



**Midlothian Amateur
Baseball Association
Rulebook**

2026

7U COACH PITCH REC DIVISION

Coach Pitch is focused on advancing the skills and fundamentals of 7-year-old players. Players receive pitches from a coach instead of an opposing player. Tees are not used in the coach pitch division. As the players' skill level increases, the rules are slightly more advanced than those for Tee Ball. 7u coach pitch plays at a base distance of 60' and a pitching distance of 40'.

RULES

1. No coach's agreement at the plate meeting can supersede official MABA rules.
2. **At the plate meeting, head coaches from each team must exchange a copy of their lineup including the first three innings of their defensive lineups. (A lineup sheet for fair play can be found on the league's website.)**
3. Both Midlothian Community Park and Jaycee Park are tobacco-free facilities. Please refrain from using tobacco during practices and at games. Also, MCP does not allow the consumption of red Gatorade, gum or sunflower seeds.
4. **SHOW GOOD SPORTSMANSHIP - REMEMBER OUR CHILDREN ARE LEARNING FROM US.**
5. The time limit is set for the lesser of one (1) hour and 15 minutes, or six (6) innings. The remainder of the inning will be completed when the time limit expires. A new inning may begin if there are at least five (5) minutes left of gameplay unless both coaches agree to not start a new inning.
6. The complete roster will bat. The batting order will remain as submitted to the opposing manager throughout the game.
7. A maximum of five (5) runs may be scored per ½ inning. The ½ inning is completed when either five (5) runs are scored or three (3) outs are made, whichever occurs first.
8. Players arriving after the start of the game must be placed at the end of the batting order.
9. Each team must play a catcher. Catchers **MUST** wear all safety equipment, including the hanging throat protector.
10. Each team can field a maximum of ten (10) players including (4) outfielders.
11. Teams are permitted to play with seven (7) players; however, they **MUST** take an out in the place of the 8th and 9th batters. If a team plays with (8) players they must take an

out in the place of the 9th batter. If a team does not have seven (7) players when the game starts, the game clock will start, and if the 7th player does not arrive within 15 minutes of the start, a forfeit will result.

12. "Run Rule" - If at the end of 3 innings one team has the lead of fifteen (15) runs or more, or ten (10) runs after 4 innings, or eight (8) runs or more after 5 innings the game is over.
13. Offensive players must wear batting helmets while on the playing field for the safety of all players.
14. A tie in a tournament game will be decided by Texas Tie-Breaker rules. The last three batters from the previous inning will be placed on 1st, 2nd, and 3rd base with one out. Play will resume until a winner emerges.

PITCHING RULES

1. The pitching coach shall deliver the ball from a standing position, from a distance of at least 40 feet from home plate. Any batted ball that hits the pitching coach shall be declared a dead ball, therefore not considered a pitch, and will not count against the batter's pitch count or as a strike.
2. For the purposes of player development, the pitching coach may help get the batter into the proper batting position between pitches via verbal cues or hand gestures but not talk to or coach the batter once the pitching coach is in pitching position. For the purpose of keeping the game moving, it is strongly encouraged that the pitching coach's input is minimal. The pitching coach may not leave the mound or mound equivalent unless avoiding a hit ball or to avoid obstructing a defensive play.
3. The pitching coach shall position himself as to not obstruct defensive play. Any intentional interference with a defensive play, as determined by the umpire, shall result in an obstruction call and that pitching coach shall be ejected. The game will result in a forfeit for the violating team if no other coach is available to pitch.
4. The defensive player playing the pitcher should stand a few feet to the left or right and a couple of feet back of the coach pitcher. The defensive pitcher player may not stand directly behind the coach pitcher. It is also recommended that this defensive player wear a batting helmet with a facemask to decrease injury risk.
5. Each batter will get a total of six (6) pitches. After three (3) swinging strikes, the batter is out. If the batter fouls the third or last strike, the batter will get another pitch until a swing and a miss, a hit, or a no-swing. There will be no called balls, and no walks will be given.

