

Fort Bragg Youth Sports & Fitness
Coach Pitch Rules
Spring 2018

CYS Sports will adhere to the regulations administered by the National Federation of State High School Associations with exception of the following rules and provisions found in the CYS Code of Conduct.

1. Playing time and positions: Coaches are required to give each player the opportunity to play both offensive and defensive positions during the games (this does not include the catcher's position). Coaches should focus on skill building and providing opportunities to learn the basic fundamentals of the sport.
2. One umpire will be used for Coach Pitch games.
3. There are no protests in the Coach Pitch League. Any disagreement on rule interpretations will be resolved during the game by the official (and YS Staff, if needed).
4. Games will last four (4) innings or one hour, whichever comes first. When a game reaches the one hour mark during a given inning, that inning will be completed before the game is called.
5. There is no forfeit in the Coach Pitch League. Nine players should be present to start a game. If a team does not have nine players, the coach may request to borrow from the opposing coach/team to allow for more players to have the opportunity to play.
6. Only uniformed players, coaches and umpires shall be permitted within the confines of the playing field prior to and during the game. There will be only three offensive coaches allowed on the field during play; the first and third base coaches and the pitcher. All offensive players within the playing field must wear a batting helmet. Coaches may not physically assist a player.
7. To stop play, an attempt to put out any advancing runner must be made. Once the attempt has been made and the ball is secured at a base, all runners must stop. Runners who have left one base to advance toward another base (when the defender gains possession) may continue to, but not advance past, a given base.
8. Mandatory Play Rule:
 - a. A batting order, which includes all present players on a given team, will be established at the beginning of each game. Players will bat in that order throughout the game, regardless of their defensive playing status. Each player should bat at least one time per game.

- b. All players must play on defense for one entire inning (3 outs) in either the first or second inning. Coaches should rotate his/her players defensively in the third and fourth innings to allow for equal playing time for all players.

9. Field Measurements:

- a. Distance between bases – 50 feet.
- b. Outfield fence – 120 feet from home plate
- c. Pitcher's mound – 30 feet from home plate
- d. Dead ball arc – 15 feet from the apex of home plate

10. Pitching Rules:

- a. Only the coach or one of his/her designated adult assistants will pitch.
- b. If a pitched ball hits a batter, the pitch counts, but the ball is dead and no runners may advance.
- c. If a ball accidentally hits the pitcher of an offensive team, the play continues.
- d. If the pitcher of an offensive team intentionally interferes with/catches a thrown or batted ball, "Interference" is called and the ball is dead. The batter is out and all base runners must return to their original positions (when the play began). The official will make a determination at the time of the offense. The pitcher is not allowed to play the ball or become physically involved in the game after the ball is hit.
- e. After a pitch is delivered, the pitcher should remain within the area of the pitching rubber, unless he/she needs to move to avoid being hit by a ball.
- f. The pitcher may pitch the ball underhand, overhand, and sideways as long as his/her foot stays in contact with the pitching rubber.
- g. Only the pitcher may coach the batter.
- h. The pitcher may only gain possession of the ball when the umpire signals, "time."

11. Batting Rules

- a. Only Adult Coaches may retrieve bats.
- b. All batters must wear batting helmets during play.
- c. Each batter will receive five (5) "strike level" pitches only, unless he/she tips the ball on the 5th pitch, in which case he/she will receive another pitch until he/she clearly misses or hits "strike level" pitch or does not swing. The batter is out if he/she tips the ball on the 5th pitch and it is caught before the ball hits the ground.
- d. All "outs" will be determined based upon defensive plays only. No outs are assessed to a batter who fails to obtain a hit after five pitches. However, after a batter has received five "strike level" pitches, they must return to the dugout.
- e. Batters may not bunt. The ball must be hit past the dead ball arc to be in play.
- f. Batters may not be walked.
- g. The half inning is over after a team has either batted ten players, scored six runs, or after the third out. When a team has batted through the 9th batter, the offensive coach will make it known to the umpire that the 10th batter is at bat. The plate umpire will inform all the coaches and players of the 10th batter.

12. Base Running Rules

- a. Base runners must wear a helmet during play.
- b. Base runners must stay on their bases until the ball is hit. If he/she leaves the base too soon and the ball is hit in fair territory, then he/she is out.
- c. A base runner may advance until they are either called, “out,” or a defensive player secures the ball in the infield and holds the ball high in the air. At this point, the umpire will call “time” and the ball is thrown to the offensive pitcher. As soon as all players are in position, the umpire will call, “play ball.” After the initial pitch, the pitcher may begin pitching to their batter at their own discretion (without signals from the umpire).
- d. No sliding is allowed.
- e. On an overthrow to 1st base, the runner(s) can only advance one (1) base.

13. The defensive team may have one adult coach in the outfield during play. The coaches cannot physically assist in the action of the game. The defensive field coaches’ sole purpose is to teach skills and verbally assist the outfielders.

14. Score will not be kept

15. Parking: For safety reasons, there will be no parking in the area around the fields.