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**NORTH LANGLEY BASEBALL**

**7U COACHES PACKAGE**

INCLUDES:

7U RULES

FIELD MAINTENANCE

PRACTICE PLANS

GOALS OF 7U PROGRAM

1. Create an environment which children and adults can have fun with baseball.
2. Teach baseball skills, rules, and strategies to our players.
3. Model and teach competitiveness with the emphasis on sportsmanship.
4. Promote increased self-esteem and structure among children and adults.

**GENERAL RULES**

1. Jerseys and hats that are supplied by the league must be worn to all games. Jerseys must be tucked in. It is mandatory that all players wear athletic supporters. Base runners, batter, and on-deck batter must wear batting helmets with chinstraps properly attached. Players may wear running shoes or molded rubber cleats.
2. Each team is responsible to cleanup their dugouts after the game.
3. The Home team is responsible to prepare the diamond, line the field and fill in any depressions before the game. Bases shall be fifty feet apart and shall be held by a base spike to avoid injury. The Pitchers mound shall be forty-two feet from the point of home plate.
4. After the game they are to make sure all equipment used during the game is returned to the bins and locked up. No children are allowed in equipment room or bins.
5. Coaches are responsible for the behaviour of their team players, fans, and parents during games and to make sure there is no abuse of the equipment.
6. A 6U player may be called up to play on a 7U team a maximum of three games plus one tournament.  The 6U & 7U Coordinators plus the players Coach must be notified of the name of the player being called up, to ensure that the player is eligible to be called up.

**STARTING AND ENDING THE GAME**

1. Games must start within 15 minutes of the scheduled start time.
2. It is the coaches’ discretion when to call the game due to darkness, or for field or weather conditions.
3. No new innings to begin after 1 hour and 15 minutes.
4. Games cancelled due to rain will be considered a non-event.

**GAME RULES**

1. The length of a 7U game shall be a maximum of four innings. No new innings to begin after 1 hour 15 minutes.
2. All four innings will be played with the pitching machine set at 32. There is a five run maximum per inning.
3. There will be a maximum of five pitches from the pitching machine per batter. A Batter cannot go out on a fifth pitch that is fouled off. If a fifth 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. Any hits off the tee must reach a grass area (within foul lines) to be considered a live ball.
4. Score is not kept at this level.
5. **Fair Play – Batting Order**- All players will be included in the continuous batting order.
   1. Continuous order shall be used throughout the season. Order can be reset on May 1st, and is not applicable for tournaments or playoffs.
   2. Whoever was due up next in your last game, will bat first in your next game following the same order.
   3. Absent players can be removed.
   4. Players are arriving late will be added to the end of the batting order. Any players not present by their first at bat will be removed from the lineup and not permitted to enter the game.
6. **Fair Play - Positions** - No player can play more than (Before May 1st - 1 inning, After May 1st - 2 innings) in the same position in one game, except for the catcher, who may play 3 innings. Also, for the development of players, all players must play the infield for a minimum of 2 innings and outfield for a minimum of 1 inning per game.

*Playoffs: The Fair Play rule for positions will continue in playoffs. Positional minimums must be met in both a 4-inning or 5-inning game. Positional Maximums apply through 5-innings. Should an elimination playoff game go to extra innings the maximums on positional play will no longer apply.*

1. **Fair Play – Playing Time** -All players must sit one inning before a player can sit a second inning. No player can sit more than 2 innings per game except for disciplinary reasons. The Coach must inform the Umpire and the Coach of the opposing team of any disciplinary actions or if a player must leave the game early for any reason.

*Playoffs: The Fair Play rule for playing time will continue in playoffs through a 4-inning. Should an elimination playoff game go into extra innings any player may sit so long as they do not sit 2 defensive innings in a row. Having sat in the 5th inning will count towards sitting defensive innings in a row.*

1. **Fair Play – Enforcement -** If a team is in violation of Fair Play the opposing coach will bring the issue to the offending coach as soon as it is discovered so that it can be corrected as best as possible. Violation of fair play will not result in a forfeit but may result in disciplinary action for the coach. The Division Coordinator should be notified of any Fair Play violations ASAP.
2. 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.
3. 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.
4. There are defensive outs in this division from the beginning of the season. When a player is called “out” they must leave the playing field.
5. There are no umpires in 7U. the offensive coaches will make the calls. The coach will call “play ball” once all defensive players are in position.
6. Coach/Umpire may instruct batters but cannot interfere with play or touch them once *"PLAY BALL” is* called.
7. No spectators are allowed to sit or stand behind the backstop. It is too distracting for players.
8. 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.
9. 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.
10. All BC Minor Baseball rules will be in effect, but NLBB rules take precedence.

**7U DEFINITIONS**

**Dead Ball from the Tee** - A hit that does not hit grass in fair territory will be declared a *“dead ball”* and does not count. There is no limit to the number of *“dead balls”* allowed.

**Batting from the Tee** - Each batter will swing until they hit a fair ball.

**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. No outs will occur if a batter has not taken a full swing.

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

**Base Running** – Runners may not advance until such time as the ball is legally hit.

There is no base stealing or leadoffs allowed.   When a ball is fielded by an outfielder and returned to the infield or when players have advanced as far as possible, without being put out, the ball is considered *“dead”,* and the Umpire shall call *"TIME”.* The ball will then be thrown into the pitcher. When all the defensive players are in their proper positions and the next batter comes to the plate, the ‘Umpire” shall call *"PLAY BALL.”*

**PITCHING RULES**

1. Parents will operate the pitching machine to avoid serious injuries.
2. 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. The Pitcher must hand the ball to the pitching machine operator.
3. 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.
4. 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.
5. 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.
6. 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.
7. If the machine is not throwing strikes and the batter does not 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.