ON DECK SAFETY

1. Batters can take practice swings and warm up in the on deck area while preparing for their at-bat while on deck. However, batters warming up in the batter's box must always remain fully attentive and aware of live gameplay.
2. If a batter warming up demonstrates a lack of attentiveness or awareness that could lead to an unsafe situation, the umpire maintains discretion to issue a warning to the batter to pay closer attention, order the batter to return to the dugout until it is their time to bat, or call the batter out if the lack of awareness persists after a warning. The umpire's judgment on batter attentiveness shall be final, with safety being the top priority.
3. A thrown bat will result in a warning for each team for the first offense and an out for each additional thrown bat. The decision of an umpire regarding a thrown bat is a judgement call and not disputable.

BASE RUNNING RULES

1. The baserunners will operate on "tight bases," with the runners unable to take a lead off the base. On batted balls to the outfield off a pitch, baserunners can advance at their own risk until infield control is called.
2. All baserunners may advance one (1) base on an infield overthrow to 1st at their own risk.
3. Head-first slides are strictly prohibited in all situations. An out will be called for any attempted head-first slide. Coaches are expected to actively teach and reinforce safe and controlled feet-first sliding techniques throughout the season.

INFIELD CONTROL RULES

1. Infield control is called by the umpire raising one (1) hand and yelling time.
2. Play will be considered "live" after it is hit into fair territory. The play shall be considered "dead" when time has been called by the umpire. Once infield control has been established, runners still advancing to the next base may advance to that base if they have crossed the halfway line before Infield Control was called. If not, the runners must return to the previous base. This rule also applies to runners attempting to score. Only the umpire may determine whether a runner was at the halfway point and may continue to run when Infield Control is called; protests by the coaches/parents are strictly prohibited and will not be tolerated. Protests after the umpire's warning will follow the rules of sportsmanship and ejections.

3. For example, if the 3rd baseman fields the ball and throws to 2nd to get an out, or the 2nd baseman catches a pop-fly and immediately throws to 1st to get the runner trying to tag up, infield control is not established. Only when the player receiving the throw controls the ball in the infield in fair territory is infield control established. When the umpire yells "TIME" the ball becomes dead and play stops.
4. Once Infield Control is 'gained,' it cannot be 'lost.' Suppose the defense tries to make an out after Infield Control is gained but loses possession of the ball (such as through an overthrow, dropped ball, etc.). In that case, this does not allow the runners to advance any farther than to the base the runner would have been allowed if the defense had not tried to make the play. The purpose of the rule is to encourage the defense to try to make a play but not be penalized for an attempt that goes wrong.
5. **Umpire Judgement:** The decision of the umpire regarding the dead ball and runner position is a judgement call and is not disputable.

EQUAL PLAY RULES

1. No player can sit out defensively for more than two innings
2. No player shall sit out defensively twice before all players sit out defensively once.
3. Each player must play one (1) inning in the infield and one (1) inning in the outfield within the first three (3) innings.
4. The catcher is considered an infield position.
5. Coaches are empowered to agree upon defensive lineup deviations in the event of injury or illness.
6. Coaches shall exchange lineup cards with batting order and defensive lineup covering the first three (3) innings, with infield positions highlighted. Failure to do so will lead to ejection of the head coach.
7. Umpires are not responsible for monitoring Equal Play Rules, however, can enforce the rule if brought to his/her attention appropriately. Coaches are allowed one challenge of violating the Equal Play Rules and must present evidence to the umpire. If the umpire finds the fair play challenge to be correct, he will call for the opposing team to correct it. Coaches will retain the right to challenge if it is upheld. If the challenge is overruled (an erroneous challenge), then that coach would lose the right to challenge for the remainder of the game. The head coach shall be ejected upon a 2nd violation of Equal Play Rules within the game. Fair play calls fall under the umpire's discretion.

