



North Langley Baseball

Super 7 Year old

House Rules

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

General Rules:

- Jersey and hats that are supplied by the league must be worn to all games - shirts are to be tucked in. It is mandatory that all players wear athletic supporters. Base runners and batters must wear batting helmets with chinstraps properly attached. Players may wear running shoes or molded rubber cleats.
- The home team will occupy the third base side for the diamond for their dugout. The visiting team will occupy the first base side for their dugout.
- 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.

- A Super-7 player may be called up to play on a Tadpole team a maximum of 3 games plus one tournament. The Super-7& Tadpole Coordinators plus the player's Coach must be notified of the name of the player being called up, to ensure that the player is eligible to be called up. The player must receive the same treatment as regular players, must not play more innings than a regular team player.
- The name of the game is teaching kids baseball. This not only includes the playing aspect but also instilling a love for the game. If stuck in the field all season the desire will die. It is for this reason that coaches must switch players to different positions from inning to inning, alternating between infield and outfield.

Prior to game:

- Warm-up exercises prior to throwing a ball are essential at all ages.
- North Langley throwing exercises are to be done before any game or practice. These exercises have been provided to you in paper format (four core throwing drills) and will also be made available to you in video format through our website.

Field preparation:

- The Home team is responsible to prepare the diamond, line the field and fill in any depressions, before the game. 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.

Bases should be left in place when another game follows. No children are allowed in equipment room or bins.

- Instructions on how to line the field have been provided (Note: there is no lining of the outfield at this age division, infield baselines and batter box only)
- Each team is responsible for ensuring that their dugout is clean from garbage and debris after the game.
- Bases shall be 50 feet apart. The Pitcher's mound shall be 46 feet from the point of home plate.

Game:

- The length of a Super-7 game shall be a max 4 innings. No new innings to begin after 1 hour 15 mins.
- All 4 innings will be played with the pitching machine set at 32.
- Score is not kept at this level however; a Coach or Parent should keep track of the batting order.
- 5 run limit per inning.
- **All players will be included in the batting order (PLEASE ROTATE YOUR BATTING ORDER FROM GAME TO GAME).** Players will be listed in the order they are to bat. Players arriving late will be added to the end of the batting order.

- 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. If a player is injured during the game and cannot continue, he/she will not be considered an out in any further at bats.
- All players on the roster should play in the field when it is their team's turn to assume the defensive position. SUGGESTION: (ROTATE ALL PLAYERS FROM INFIELD TO OUTFIELD AS MUCH AS POSSIBLE). The proper baseball positions must be filled using a 2nd shortstop between 1st and 2nd base. The balance of the players can be inserted between fielders. Outfielders must be at least 10 to 15 feet behind the established base line, the pitcher must be within the pitching circle and infielders should be playing within 3 feet of their positions. At no time will the pitcher stand forward of the pitching machine prior to a pitch
- There are defensive outs in this division. When a player is called "out" they must leave the playing field.
- 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.
- A team must have a minimum of seven players to play the game; otherwise the other team will swap players to make at least seven players per team.

Umpire:

- Home team is responsible for providing an adult to be the home plate umpire. The visiting team is responsible for an adult non-coaching base umpire. Coach/Umpire may instruct batters, but cannot interfere with play or touch them once "PLAY BALL" is called.
- The umpire will declare "Play Ball!" to start each inning and between batters.
- All BC Minor Baseball rules will be in effect but NLB rules take precedence.
- No spectators are allowed to sit or stand behind the backstop. It is far too distracting for the players and the umpire.
- Umpire must wear the provided Umpire helmet and mask.

Pitching:

- Each team must supply a parent to operate the pitching machine. This parent may not coach from the pitching mound.
- The machine is to be placed on the pitching mound 46 feet from the point of Home plate and set at 32.
- There will be a maximum of 5 pitches from the pitching machine per batter however; a batter cannot go out on a 5th pitch that is fouled off. If a 5th pitch is fouled the batter will receive another pitch. There are no strike outs, after 5 pitches with no hit the tee will come out until the player hits.
- The pitching machine operator shall be provided 5 game balls for the game. After each pitch to a given batter, if the ball is not put into play it will

be set aside behind the catcher until the next batter comes to the plate, at which time all 5 balls will be returned to the mound.

- The offensive team will operate the pitching machine. The ball must be held up before putting it into the machine so that the batter and the catcher know the ball is coming. The pitching machine operator cannot communicate with the base runners but can communicate with the hitter.
- If the batted ball hits the machine (or operator), the ball is ruled a “DEAD BALL” and the batter gets a base. The base runners advance one base only.
- If a thrown ball hits the batting machine during “live play” then the ball is ruled a “dead ball” and each base runner will be allowed to continue to the base in which they were advancing too.
- If the machine is not throwing strikes and the batter doesn’t swing at the ball the pitch will be deemed a “no pitch” however if the batter swings at the pitched ball it will be deemed a “strike”. There are no walks in this division.
- The Pitcher must stand to side of pitching machine. The pitcher shall not be positioned forward of the front legs while the ball is being pitched by the machine. Once the ball has been hit the player is permitted to field the ball in this area.

Hitting:

- Players should be cautioned about throwing their bat. The safety of other players, coaches, umpires and spectators must be first priority.
- 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.
- If a runner intentionally makes contact with a live ball, the runner will be called out.
- No extra bases will be awarded on overthrows to any base; this is designed to encourage an attempt to make a play rather than holding on to the ball just in case it is overthrown.
- **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.
- **OUTFIELD HIT** – Batter and runners may advance at risk until the ball is within the parameters of the infield, after which runners may continue to the base they were headed to at their own risk.
- **CAUGHT POP FLY** – The batter is out, runners are returned to their base they were at. There are no double plays resulting from a caught pop fly. No tagging up is permitted.
- No infield fly rule.
- Defensive players are not permitted to position themselves on the base path or bases unless making a defensive play on the ball. If a runner is obstructed he/she will be awarded that base.

- **Bunting** - Batters must not bunt; take half swings or a swinging bunt. If the Umpire determines that the batter has not taken a full swing, the batter may be called back and a “dead ball” is called.
- **Overthrows** - Runners may not advance extra bases on overthrows. A runner can only advance as a result of a fairly hit ball.

Equipment

1. Molded cleats are optional. All male players must wear athletic supports with cup and all female players must wear jills.
2. Pitchers must wear a batting helmet.
3. All catchers' gear must be worn.
4. Catchers are encouraged to use the catcher's glove, but it is not mandatory.
5. Umpires must wear at a minimum Umpire helmet and mask.

The Coaches

1. The offensive team is allowed to have a first and third base coach. The coaches are not allowed to physically assist the base runner to the next base.
2. The defensive team is allowed a maximum of two coaches in the outfield area. The coaches are not allowed to physically assist the players on a "live" ball.
3. Coaches must advise players and the parents that taunting and berating any player's ability or effort will not be tolerated. Coaches must be in complete control of their team (parents included).

Have Fun and Play Ball!