



Ridge Meadows Baseball

SuperT Rules 2026 (SPRING SEASON)

Revised Spring 2026

GOALS OF PROGRAM

- Create an environment in which children and adults can have fun with baseball
 - Teach baseball skills, rules, and strategy to our players
 - Model and teach competitiveness with an emphasis on good sportsmanship
 - Promote increased self-esteem & structure among children and adults
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DIVISION DEVELOPMENT GOALS

Hitting

- Hands back in ready position
- Eyes down through contact

Fielding

- Catch with eyes behind the ball
- Move body to maintain eyes behind the ball when catching

Throwing

- Move toward the target when throwing using a shuffle-shuffle movement
- Follow through when releasing the ball
- Do not stop body movement when the ball is released

1. EQUIPMENT

- 1.1. Full uniform and hats to be supplied by the league and must be worn to all games
- 1.2. Coaches are required to wear baseball pants
- 1.3. It is mandatory that all players wear athletic supporters (jock or jill)
- 1.4. Base runners, batter, and on-deck batter must wear batting helmets with chinstraps properly attached
- 1.5. Players may wear running shoes or molded rubber cleats
- 1.6. Shirts are to be tucked in
- 1.7. Players in the position of pitcher (beside the pitching machine) must wear a batting helmet
- 1.8. All catchers' gear must be worn when playing catcher
 - 1.8.1. Catchers are encouraged to use the catcher's glove, but it is not mandatory

2. FIELD SETUP

- 2.1. The Home team is responsible to prepare the diamond, line the field and fill in any depressions before the game (at applicable fields). After the game they are to rake the infield, home plate and pitching mound areas and make sure all equipment used during the game is returned to the bins and locked up.
- 2.2. Each team is responsible for ensuring that their dugout is clean from garbage and debris after the game

3. GENERAL RULES

- 3.1. All BC Minor Baseball rules will be in effect but RMMBA rules take precedence
- 3.2. No spectators are allowed to sit or stand behind the backstop. It is far too distracting for the players

3.3. Base runners, batter, and on-deck batter must wear batting helmets with chin straps properly attached

3.4. Level 5 baseball is to be used

3.5. Basepaths shall be 50-feet apart if available, otherwise use 60-feet

3.6. The Pitcher's mound shall be 42 feet from the point of home plate

3.7. The home team will occupy the third base side for the diamond for their dugout

3.8. The visiting team will occupy the first base side for their dugout

3.9. Coaches are responsible for the behavior of their team players, fans and parents during games and to make sure there is no abuse of the equipment

3.10. All players on the roster should play in the field when it is their team's turn to assume the defensive positions

3.10.1. The proper baseball positions must be filled

3.10.1.1. A "rover" can be used near 2nd base between the 2nd base and shortstop positions

3.10.1.2. The balance of the players will play in the outfield and must start each play no closer than the edge of the outfield grass

3.10.1.3. Infielders shall start within 1m of their proper position

3.10.1.4. The pitcher will stand beside the pitching machine. The pitcher must never stand in front of the pitching machine legs until the ball has been hit

3.11. There are defensive outs in this division

3.11.1. When a player is called "out" they must leave the playing field

3.12. Two coaches can be on the field when their team is in the defensive position. They may instruct their fielders, but must not interfere with play or touch them once "PLAY BALL" is called

3.13. A team must have a minimum of seven players to play the game

3.14. Otherwise, the other team will swap players to make at least seven players per team

3.15. There is no infield fly rule

3.16. Defensive players are not permitted to position themselves on the base path or bases unless making a defensive play on the ball

3.16.1. If a runner is obstructed, he/she will be awarded that base

3.17. The name of the game is teaching kids baseball. It is for this reason that coaches must switch players to different positions from inning to inning, alternating between infield and outfield

3.18. A 7U player may be called up to play on a 9U team when needed

3.18.1. Eligible players must be born in 2019. Players born in 2020 are not eligible for call up

3.18.2. The 7U & 9U Coordinators plus the player's Head Coach must be notified of the name of the player being called up, to ensure that the player is eligible to be called up

3.18.23. The 7U player must receive the same treatment as regular players

3.18.4. The 7U player is not eligible to pitch or catch

3.19. The use of tobacco products, including smokeless tobacco, illegal substances and alcoholic beverages in any form, is prohibited on the playing field, benches, dugouts, or any area within the boundaries of the park by players, managers, coaches, umpires or any official

3.20. The length of a 7U game shall be a maximum of 4-innings

3.21. No new innings to begin after **1 hour 30 minutes**

3.22. All 4-innings will be played with the pitching machine (slinger) set at 3/4/4, see Pitching Machine below

3.23. 3-run limit per inning

3.24. At the completion of each game teams will finish with a "Dragon Race"

4. FAIR PLAY

4.1. Fair playing time is Mandatory for each player at this level

4.2. Any team that for any reason is proven to be in violation of this rule will forfeit the game

4.2.1. Exceptions to these rules would be for disciplinary reasons which the coach must inform the opposing coach of any disciplinary action or if a player must leave the game early for any reason