8. If a challenge is upheld, the challenging coach shall report the violation to the division commissioner, who will notify the board of directors. For the next game, this team must now provide a lineup card featuring defensive alignments for all six (6) innings and will not be allowed to deviate except for injury or illness reasons.

COACHING RULES

1. Each team is allowed a maximum of five (5) adult coaches/managers in the dugout during games. The coaching staff must consist of: (1) head coach, (3) assistant coaches, and (1) team manager.
2. Adult coaches are allowed at first and third base during offensive play.
3. Two (2) adult coaches are allowed in the outfield during defensive play.
4. At least one (1) adult (Assistant/Team Manager) must always remain in the dugout.
5. Assistant coaches must position themselves inside of the dugout while the ball is in play.
6. Only the team's head coach may be outside of the dugout during defensive series.
 - a. This is does not include the two coaches in the outfield.
7. Teams may designate (1) additional Alternate Coach, who is not permitted in the dugout or on the field of play unless substituting for another coach. No more than (6) ID cards will be provided to each team for the duration of the season under one of three categories, and background checks have been completed.

END OF SEASON PROCEDURES AND STANDINGS

1. Coaches must turn in league equipment at the end of the last game to a MABA board member.
 - a. The league will not provide end of season awards until all equipment is returned.
 - b. Failure to return league owned equipment may result in a team not being able to register the following season. **Medals/trophies will not be awarded until equipment is returned.**
 - c. The equipment provided is valued at \$350.00, and not turning in this equipment places a great expense on the organization and strains its ability to provide the necessary equipment for these youth players each season. Coaches failing to return equipment at the end of the season will be responsible for the cost of the equipment.

2. Standings will be determined based on the following:
 - a. Winning percentage.
 - b. Head-to-head winner (if two teams are tied).
 - c. If three teams are tied; the team that defeated the other two teams advances; otherwise, the next tiebreaker is used.
 - d. Total runs allowed.

BATS

1. USA Baseball certified bats.
2. USSSA-certified bats.
3. Max drop 13 bats in the 7U division.
4. One-piece solid wood bats certified by BBCOR, Little League International, or other recognized governing bodies are also permitted.
5. The umpire has the authority to inspect bats and prohibit using any bat that does not meet the certification requirements or appears damaged or unsafe.

SCOREKEEPING RESPONSIBILITIES

The home and visiting teams shall provide a designated scorekeeping representative for all games. This is mandatory. Failure to do so will lead to the ejection of the head coach.

Home Team

1. The home team scorekeeping representative shall be considered the official scorer and is responsible for keeping the official scorebook or GameChanger.
2. If using GameChanger, the team representative is responsible for ensuring that the app is set up correctly before the game starts, including entering complete and accurate roster information for both teams and scoring the game.
3. The home team must verify the final score with the umpire and visiting team's scorer after the game and submit the official game data in GameChanger promptly after the game ends.

4. If GameChanger is not utilized, the home team must keep an official paper scorebook that is available for review upon request. Failure to make the scorebook available upon request will result in the ejection of the head coach.

Visiting Team

1. Operate the scoreboard and ensure it accurately reflects the score throughout the game.
2. Assist the home team's scorer in ensuring correct roster and lineup information.
3. Communicate with the home team's scorer regarding any discrepancies in scoring during the game.
4. Verify the final score with the home team's scorer and umpire after the game.

The home and visiting team scorers should understand the scorekeeping rules and be proficient in using the GameChanger platform or understand how to properly maintain a paper scorebook. In the event of any scoring disputes or issues with GameChanger during the game, the umpire's ruling shall be considered final.

AFTER THE GAME

Please ensure that all trash is collected from dugouts and stands. Please leave the field how you would want it if you were the next team to play!

Any questions or concerns please contact the 7U/8U baseball division commissioner:
coachpitch@midlothianbaseball.org

