

RALLY CAP GUIDELINES

These are the basics: there will always be things that are missed or unclear. Please speak to your convenor or any Board member for clarity.

- Rally Cap is Parent/Coach Pitch or batting off a tee.
- All players **MUST** wear closed-toed shoes, long pants, and helmets all times (batting & fielding). Kids at this age don't always pay attention and we want them to be safe.
- Pitches are a nice level underhand lob from fairly close (12 feet, you can back up for better batters).
- Everybody bats in Rally Cap – **NO OUTS**. Each inning, the entire batting order gets up. We do this so that the kids get batting and base running practice every time.
- When the last batter has hit the ball, everybody runs, and the play is always to home.
- **DON'T KEEP SCORE.**
- Bases are to be 30 feet apart (approximately 10 large adult paces).
- Children only advance one base on a base hit. This includes runners on base i.e. second to third.
- No outs; if a child is tagged or caught in a force situation please allow them to stay on base. This will allow the children to learn the concept of running the bases etc.
- Please give a reasonable number of pitches to each child; however, ensure all kids get at least one at bat per game. Basically, if 10 pitches don't do the trick, have the catcher just throw out the ball and have the kids advance (and make sure that child gets some at bats in at practice).
- Please note on the schedule if you are practicing or playing for the first 20 minutes.
- Please remember that children **MUST** have proper baseball helmets, pants (no shorts), and closed toed shoes to be on the field. Please advise your parents of the same and enforce the rules. **NO** exceptions are to be made to the rules.