**PAMBA Sr Rally Cap Baseball Format – 2025**

The objective of this division is to introduce the game of baseball to young players while making it safe, interesting, and fun. Although some of the rules are not the traditional rules we are familiar with, at this age tradition is not the primary concern. The opportunity for the players to learn the fundamentals of the game in a safe environment while having fun and improving their skills is the primary concern. Hitting, fielding, pitching, and running the bases are the primary reasons children want to play baseball, and this program allows them to do that.

Sr Rally baseball will be held Monday and Wednesday at 6 PM every week from the start of May to the end of June. Our season will start with a mix of practice to work on the fundamentals of baseball as well as games to use the skills we are learning. On game days, beginning at 6:00pm, teams will have a 30-minute practice followed by a 45-60 minute game.

There will be a 1-day tournament the weekend of June 21/22. More details about the tournament will be provided closer to the date of the tournament. PAMBA teams are automatically entered into the tournament. Any team from outside of PAMBA will need to register for the tournament. Any questions or concerns can be directed to Sr Rally Coordinator Chris Dallyn (srrally@paminorbaseball.com).

**No Rain Out Rule:**

* Games are cancelled only when it is raining and/or lightning at time of game or if the infield is too wet to play on.
* Practices can still take place on the grass.

**Practice Sessions**:

* 75 - 90 minutes
* We will run skill stations on the diamonds at Mair Park. Teams will rotate through stations. One coach from each team will stay and run the station, while another coach will rotate with their team to the next station. Parents are encouraged to help out where needed.

**Game Sessions**:

* 30-minute practice. This practice will be run as a team, not in stations.
* 45 – 60 minute game (3-4 innings if possible)
* No new inning shall be started after 1.5 hours of play (this includes pre-game practice and game time)
* No umpires are used for Senior Rally games. Coaches are expected to umpire the game.

**Team responsibilities:**

* Home team
  + Field setup – set up the bases, get a batting tee, and pitching net
  + Field take-down – put bases back in storage and take down the hitting net. Store equipment in the shed.
  + Report score – report the final score of the game to the coordinator each week.
* Home team supplies game balls.
* Each team keeps their own score sheet.
* Coach for batting team either pitches or operates the Pitching machine

**Field:**

* 50’ base paths
* 40’ if pitching machine is being used or players are pitching (players pitch after June 1)

**Pitching:**

* The use of a coach pitcher or pitching machine will be utilized in the month of May
* Players will pitch in the month of June as outlined in the rules below.

**Rules:**

* In May, 5 pitches/batter from coach or pitching machine. If batter has not hit the ball, then move to tee for hit.
* Unhittable pitch is considered No Pitch – decided by coach operating pitching machine or by coach that is pitching.
* Starting in June, players pitch. After 5 pitches from player, coach will throw 3 hittable pitches. Strike out after 3 strikes. No walks.
* Continue to pitch after 2 strikes if batter hits Foul ball
* 3 outs – end of inning
* 4 runs max/inning/team
* Players advance on a hit until the ball has been thrown back to the infield and an infielder has the ball
* If the pitching machine gets hit, batter only gets one base
* No advancing to the next base on an over-throw
* No Walks - No leadoffs - No stealing – No bunting
* Defensive players switch positions every inning.
* Optional: Pitching position plays the defensive inning pitching to a player or coach off the field. (This would be good if you have enough coaches to get players more one-on-one time with coach learning to pitch)
* Catchers can have a substitute runner if there is 2 out to help keep transition between inning halves going more efficiently
* Catcher gathers un-hit balls either to the side or in a bucket
* Coaches to be on the field with their players and ump
* bats must not exceed 2 ¾” in diameter or 32” in length
* Home team to occupy third base bench