



## Fastball St. Albert Association U9 Objectives, Design, and Rules

### Objectives:

- To foster a life long love of fastball.
- To promote fun, interest in the game and to develop sportsmanship.
- To develop knowledge and understanding of the rules of fastball.
- To focus on the core skill development and fundamentals of fastball.
- To provide an introduction to game play in fastball.

### Diamond dimensions:

- Base path distance: 45 feet (63 feet from home to 2<sup>nd</sup>)
- Pitching distance: 30 feet

### Ball:

- 11" Softie ball

### Equipment:

- Players provide their own glove and running shoes, batting helmet, pelvic protection and infield mask.
- Helmets with cage and chin strap worn by all batters, base runners, and on deck batters.
- Catchers equipment, bats, balls, etc. all provided by Fastball St. Albert

Players should not play more than 2 consecutive innings at the same position.

### 6:00pm – 6:25pm

- Warm up
- Dynamic Stretching / fitness
- Skills – pick 1 or 2 to work on per game
  - Throwing / Catching
  - Fielding
  - Hitting
  - Game Scenario (where to go with the ball)
  - Rules (what's an out?, which way do I run?)

### 6:25pm – 6:30pm water break

### 6:30pm – 7:45pm Game

Maximum 5 innings, with no new inning will start after 7:45pm.

Maximum 5 runs per inning. Inning is over after 3 outs are made, or 5 runs scored.



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### Game Play:

The home team starts in the field, and provides a volunteer parent umpire for the game. The defensive team's pitcher will pitch to the batter until:

- The batter hits the ball
  - The batter strikes out, or
  - There are 4 balls
- If the batter receives 4 balls, the batting team's coach will pitch to their own batter. If at the time the coach steps in to pitch there are:
    - no strikes, the coach will pitch up to 3 balls.
    - 1 strike, the coach will pitch up to 2 balls.
    - 2 strikes, the coach will pitch 1 ball
  - The batter must swing on the coach pitches. If they hit, they proceed to their base as usual. If they don't hit and the coach is out of balls, they have struck out. If they foul their final ball from the coach, they will receive another pitch.
  - No stealing. No bunting. No walks. Batters do not get first base if they are hit by the coach's pitch... they just get a 'Sorry'. 😊
  - Base runners advance only on batted balls. (No running on over throws)