



GWGSA 7U Rules

The GWGSA 7U age division is a training process for the players to develop fundamental skills with the maximum enjoyment for the player.

General Rules

For league play, GWGSA will play NSA rules; with the exception of these Board approved modifications.

Safety

1. No jewelry may be worn during any practice or game. This includes, but is not limited to: earrings, bracelets, necklaces, or rings. Exception: small stud earrings, medical alert bracelets, medical alert necklaces, and non-removable silver bracelets are allowed to be worn, if covered. If a player is found wearing jewelry, her coach will instruct her to remove it.
2. During games players and coaches are encouraged to stay on the bench, in the dugout or in the batting/base running boxes.

Eligibility

1. Eligible players will be 7 years of age or under on or before January 1, of that playing year.
2. No player can be added to a team after the first game of the year without the consent of the registrar or GWGSA board member.
3. The GWGSA League Registrar or board will assign all players to a team:
 - The teams were assigned using the following methodology
 - Last year's team as long as parents wish to keep them on the same team
 - Player Request (submitted by parents)
 - Coach Request (submitted by parents)
 - School
 - Age – We will try to balance the ages so that teams do not all have older or younger players.
 - Once a team has 1 more player than the roster size of the other teams in the league, player and coach requests cannot be honored.



Coaches Objectives

1. Ensure all team players have the most fun possible.
2. Teach each player the correct way to hold and swing a bat. Emphasis should be placed on not throwing the bat after hitting the ball.
3. Teach each player the correct method of running the bases.
 - Hit the ball and run for 1st base as quickly as possible. Watch 1st base, not the ball.
 - That the runner may run through 1st base and in doing so will help that player get on base more time than not.
 - What a force out is and how to possibly avoid it.
 - What to do on a fly ball.
4. The correct method of throwing a softball.
5. The correct method of fielding a ground ball.
6. The correct method of catching a fly ball.
7. Teach all players infield rules:
 - How to make an out at 1st base.
 - How to make an out at the other bases.
 - Teach players how to stop base runners from advancing on the bases.
8. Teach players to make all tags below the shoulders.
9. Teach each player fair play and sportsmanship.

Equipment

1. Pitching mound distance is 35 feet.
2. A pitching machine will be used.
 - a. In order to ensure consistent pitches by the pitching machine (wind and weather permitting) only approved pitching machine softballs are to be used in the pitching machine.
3. Pitching machine balls are provided for the pitching machine.
4. Metal cleated shoes are not allowed.
5. Catchers must wear chest protectors, shin guards, and masks.
6. Batters and base runners must wear helmets with masks.

Regulation Game

1. One coach will be responsible to officiate each game when on defense.
2. 3 innings constitutes an official game, unless time expires the game is official.



3. An inning shall consist of each team batting their whole roster. While making solid outs is emphasized, 3 outs will not shorten the inning.
 - Base runners will be removed from the bases if they are out.
4. Time limit: No new inning shall start after 1 hour and 30 minutes from the scheduled start of the game. Any inning started before the 1 and ½ hour time limit will be completed. No game will go longer than the 1 hour and 45 minute beyond the scheduled start time.
5. If a team begins a game with only eight players at the scheduled no outs are assessed for playing shorthanded.
 - Teams may allow additional players to play from the opposing team in order to fill a roster.

Batting

1. All players in attendance are listed on the line-up and will bat. A minimum of eight batters are required.
2. The batting team will have coaches at first and third base.
3. The batting team must have a continuous batting order. The youth that is out of order is called out and will not bat until her turn comes up again. Note: This is a learning experience and not a punishment for the youth.
4. Injury or Illness: If a player is injured or becomes ill during a game she may sit out without penalty, should her place in the batting order come up, she will be skipped.
5. Before the game, coaches will need to meet and decide and agree upon how many pitches each batter will be allowed. Five or six has been the practice over the last few seasons. If after the agreed upon number of pitches a batter has not hit, a tee will then be brought out so that the player gets a chance to put a ball in play.
 - Note: this is a critical learning age and every opportunity should be given to allow the batter to have success at putting the ball in play as well as giving the defense a chance at fielding the ball.
6. There will be no walks.
7. A batter cannot strike out on a foul ball regardless of the number of pitches she receives.
8. Bunting is allowed. However, only 1 batter may successfully bunt each inning. If you have a batter that reached 1st base due to an intentional execution of a bunt, your team may not bunt again until the next inning. A ball that is swung at with the intention of hitting but only travels as far as a bunt normally would does not count as a bunt.
9. If a batter throws the bat, they will be given one warning and will be called out after that. Note: This is a learning/safety experience only and not intended to punish the youth.

