**HOW IS U7 PLAYED?**

**Playing Field:**

Fielding positions are as follows:

The Pitcher: The pitcher does not pitch the ball but is tasked with fielding the diamond area in which most balls are hit

The Catcher: Must wear their batting helmet, fields the balls missed by the batter thrown from the coach and to tag runners running for home base.

Bases: First Base, Second Base and Third Base positions field in and around their base area and attempt to run out players running for their base.

Others: If playing with larger numbers, other fielders such as short stop and outfield are placed around the playing area and are tasked with fielding the ball, catching and trying to run players out.

Field Set-Up - Bases are 45 feet apart. Pitching mound is placed at 30 feet.

**Equipment:**

Players should wear suitable training shoes.

When batting, each player is required to wear a batting helmet with a face mask.

The bats used should be between 25 and 26 inches long and the balls are special 10 inch softie balls to help minimize the risk of injuries.

Gloves are to be worn when on defence.

Parents are responsible for their children’s belongings and marking each equipment piece with child name is recommended.

**Games:**

6:30 start time, warm up and short practice for 10-15 min. Game to start around 6:45 end at 7:30pm.

Home team will be determined by the schedule and each home team will be in the field first with the away team batting first. Home team will be responsible for setting up the bases.

**Rules:**

All players bat. The hitting order will rotate each inning enabling each player to have the chance to lead off an innings.

The players should also rotate each inning when playing defence positions.

Each team should have coaches/adults on the field of play at all times.

--> Batting team: 3 adults – 1 at first base 1 at the tee and 1 at 3rd base

--> Defensive team: 3 adults – 2 on the field and 1 to the side of the tee for defensive players to throw the ball back to home.

Coach Pitcher – 4 pitches will be tossed by the coach. If they have not hit after 4 pitches a tee is set up to hit off of. No walks or strike outs.

No intentional bunting.

Batter is to only advance 1 base at a time, even if the ball is hit into the outfield.

No advancement on an overthrow.

No lead offs or stealing.

Sliding is allowed.

A player is declared as being out when:

The ball is hit and then caught without hitting the ground.

A player who has the ball stands on the base before the runner makes it to the base.

A fielder with the glove or hand that is holding the ball tags a runner between the bases.

Score and standings will not be kept as the emphasis is on player and team skill development not on winning.