

2019 4U Co-Ed Blastball Rules

1. How to Play
 - a. Blastball is played with a maximum of 6 players on the field, but the game may be played with as few as 2-3 players.
 - b. Borrowing players from other teams is allowed.
 - c. The defensive players take an infield or outfield position. A Blastball is placed on the tee and the first batter hits the ball and runs to the base. If the batter reaches the base (only one base is used) before a defensive player either catches the ball in the air or fields it and yells "BLAST," he/she scores a run.
 - d. If the ball is caught or fielded and "BLAST" is yelled before the runner gets to the base, then the runner is out.
 - e. You may end the (half) inning by batting once around the line-up. With 4 or fewer players, batting twice through the line-up works best.
 - f. The base is audible, emitting a loud HONK when the runner stomps on the base.
 - g. When fielded, the defensive player can throw the ball back to the coach, who is positioned near home plate.
 - h. Score will not be kept.
2. Equipment
 - a. Gloves/mitts are not required, but are suggested as a way to get used to the traditional game of baseball.
 - b. The fear of being hit is eliminated from the game with the size and softness of the ball.
 - c. Batting helmets are not needed because the ball is not being pitched or thrown to make the out.
3. Season Progression
 - a. The first 3 weeks of the season will be practice-heavy, getting kids used to hitting and running to the proper base.
 - b. The last 1-2 weeks of the season, play will be moved to the t-ball fields. This allows the players the opportunity to practice running all the bases. Runners will advance one base after each hit.
 - c. A bucket will be used for the defensive side to "field" balls and deposit into the bucket after each hit. We want to progress towards the game aspect of this, i.e. retrieving the balls and depositing them in the bucket before the offensive player HONKS the base.
4. Field Set-Up
 - a. Coaches will be shown how to set up the fields at the beginning of the season, with Y Sports Staff making efforts to create permanent lines.
 - b. Position your tee/home plate so that hitting allows you a safe area of play. Like a regular ball diamond, pace 40 feet to the right of the tee and position your base. This establishes your fair/foul line to the right.
 - c. To the left of the tee and perpendicular to your base line, pace off an equal distance and position your cone. This establishes your fair/foul line to the left.

- d. Pace off 15 feet directly in front of the tee and lay out your line marker running between the first and third base lines. This becomes the fair/foul line for play. If a ball is hit inside the line, it is foul and should be re-teed. If it goes beyond the line, either in the air or on a roll, it is considered in play.
5. Game Tips
 - a. As soon as the last batter has completed batting, hustle in and out. It is extra motivation for offensive players when changing innings to have to touch the base on their way to their defensive positions in the field.
 - b. 15-20 minutes initially could be spent on basic fundamental work – i.e. BASIC DRILLS
 - c. Keep the fundamentals fun, basic, and simple.
6. Spectators are to remain on the sidelines at all times.
7. Use of abusive or inappropriate language is prohibited and will result in immediate dismissal off the field.
8. All spectator children are to be supervised by an adult (age 18 and up).

2019 6U Co-Ed Baseball (T-Ball) Rules

1. General Game Rules

- a. The game must be fun for all! T-Ball is about teaching the kids to have fun playing the game, while teaching some skills here and there.
- b. Score will not be kept, on paper or in the minds of the coaches or parents.
- c. Home team occupies the third base dugout.
- d. Visitors bat first.
- e. If a player is called out, they should remain on the base and practice running bases.
- f. A normal game will consist of 3 innings.
- g. A game will not last over an hour and a half.
- h. A game will be called in the event of darkness.
- i. All games will be called if lightning is spotted anywhere. Games may be made up IF POSSIBLE.
- j. All catchers must wear a mask. Chest protector and shin guards are optional.
- k. Batting helmets are required on all batters, base runners, and players occupying the “on-deck” area.
- l. Coaches must ensure that batters only take warm-up swings while in the “on-deck” circle and that all other players are away from this area.

2. Hitting

- a. All players present at the game will bat each inning. A continuous batting order will be used. Switch the order around each game, so the same batter is not always batting last.
- b. All players, if they choose, can receive up to 3 pitches by their coach (underhand or overhand is acceptable). If the ball is not batted fair in 3 pitches, the batter must use the tee.
- c. An unplayable ball will be ruled when:
 - i. A foul ball is hit,
 - ii. A batter strikes the tee,
 - iii. The batted ball does not advance into the field of play
- d. A hit ball must make forward progress in front of the plate to be in play. The coach pitching makes the call immediately.
- e. If a batter throws the bat after hitting the ball, the play will be called dead. No runners can advance. Instruction is to be given as to the importance of not throwing the bat, then the batter hits again the correct way.
- f. “Last Batter” will be called and play stops when the ball reaches home plate. Runners run remaining bases when last batter hits.

3. Playing Positions

- a. All team members present will assume a defensive position each inning, consisting of normal infield positions, including pitcher, and placing all others in outfield positions.
- b. The outfield should be placed in an “umbrella” arrangement.
- c. The catcher stands behind and to the right of a right-handed batter and behind and to the left of a left-handed batter.

- d. If a team is playing with less than 10 players, they must play short in the outfield. All infield positions, including pitcher and catcher, should be filled.
 - e. The player in the “pitcher” position will stand within 10 feet of the coach pitching until the ball is hit. The player may then move at will to make the play.
 - f. All players must play in the infield an inning each game. It is important to move players around to different positions to let them gain experience and develop at different positions.
4. Running
- a. Runners may leave the base upon contact with the bat. If a runner leaves the base before the ball is hit, the player needs to be instructed of this rule.
 - b. There will be no base stealing.
 - c. If a batted ball hits a runner, the batter proceeds to run.
 - d. A play can continue until a defensive player in the infield holds the ball.
 - e. Making a throw to a base is encouraged and should be the standard by the end of the season.
 - f. Runners are not to advance on overthrown balls.
 - g. Runners over running 1st base should turn to the right. If not, coach accordingly.
 - h. Runners can't be called out if a base is missed.
 - i. Keep defensive players off the bases.