Base Runner

1. The base runner is out when:



- A base runner runs out of the running lane to avoid a tag by a defensive player. More than 3 feet away from the base line is excessive. Again, this is a learning experience.
 - If the defensive player makes a play for the ball and in doing so blocks or interferes with the base runner, no defensive interference is incurred. The base runner must avoid the defensive player by slowing up or going behind the defensive player, if the runner interferes with the defensive player (offensive interference) the ball will be ruled dead, all runners will advance to the base they were headed and the offensive team will be given one warning, if offensive interference occurs again by the same team then the play is dead and the runner who committed interference will be called out. (All other runners move to the base they were advancing to during the play with the exception of home, a run cannot score from offensive interference).
 - A defensive player, without the ball and no play for the ball must allow the base runner access to the bag and the running lane. If the defensive player or players block the runner's lane to the base, the runner is ruled safe. (This is determined by that base umpire only)
2. There is no base stealing, or leading off. Base runners must stay in contact with the base until the ball is hit.
 3. A base runner must be halfway to the next base (as judged by the coach who is assigned to make the calls at the base that the runner is going to) in order to advance to the next base. If the runner is not halfway when the ball is determined dead, the runner must return to the previous base.
 4. If the base runner passes a base runner in front of her, she may be tagged out. If the play ends and no out are made, the players will be sent back to the correct bases and the correct order.
 5. Sliding: Sliding will be allowed into any base but 1st. Sliding is not mandatory.
 6. In the case of a runner needing to leave the game due to injury the player in the closest previous position in the batting order shall assume running duties.
 7. When the last batter comes up to bat in the inning, it is assumed that there are 2 outs. The last batter can be forced out at 1st base, or any runner tagged out or forced out at the appropriate base. Otherwise you may tag home plate for the final out regardless of players on base.

Defense

1. The defensive team's coach will feed the pitching machine to their catcher.
 - The coach that is pitching will not pitch the ball until the defensive team is in position and the opposing coach have signaled to initiate play.
 - Pitchers must wear helmets and must remain outside the circle around the pitching machine.



2. If a coach is hit, catches, or otherwise touches the ball, the ball is dead and will be replayed.
3. Dropped third strike is **not** in play—there are no strike outs.
4. Each player must have 1 inning in the infield. Exception to the rule for safety reasons and must be agreed upon by the coach and the parent. Infield positions include 1st, 2nd, 3rd, Shortstop, Pitcher's helper and catcher.
5. Teams may play 10 players, with four of the players in the outfield.
6. Coaches will position players in the field. The 2 coaches may accompany the defensive team on the field, but they must remain out of the way of play and call the plays at second. These coaches should be positioned in the outfield.
7. The 4 outfielders must be standing at the grass-line to the outfield when the game begins
8. There is no infield fly rule in play.
9. Overthrows:
 - Balls that are thrown to any base and not possessed by defensive player will be considered an overthrow.
 - Players may attempt to advance no more than one base on an overthrow. The player will remain "live" should she attempt to advance.
 - A second overthrow will not result in additional advancement opportunities by the runner.
10. Dead ball:
 - A ball coming to rest inside the pitching circle is a dead ball. A ball hitting the pitching machine is a dead ball. The batter will proceed to 1st base, and all other runners will advance only 1 base.
 - It is a dead ball when an infielder attempts to throw the ball back to the pitcher (including coach pitcher).
 - Final decision on whether an active play was attempted or an active play was not being made will be made by the umpire.
 - Overthrows to the pitcher once the infielder has possession of the ball between the infield sides of the baselines will not result in the advancement of base runners.
 - An infielder is defined as Catcher, Pitcher, 1St base, 2nd base, 3rd Base, Shortstop.
11. Plays at home plate are permitted

Housekeeping

1. Home teams will be responsible for raking out field and sweeping out dugouts.



2. Ensure that all trash is cleared from each bench/bleacher area and placed in the trash receptacle
3. The home team is responsible for getting the bases and equipment out of the storage prior to the game and for clean up after the game.
4. Cheering: no negative, taunting, intimidating, defeating yelling or cheering, only in support of your own team. One team warning second is forfeiture. We want to insure a positive, productive, safe environment at all times.
5. There are no league provided awards for the 8U age division. (Coaches are encouraged to give out their own awards with the help of the parents and/or have an end of season party to celebrate their season).
6. PLEASE HAVE YOUR PLAYERS PICK UP LITTER IN THEIR DUGOUT AND THEIR FANS SEATING AREA BEFORE LEAVING.
7. In the case of inclement weather:

In the event of lightning, regardless of its distance away, play must be immediately called. If the weather clears, play may resume 30 minutes after the last flash of lightning.

- A GWGSA Board member in attendance, an umpire, and/or head coach will make the call on rain and wet field conditions. If one of the above mentioned wishes to cancel the game, it shall be canceled. Appeals will be immediately made to a league representative for a final call.
- Make-ups will be rescheduled by Eastmont Parks Dept.
- All individuals have the right to leave an athletic site or activity, without fear of repercussion or penalty, in order to seek a safe structure, or location if they feel they are in danger from impending lightning activity.

Remember

This is a learning age; stress the fundamentals of the game. Throwing, fielding, and hitting. Be positive! Keep it fun!!