



SU - BLASTBALL

2026 BLASTBALL DIVISION OFFICIAL GAME DAY RULES & PROCEDURES

1. PURPOSE AND DIVISION GOALS

The Blastball Division introduces young players to baseball in a structured and developmentally appropriate environment. The primary objectives are participation, skill development, fairness, and enjoyment.

In addition to these objectives, the league emphasizes specific foundational skill goals at both the Blastball and Rally Cap levels.

BLASTBALL DIVISION GOALS

Batting Goal

- Quiet feet.
- Maintain balance and a strong hitting position throughout the swing.
- No “spin-o-rammas.”

Fielding Goal

- Proper fielding position.
- Fingers down when catching or fielding a ball below the waist.
- Fingers up when catching above the waist.

Throwing Goal

- Step with the glove-side foot when throwing.
- Eyes on the target.
- Keep body movements minimal.



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RALLY CAP DIVISION GOALS

Batting Goal

- Swing hard while keeping the head still.
- Eyes on the ball.
- Eyes remain on the tee after contact.

Fielding Goal

- Proper fielding position.
- Fingers down when catching or fielding below the waist.
- On ground balls, create a wall with the glove, not a ramp.
- Eyes behind the ball when catching above the waist.

Throwing Goal

- Proper throwing position.
- Stand sideways to the target when throwing.
- Point with elbows.



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2. GAME STRUCTURE

Each game consists of three innings.

Each inning has a top half and a bottom half.

Three teams participate in each game:

- Team A
- Team B
- Team C

During each half inning:

- One team bats
- One team plays infield
- One team practices in the outfield

Over the course of the game, each team will:

- Bat twice
- Play infield twice
- Spend one full inning (both halves) practicing in the outfield

If roster sizes require adjustment, teams may be combined to ensure safe and effective participation.



3. INNING ROTATION SCHEDULE

INNING 1

Top Half

- Team B bats
- Team A plays infield
- Team C practices in outfield

Bottom Half

- Team A bats
- Team B plays infield
- Team C continues practice

INNING 2

Top Half

- Team A bats
- Team C plays infield
- Team B practices in outfield

Bottom Half

- Team C bats
- Team A plays infield
- Team B continues practice

INNING 3

Top Half

- Team C bats
- Team B plays infield
- Team A practices in outfield

Bottom Half

- Team B bats
- Team C plays infield
- Team A continues practice



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4. BATTING RULES

- All players bat once per half inning.
- All batters hit from a tee.
- There are no walks and no strikeouts.
- The batter may run only to first base.
- The runner must stop at first base.
- All defensive plays should be directed to first base to keep the game simple.

Runner Advancement

- Runners advance one base at a time.
- Each batter advances all runners one base.
- On the final batter of the half inning, all runners advance home and the batter circles the bases.

5. FIELDING GUIDELINES

- No live pitching is permitted during games.
- A defensive player may occupy the pitcher position.
- No catcher is required during games.
- Catcher equipment is not to be used during games due to safety and time considerations.

Because roster sizes exceed traditional infield positions:

- Multiple players may share a base.
- Players may stand between bases.
- Two players may share the pitching area.
- Additional players may spread throughout the infield.

The focus is participation and engagement rather than positional precision.



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6. EQUIPMENT AND SAFETY RULES

- Batters must wear a helmet before entering the batting lineup.
- Players who are not batting are not permitted to hold a bat.
- Coaches are responsible for enforcing bat and helmet safety.
- A proper home plate must be used to provide a safe running path.

Parent volunteers may assist with safety supervision as needed.

7. GAME SETUP RESPONSIBILITIES

The designated home team for scheduling purposes:

- Sets up the bases and tee.
- Supplies game balls.
- Ensures home plate is properly positioned before play begins.

8. PLAYER ROTATION AND FAIR PLAY

Coaches are responsible for equitable participation.

Players should rotate through:

- Infield positions
- First base opportunities
- Various positions in the batting order

Lineup tracking tools may be used to ensure balanced opportunities throughout the season.

The guiding principles are fairness, inclusion, and enjoyment.



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9. COACHING EXPECTATIONS

Coaches are expected to:

- Provide simple, age-appropriate instruction.
- Avoid over-coaching.
- Encourage effort and teamwork.
- Maintain a positive environment.

At the conclusion of each game:

- Teams will participate in the dragon race.
- Players will shake hands.

This document serves as the official operational guideline for Blastball & Rally Cap game play. Adjustments may be made as necessary to prioritize safety, participation, and player development.

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