

# Champlin-Dayton Athletic Association Baseball

## 7U Rules and Information

High School Baseball Rules as published by the National Federation of High School Associations will govern play in all leagues and divisions except where CDAA rules come into effect.

Players may not participate until they are registered and waivers and code of conduct documents are signed. Each athlete must have both these documents on file with their head coach.

Players are placed in the league that corresponds with their age as of August 31 each season. Players may petition to play with children in their same grade at school or to play in a different age group. These exceptions will be dealt with on a case-by-case basis with the director of baseball making the final decision.

### **League Field Layout:**

7-year Olds:                      Bases 50 ft.    Pitcher Mound: approx. 35 ft. Pitching machine.

### **Pre-game Warm-up:**

Infield warm-up for the home team is 20 minutes prior to game time (for 10 minutes). The visiting team has infield warm-up for 10 minutes prior to game time. No batting practice allowed on the infield during this time.

Home team is to furnish pitching machine and game baseballs. (Both teams should bring machines in case of break down)

### **Playing Time:**

Coaches shall rotate all players at different fielding positions with players alternating between infield and outfield positions. There will be a continuous batting order in all divisions. No player will sit on the bench one inning more than any other player. Each coach is to review their team policy and expectations for missing practices and games at their initial Team Meeting.

The defensive team will field 10 players in the following manner: 4 outfielders (must play at least 15 feet behind infielders—on the grass), 6 infielders consisting of 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> baseman, shortstop, pitcher, and catcher.

### **Uniforms and Equipment:**

All players will receive uniforms. Uniforms are to be worn to games. Complete uniforms as issued by CDAA must be worn.

All male players must wear an athletic cup and female players a pelvic protector during games and practices.

The head coach is responsible for all equipment and must return all issued equipment at the end of the season. If you have any equipment that needs to be replaced, you should contact the league coordinator.

The Reduced Injury Factor (RIF) Level 1 ball will be used.

No metal spikes.

There are no bat size restrictions.

**Scorebook:**

All players on the roster who are playing must be listed in the scorebook. This will be a continuous batting order, whether they are playing in the field or not.

**Clean Up:**

Coaches are responsible for having the players clean up the dugouts, benches, and spectator area after each game.

**Sportsmanship Rule:**

Refer to the coaches, player's and parent's code of ethics and consequences. All players, parents, and coaches must read and sign before playing.

**Game Length:**

5 innings or the time limit, which ever is reached first. No inning should begin after 50 minutes from the time the game is scheduled to start.

You should complete a full inning (equal number of at bats for each team). No tie breakers needed.

A game may be called through coaches consensus (with home coach final ruling) if weather conditions or darkness present clear danger. No inning should begin after 50 minutes from when the game started.

**Run Rules:**

There will be a 4 run limit per inning or 3 outs whichever comes first.

There are no standings kept for 7 and under leagues.

**Umpires:**

The coach that is pitching will call the players out or safe at all bases. A parent from one of the teams will umpire from behind home plate and be responsible for calling foul balls and the players coming from 3<sup>rd</sup> base to home plate.

**Pitching:**

Head Coach or an assistant coach will run the pitching machine. If both the home teams and visitors pitching machine break down then the Head/assistant coach will pitch underhand to their players.

**Use of a pitching machine:**

Any batted ball hitting the pitching machine is dead and the hitter is awarded 1st base. All runners advance one base.

The front legs of the pitching machine will be placed at 35 feet.

MPH = 30-32

**Strike Zone:**

Set up the pitching machine to shoot consistent and accurate pitches waist high. The batter should receive 6-8 good pitches.

If they batter does not hit a ball within the allotted number of pitches (6-8) the batter is out. DO NOT count bad pitches from the machine. Reset the machine and start the count of pitches from the last good pitch.

**Batting:**

All leagues will use continuous batting. All players must stay in the same batting order through the game. If a player shows up late for a game the batter must be placed at the end of the batting order.

There is no penalty for stepping out of the batters box between pitches. The batter shall not leave his position in the batter's box after the pitcher comes to the set position or starts his windup.

Each team must bat a full rotation throughout the game. In your rotation, pick up where you left off on the next game.

No fake bunts allowed (showing bunt and then taking a full swing)

**Base Running:**

The fielder always has the right-of-way when fielding a batted or thrown ball, whether he is in the base path or not.

The runner may not lead off or steal any bases.

Batters/Runners are not allowed to advance on any overthrow of 1<sup>st</sup> base (in or out of play).

Before June 1<sup>st</sup>: Runners may not advance any bases. (One base at a time)

After June 1<sup>st</sup>: The players may advance according to these rules.

- 1 When ball is fielded in the outfield, runner is allowed to attempt to advance to the base he was heading to at the time the ball is returned to the infield (the ball need not be in possession of an infielder).
- 2 When the ball is fielded in the infield, runner is allowed attempt to advance one base from the start of the play (time of the pitch). If the runner is required to retouch a base, as in the case of a caught fly ball, the attempt shall be one base from the base that the runner was required to retouch.

**Courtesy Runners:**

Courtesy runners may not be used except in the event of an injury to the base runner. Injured player must be able to run their own bases next time at bat or taken out of the lineup for the remainder of the game with no penalty. Courtesy runner for the injured player will be the player that made the last out.

**Slide Rule:**

The base runner must slide or attempt to avoid body contact when a tag is being attempted. The rule is to avoid collisions and possible injuries.

A violation will result in the player being called out and the ball is dead.

A fielder may not block a base or home plate without the ball. If he does, the runner is safe (unless the ball is in flight).

Any runner is out when sliding head-first while advancing a base.

**Overthrows that go out of Play:**

Coaches should define the out of play boundaries before the game. Runners are not allowed to advance on any overthrow (in or out of play). Purpose is to teach kids to attempt to make force out plays.

**Dead Ball Rule:**

Runners can not continue to advance once a batted ball to the outfield has been fielded and thrown back to the dirt portion of the infield (the ball need not be in possession of an infielder). Purpose is to emphasize getting the ball back to the infield as quickly as possible.

**Rain outs:**

Rain outs will be on the voice-mail (952-808-5002) no later than 4:00 pm. If the game has not been called by 4:00 all players should go to their designated field where the coaches will make the determination.