



Foothills Park and Recreation District

Coach Pitch Rules: Ages 6 to 8

Foothills Park and Recreation Rules are intended to provide a program that encourages fun, personal excellence, and sportsmanship while preparing participants with a strong fundamental skills base.

Elastic Power: Foothills staff has complete authority to administer the program and make decisions and adjustments as they see fit for this recreational setting. Their decision is final.

Coaches and Parents are role models for our young and impressionable children; therefore, they will at all times apply to themselves the highest standard of conduct and sportsmanship

Any rules not specified here, will fall under the CHSAA rules.

Teams

Teams will play 10 defenders in the field. All participants must be registered with Foothills Park and Recreation District in order to participate.

Playing Time and Game Format

1. Each game will consist of five innings or 1 hour. No inning may start after 50 minutes of play.
2. Each participant must play equal time in every game.
3. Tie Games: No extra innings will be played.

Field Size

1. Bases will be 50 feet apart.
2. All infielders must play a minimum of 30 feet away from home plate.

Equipment and Uniform

1. Players will wear a baseball glove at all times while playing defense.
2. Cleats or athletic shoes permitted. No metal cleats allowed. No open toed shoes allowed.
3. No exposed jewelry is permitted.
4. Helmets must be worn by any player who is batting, on-deck, or base running.
5. Each player must wear the Foothills team shirt. Baseball pants are recommended, but not required.
6. Any protective equipment (braces, casts, etc.) must be approved by officials each game.
7. Safety baseballs (soft tee-balls) will be used in addition to regular baseballs.

Officials

1 umpire/field monitor provided each game by Foothills.



Coaches and Spectators

1. Up to four coaches allowed on player bench per team. Spectators must sit in designated bleacher areas and grass areas outside of the dugouts.
2. Up to two coaches permitted in the field while on defense. Batting team may have a 1st and a 3rd base coach in addition to the coach pitcher. Coaches **may not** make contact with the ball.

Players

1. If a team is short, both teams may play with less players on the field or borrow players on defense.
 - a. We do not forfeit games for teams that are short.

Beginning of Play

Games will begin with a coin toss to determine who bats first.

Gameplay Rules

1. Teams will bat their entire lineup for the **first inning only**. No outs will be kept during this inning.
2. After the first inning, teams will play 3 outs or bat through the batting order, whichever comes first.
3. Pitching:
 - a. Batters are allowed seven (7) pitches from the coach. After 7 missed pitches, the player will be allowed 2 swings from a batting tee or "soft toss." If these two attempts are missed, the batter is out.
 - b. Pitchers are encouraged to pitch over hand from one knee.
4. Teams are encouraged to only advance one base at a time per batter.
 - a. No runners may advance once the player pitcher has control of the ball.
 - b. Runners advance one base on an overthrown ball that leaves the playing field.
 - c. The last batter each inning clears the bases for a "homerun."
 - d. Runners may not advance until the ball has been hit. No lead-offs or stealing.
5. Batters may not bunt or swing easy at a ball.
 - a. Coaches or parents are asked to assist with catching behind the plate to speed up the game.
6. 10 defensive players.
7. No infield fly rule.
8. Players must tag-up on a fly ball.
9. All offensive players must remain in the dugout unless they are on deck or batting.
10. Players must not throw their bat at any time.
11. Players must wear a helmet while on deck, batting, and base running at games and practices.