**Avon Lake Coach Pitch League Rules**

# General League Information

1. The focus of Coach Pitch is Non-Competitive in order to work on skill development.
2. Encourage good sportsmanship.
3. Thunder *I* Lightning -The FIRST incident of thunder or lightning will immediately postpone the practice/game. Please see a field attendant for more information.
4. Feel free to call a time out during games if needed to get a coaching point across.

# Coaches Behavior:

* 1. Keep your ego in check. Wins & Losses are not recorded. The focus must be on skill development of all players.
	2. Coaches exhibiting bad sportsmanship toward a player, parent, or another coach will not be tolerated and will result in probation.
	3. Additional offenses will result in the removal of the Coach from the League and prohibition from the fields.
1. Base Coaches may not have any small kids standing with or near them.
2. If a field is deemed unplayable by the Recreation Department, you may not under any circumstances use that field.
3. No soft toss and hitting balls into the backstops or fences.
4. Players should stay on the bench when their team is up to bat.

# Game Rules

1. Roster:
	1. Only uniformed players are permitted to sit on the bench. No player may be fielded without proper equipment, which includes the following: Uniform shirt and baseball fielder's glove. No metal cleats.
	2. Only registered players within the Coach Pitch League may play in a Coach Pitch game.
2. 10 play in the field. Play with a normal infield and 4 outfielders.
3. Player Positions:
	1. Every player should be rotated through all of the positions equally. If the Coach believes that there may be safety issue with a player's readiness for fielding safely then discuss this with the player's parents to work out a rotation that is in the best interest of the player.
	2. No player may be positioned in the same spot in two consecutive innings. Every player, who is capable, should have played a defensive infield position by the third inning. Coaches are prohibited from playing the same infield 2 innings in a row.
4. Change sides after scoring 5 runs, having 10 batters, or after 3 outs.
5. Games have a 1.5 hour time limit.
6. Pitching:
	1. 5-7 pitches per batter (overhand). Do not exceed 7 pitches.
	2. If the batter cannot hit the ball after 7 pitches he or she is out. Coaches may use their discretion awarding players the base to still run. If the player does run and score, that run wouldn’t count.
	3. Every player will hit off a coach for the first half of the season. In the second half of the season every player may have the opportunity to hit 5 pitched balls from a player. If there is no contact by the 5th pitch the coach may step in and throw the ball for a player to hit.
7. Catching:
	1. The catcher is an active player on the team.
	2. The catcher shall play behind the plate catching pitches from the opposing team's pitcher.
	3. The catcher shall wear all equipment including, mask/helmet, chest protector, shin guards, and athletic cup. The player’s parents are responsible for the cup. The catcher may use his regular mitt.
	4. Catchers must not block the plate.
	5. A Coach from the teams on offense (batting) shall stand behind to receive past balls.
8. Batting and Base Running:
	1. Helmets must be worn by the batter and base runners until they come off the field and return to behind the backstop.
	2. Every player will bat. Coaches may not choose to have a player miss an at bat. No player, unless injured or sick shall miss an at bat.
	3. No throwing of the bat after a hit. 1st offense gets a warning. 2nd offense is an automatic out.
	4. Base runners may not advance on a overthrow
	5. No leading off.
	6. No stealing.

I. No sliding.

J.. At the end of an inning there shall be no continuous base running. Once the play is dead, play ceases and the sides change.