and fun. This means that there are some different rules compared to traditional baseball rules to increase development, fun and safety.

All players require their own batting helmet and glove.

***** Please remember that the Regina ball parks you play in are run by volunteer boards. Whatever park is your "home" park, be a willing participant there - if you can hold a hammer, pick up garbage, weed or use a paintbrush, you can play a vital role at the park. Check at the clubhouse to offer your assistance.*

Please see our [Operating Rules \(Rally Cap\)](#) for a full listing of rules, but some important highlights are:

Rally Cap allows for great flexibility in placement. Typically ages are from 5 to 8 but can be as old as 9 or as young as 4 upon approval (ages as of Dec 31 of current year). The typical progression is 2 years of Junior Rally Cap and 2 years of Senior Rally Cap. .

Senior Rally Cap is generally ages 7* and 8*, provided there has already been involvement in Rally Cap (or similar program). Children those ages not having been part of organized ball before are allowed to play Junior Rally Cap. Players who are 9* are able to play 11U Division or Rally Cap. If they have 2 or less years of Rally Cap (or a similar program) their development may benefit from staying in Rally Cap.

Games are twice a week and usually played on Mondays and Wednesdays 6:00 to 8:00 pm and if there are enough teams, we will add Fridays as well. The Season normally starts May 1 and ends before June 30.

Senior Rally Cap diamonds in Regina are at 4 locations - Columbus Park (south), Lions Park (north), Pacer Park (east), and Theresa Stevenson (northwest). In 2023, there was some travel to Pense, Lumsden and Regina Beach.

Junior Rally Cap is generally 5* and 6*. Children who are 4* may be allowed to play with Division Director's approval and if parent/guardian is willing to be part of coaching staff. Children who are 6* but have played Junior for 2 years can play Senior if desired.

Every year Baseball Regina hosts a skills development Rally Cap Camp towards the end of March as a kick off for the upcoming season and to give children new to baseball a chance to see what its all about. Please note that for 2021 due to Sask Health restrictions, the skills development Rally Cap Camp may not be able to take place.

Please feel free to contact the Division Director to discuss the possibilities for your child's involvement in the Rally Cap Program and an introduction into the game of baseball!

Games are twice a week and played Tuesdays and Thursdays 6:00 to 8:00 pm. The Season normally starts May 1 and ends before June 30.

Junior Rally Cap diamonds in Regina are at 3 locations - Lions Park (north), Pacer Park (east) and Columbus Park (south)

Junior Rally Cap Program Format

Incorporating the Baseball Canada Rally Cap Program

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

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

Games are played Tuesdays and Thursdays.

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. Saskatchewan Baseball Association will designate a Rally Cap week in late June for players to achieve their Baseball Canada Rally Cap by demonstrating their skills once again.. There are different coloured 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 judgement.