



U7 Rules for RMSL 2022

- Sessions start at 6:15pm sharp with 40-45 minutes of skill development followed by a game. Time of the game is 30 minutes. Session is done by 7:30pm or shortly after.
- Suggest 8 -12 players per team maximum, 3 coaches per team to work with players on skill development and during games
- Sessions MUST include warm up games and skill development. Follow the NEW Softball Mobile APP for skill development and practice plans.
www.softballmobile.com
- Games should be played on grass or diamond if assigned
- Bases at 45 feet home team puts down the bases; no pitching as a tee will be used to hit the ball - The Timbit instructors will set up diamond for you.
- There will be bats and balls in the bag the instructor brings
- 21" Home Plate throw down or use 17 and half" plate throw down
- Players hit off a parent/coach pitched ball during the game. Tees will be used in the skill development. If both coaches agree and would like to use a tee during the game that is fine too. It's all about creating success for the kids.
- Helmets required, no fielders' masks required, players can have gloves or not
- All players bat each inning. When last player comes to bat let other team know as all baserunners on base will continue to run home.
- Unlimited substitutions: shuffle batting order every inning, so a different player leads off each inning
- Coaches are permitted on the field of play to help position the players
- Coaches for safety reasons please teach hitting with safe distance when children start swinging the bats from each other. WE do not want any mishaps occurring.

Ask players/parents if they have any medical needs i.e., E pens, diabetic, inhalers etc.

Above all be organized, have your practice plan, equipment ready and **have FUN!**

You will have Timbit instructors to assist you in doing skills stations for skill development. Parents are encouraged to help out to so the players get more activity. Instructors will set up the bases/diamond. May need assistance.