

# 2021 U6 LEAGUE RULES

## General Rules

1. We do not keep score in this league.
2. You will use a 10 inch "Softie" ball. Use a decent ball from one of the team's bags.
3. Equipment – You will be provided with a bag full of balls and bats, and they can be found in your locker in the equipment room by the diamond #1. You may keep it in your possession during the season or keep it in your locker. This must be returned at the end of the year. Helmet bags, tees, etc. are located in the equipment room by each diamond. Please put all equipment away after you're done using it, or after the last game of the night. Helmets with facemasks are mandatory.
4. Uniforms – Each player is required to wear their t-shirt, rubber cleats or tennis shoes. (no sandals and no jewelry) Batters, runners, and catchers are required to wear helmets.
5. Time rule – Games will be 3 innings or 45 minutes in length. Coaches, please use good judgment as it pertains to time limit, agree when it will be the last inning to try and complete game within the 45 minutes. Both teams should bat an equal number of times and each team will bat their entire lineup each inning.
6. Please keep the games going. Most of the time is wasted between innings, so have someone coordinate your defense ahead of time.

**After each REGULAR season game, each player may get either a slushy, or 2 Freeze sticks.**

## Offensive rules

1. Coach Pitch – The team that is batting will have a coach pitch a maximum of **5** balls to each batter. If a fair ball is not hit during those **5** pitches a tee will be used to complete the at bat. **MAX 5** pitches and no more to ensure that the game keeps moving. Designate a coach or parent to assist with setting tee up to keep the games moving if the tee is needed (pitching coach shouldn't be the coach setting the tee up).
2. Pitching coach should stand at least half way between home plate and the pitcher's mound when pitching.
3. Mechanics to work on:
  - a. Grip (line up the "knocking" knuckles)
  - b. Flexed knees
  - c. Elbows down
  - d. Optional: feet set up in stride position (no forward movement of stride foot)
  - e. Starting swing with lower body, turn hips and
  - f. Drive right knee
  - g. lead with elbow (same as keeping hands inside the ball)
  - h. strong front side (on swing, straighten front leg)
  - i. how to adjust the T for hitting
    - i. inside pitch (make contact when ball is out in front of left foot)
    - ii. down-the-middle pitch (make contact when ball is even with left foot)
    - iii. outside pitch (make contact when ball is before left foot)
  - j. extend on follow-through, pointing bat towards direction of flight of the ball
  - k. Follow-through with hands over left shoulder.

4. A ball hit from the tee must travel 25 feet in fair territory to be declared a fair ball.
5. There is NO Bunting.
6. Teams will bat their entire roster in each inning.
7. If a batter throws their bat, they will get 1 warning and so will their team. If anyone else on their team throws their bat again during the game, they will be called out. The coaches should make this very clear if it happens.
8. Runners can only advance 1 base per play. Note – the last batter of each inning and any base runner that's on base during the last batter's at bat, may run as many bases as possible.

### **Defensive rules**

1. There is no minimum or maximum number of infielders or outfielders at this level.
2. Adult coaches will be allowed on the field in order to instruct
3. The defensive pitcher must stand in the pitcher's circle until ball is hit.
4. Emphasize learning positions and throwing ball to first base after fielding.
5. When in the field that team should supply a catcher.

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