

Rules U7

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| Base Path Distances | 40' |
| Pitching Distance | 25-30' |
| Coach Pitch | 5 balls, no fouling out, no walks, must pitch from correct distance, tee after 5th pitch, two chances to hit off the tee. or 3 balls then tee Only after 5 pitches does the catcher return the balls |
| Safety Zone | 4ft diameter circle around coach, with hash marks at half on either side - if ball hits coach or remains in the circle 1 base is awarded (only for forced runners), ball through the circle is live If coach is hit with a batted ball, it is dead and will count as a pitch against the batter - OSSTA rule |
| Ball | 10" softer "COR" ball or indoor ball - Easton Incredi-Ball |
| Batter's Box & Ondeck Circles | Yes |
| Helmet | All batters with cage and strap |
| Masks | For pitcher only |
| Homeplate | 21" oversized |
| Safety Bag | Yes |
| Catcher | Player or coach - player to wear full catcher's gear, can use their own glove |
| Players | No forfeit rule or player minimum Late players added to bottom, no automatic outs If a player is ejected, an "out" shall be recorded each and every time the player's spot in the batting rotation comes up |
| Substitutions | Unlimited defensive substitutions |
| Catcher Courtesy Runner | Yes, two outs and replaced with last out |
| Courtesy Runner | Only for injury at the time of play, must be replaced by the player furthest away in the line up |
| Call Ups | Yes, from lower or equal divisions ONLY to replace missing players during regular season |
| Equal Play | All players must play an equal number of innings where possible during regular season A player must not sit consecutive innings No player will sit a second inning until every player has sat at least one inning and so forth No player will play more than 2 consecutive innings in the outfield during regular season |
| Regulation Game | No new inning after 60 min or 5 innings, whichever comes first In case of weather, min of 3 innings completed to count as a game or 2.5 if home team is ahead - 4 or 3.5 innings for tournament In case of weather or cancellation by umpire, when two innings have been completed, the score of the game will revert to the last fully completed inning |
| Mercy Rule | No |
| Run Limit | 3 outs or 5 runs for all 5 innings during regular season and tournament |
| Scoring | Must touch homeplate |
| Pitcher Position | On hash marks at time of pitch, cannot enter the circle |
| Fielding | 4 outfield, 6 infield |
| Player Positioning | Player Positioning - outfielders must have both feet on the grass prior to the ball being hit, infractions will be ruled as a "no pitch" - where does outfield start? Mark with a cone? |
| Coaches | Offensive and defensive coaches are permitted on the playing field |
| Charged Conferences | N/A |
| Hit by a Batted Ball | A runner is out if struck by a batted ball in fair territory while off base, and before it passes a fielder, excluding the pitcher |
| Intentional Walks | No |
| Number of Batters | All players bat, no last batter |
| Bunting | No |
| Drop 3rd Strike | No |
| Thrown Bat | One team warning then called out, no runner advancing |
| Infield Fly | No |
| Stealing | No |
| Lead Offs | No, runner may not leave until the ball is hit |
| Sliding | Not into first, feet first only into bag/plate, head first only back to the bag |
| Base Runner Advancement | After a fairly hit ball, the advancing of runners is not considered over until the ball is returned to the infield, in possession by another defensive player within the base path - umpire calls time? OR Runners will only advance one base at a time for a ball hit to the infield, runners may advance to second if a ball is hit to the outfield, but must stop at second base |
| Overthrows at 1st | No advancing, baserunners may be sent back depending on outcome of the throw, players can run on a dropped ball |
| Overthrows/Out of Play | All runners, including the batter, will be awarded the base they are going to at the time of the throw. NO additional bases will be awarded |
| Tie Break | No, regular season games end in a tie Tiebreaker rule in effect for elimination games at tournament At the start of each extra inning, a runner is placed on second base, the runner will be the last batter scheduled to bat in that inning. At least one full inning is played, allowing each team the same chance to score. If the score remains tied, the same process is used in each inning until one team scores more runs than the other at the end of a complete inning. |
| Cheering | Positive cheering only. The conduct of the team, its spectators and coaches are the responsibility of the coach, umpires can warn and eject |
| Miscellaneous | |
| Umpires | 2 if possible, 1 is allowed |

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| Shoes | No metal cleats |
| Cathers Equipment | Mask, throat protector and helmet (warm up too), body protector, shin guards |
| Uniforms | Matching shirts with number, rosters submitted prior to first game |
| Jewelry | No or taped, 1 warning then called out |