



7U Coach Pitch Playing Rules

Unless otherwise noted here in, the playing rules will follow in accordance with USSSA Iowa State 7U Coach Pitch Rules first, then the Official Major League Baseball Rules as published by The Sporting News

GAME BASICS

- An official Diamond DOL-1 baseball will be used ☐
- Only USSSA approved bats may be used
(NO T- Ball bats allowed). Please see <http://web.usssa.com/usssa/usssa-general/BaseballBatMarks.pdf> for regulations ☐ OFFENSE

Batters

- All players will bat for the entire game. All batters will bat in the same batting position for the duration of the game. The designated hitter/extra player rule will not be used
- Each batter shall get 6 pitches or 3 strikes whichever comes first, encouraging the players to swing and put ball in play. Swinging foul ball on 3rd strike shall result in additional pitch(s). Batters may not advance to first (1st) base on a dropped third strike
- Base Distance: 60' base path
- Pitching Distance: 40' pitching from pitcher's plate to home plate
Coach Pitcher Pitches from behind Safety Arc

Runners

- Runners must avoid contact on close plays when the fielder or catcher is waiting with the ball. If a runner knocks over a fielding player with the ball in hand, he can be called out if such actions are considered flagrant. Please instruct your runners slide into bases for safety.
- Runners shall not advance when the pitcher is in the pitching circle with the ball in his possession and the catcher is in position to receive a pitch.
- A line will be drawn halfway between bases. Runners beyond this line when an infielder has control of the ball on the infield will be awarded the next base. Runners not beyond this line when the infielder has control of the ball on the infield shall return to the proceeding base.
- The play will be ruled dead by the acting umpire(s), and no runner may advance, when the infielder has control of the ball in the infield and raises his hands into the air. Infield is defined as the dirt area inside the foul lines. The ruling of when the ball is dead and the position of the base runners in relation to the halfway line is a judgment call by the acting umpire(s) and should not be disputed!
- Runners shall not advance from third (3rd) base to home unless the runner is batted home or forced home by a base on balls, hit batsman, or award from the umpire. Runners shall not advance from third (3rd) base to home on passed ball, wild pitches, or dropped/missed third strikes that get by the catcher.

- A courtesy runner is allowed for the catcher to speed up between inning time. The last batter(s) who made an out may run for your catcher at any time, but is not mandatory.
- Umpires shall call “Time” after every play and declare the ball dead. “Time” shall be called as soon as the all runners are not attempting to advance. “Time” does not have to be called by the defense for the purpose of this rule. Rule 8.20 Comment: When a runner stands off a base and “jukes” or “feints” back and forth, this is to be interpreted as “not attempting to advance” and “Time” shall be called.

DEFENSE

Pitchers

- Ten (10) defensive players (including the pitcher & 4th outfielder), shall play in the field
The infield fly rule shall not be called
- Holding the ball up to stop play. This rule is important to understand who and where this happens. Only infielders including pitchers and catchers can hold the ball up to stop play. Outfielders should be on the grass before the ball is pitched but can come on the dirt to field a hit ball but, they cannot hold the ball up.
- Infielders must be inside the infield to hold the ball up.
- Discuss what infield means with your opposing coach & instruct your team pregame.
 - o Inside of the first and 3rd base lines are very clear and make it easy to see the difference.
 - o Inside of the dirt arc is a clear distinction and is easy to judge the difference in location.
 - o Runners may advance on overthrows to bases, this keeps the game moving. Ball must be in possession of an infielder, inside field of play to hold up ball to stop play.

STARTING AND ENDING A GAME

- The game is over, when the opposing team is mathematically eliminated from scoring enough runs to win or tie the game. (Run Rules still apply)
- Run Rule - A team may score a maximum of Seven (7) runs per inning or record three (3) outs, Once 7 runs have scored, the half inning is over regardless the number of outs. A regulation game consists of 6 innings OR 1hr 30min, whichever happens first
Mercy Rule – 15 runs after 4 innings, 8 after 5 innings
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- The rules laid out above may be altered, if both coaches agree before the game begins and inform the umpire of any altered rules. If both coaches DO NOT agree, in the presence of the game umpire, then standard Iowa USSSA rules as defined above apply. We suggest this agreement is discussed prior to the meeting at home

Field set up

- 20' Fair Ball Arc
- 30' Safety Arc
- 60' Base Paths
- Pitcher's Circle 5Feet
- Coach Pitcher Pitches from behind Safety Arc
- 40'- 42' Pitcher rubber
- Chalk lines between 1st and 2nd and 2nd and 3rd