4.3. OFFENSE

4.3.1. All players will be included in the batting order

4.3.2. A continuous batting order shall be used throughout the regular season

4.3.2.1. A continuous batting order does not apply to playoffs or tournaments

4.3.3. Whoever was due up next in your last game will bat first in the next game following that same order

4.3.4. Absent players can be removed

4.3.5. Players arriving late will be skipped with no penalty and assume their spot in the line up after they arrive

4.3.6. If a player has started the game and must leave before it is over, he/she will be deleted from the line-up and no outs will occur

4.3.6.1. If a player is injured during the game and cannot continue, he/she will be deleted from the line up and no outs will occur

4.4. DEFENCE

4.5. All players will play in the field when on defense

4.5.1. All players must play a minimum 2 innings in the infield per game and a minimum 1 inning in the outfield per game

4.5.2. Outfielders must be on the outfield grass when pitch is delivered

4.5.3. Defensive players are encouraged to make plays at the base by throwing the baseball to their teammates

5. PITCHING MACHINE

5.1. The pitching machine "Slinger" to be used is the Louisville Slugger UPM45 Blue Flame and/or the Louisville Slugger UPM Black Flame L60222

5.2. A coach or parent for the offensive team will operate the pitching machine

5.3. No players are permitted to touch the pitching machine at any time

5.4. Pitching machine (Slinger) set-up

5.4.1. The front two feet of the pitching machine should be even with the 42-foot pitching rubber and anchored to ground with spikes

5.4.2. Pitching machine settings remain unchanged

5.4.3. Any changes to the above settings pitching must be agreed upon by coaches of both teams

5.4.4. Changes to the micro adjust screw can be done between pitches

5.5. Operating Pitching Machine

5.5.1. The sling operator must avoid the ball at all times

5.5.1.1. If a batted ball hits the machine or machine operator, it is ruled a dead ball and the batter is awarded 1st base, all base runners advance one base

5.5.1.2. If a thrown ball hits the machine during live play then the ball is ruled a dead ball and each base runner including the batter are awarded one base

5.5.2. The operator must hold up his hand prior to pitch

5.5.2.1. Operator will lower hand and pull release when that hand reaches the height of hand release

5.5.2.2. The release should be pulled in a smooth motion

5.5.3. The player in the position of pitcher must stand to side of pitching machine

5.5.3.1. Players in the position of pitcher must wear a batting helmet

5.5.3.2. Once the ball has been hit the player is permitted to field the ball

5.5.3.3. The player in the position of pitcher must hand the ball to the pitching machine operator

5.5.4. There will be a maximum of **3 pitches from the pitching machine per batter**

5.5.4.1. If the batter makes contact with the third pitch the batter will continue hitting from the pitching machine until the ball is put into play

5.5.4.2. If the batter does not make contact within the first three pitches the tee will be used until the batter hits the ball

5.5.4.3. If a wild pitch occurs during the at bat the batter may receive additional pitches at the coach's discretion with attention to maintaining the pace of the game

6. HITTING

6.1. Players should be cautioned about throwing their bat.

6.1.1. The safety of other players, coaches, umpires and spectators must be the first priority.

6.2. INFIELD HIT – Batter and runners may advance one base at risk. The infielder must make a play (attempt to make an out at one or more of the bases) before the ball is returned to the pitcher.

6.3. OUTFIELD HIT – Batter and runners may advance until the ball is within the parameters of the infield, after which runners may continue only to the base they were headed to at their own risk.

6.4. CAUGHT POP FLY – The batter is out and runners are returned to the base they occupied at the time of the pitch. There are no double plays resulting from a caught pop fly.

6.4.1. No tagging up is permitted.

6.5. BUNTING – Batters must not bunt, take half swings, or attempt a swinging bunt. If the coach determines that the batter has *not taken a full swing, the batter may be called back and a dead ball will be declared.*

7. BASE RUNNING

7.1. Runners may advance only on a hit ball; runners may not leave their base until the ball is hit. If a runner leads off, he will be returned to his base and the batter will have to re-hit. No lead offs

7.2. If a runner intentionally makes contact with a live ball, the runner will be called out

7.3. No extra bases will be awarded on overthrows to any base

7.4. Runners may not advance extra bases on overthrows. A runner can only advance as a result of a fairly hit ball

7.5. Once the ball has been thrown back into the infield, runners may not advance to the next base. The infielder does not need to have possession or control of the ball. The ball only needs to be within the infield area. Runners may continue only to the base they were already advancing toward when the ball entered the infield.

8. UMPIRES

8.1. There are no umpires provided at 7U

8.2. Coaches are responsible for making calls during the game