

CITY OF ROCKVILLE
Department of Recreation and Parks
PLAYING RULES FOR CO-REC COACH PITCH BASEBALL
LEAGUE

I. THE GAME

1. The official rules of baseball National Federation of State High Schools shall govern all play except as amended in these rules and regulations.
2. Each game will be five (5) innings or 60 minutes of playing time.
3. In case of inclement weather or suspension of game, an official game will be two (2) complete innings.
4. Scores and standing will not be kept in the Co-Rec Coach Pitch Baseball League.
5. Protests are not allowed.
6. The field supervisor/umpire will have complete authority at the field.

II. FIELD DIMENSIONS

1. The distance between bases will be forty-five (45) feet.
2. The pitchers defensive position must be assumed at a minimum distance of thirty-five (35) feet from home plate.

III. EQUIPMENT

1. Equipment will be provided by the City of Rockville, Department of Recreation and Parks.
2. Shoes must be worn at all times. No player shall wear shoes with metal spikes or metal cleats.
3. Only official T-ball bats will be used. Wooden bats are not permitted.
4. Players at bat and on base are required to wear a helmet.
5. All players who choose to use the 'communal' helmets are strongly encouraged to wear a cap under the helmet for health reasons.

IV. TEAM COMPOSITION AND PLAY

1. Players:
 - a) A minimum of seven (7) players to start the game. Maximum of ten (10) players on the field to play (4 outfielders or 3 outfielders and a short fielder). All outfielders must assume their defensive position out of the infields, or beyond a designated area, defined by the umpire.
 - b) Each player must play at least two (2) innings in the field during the game.
 - c) The wildcat batting order system will be used. Teams will bat through their entire roster. The batting order may not be changed during the game.
2. Substitutions:
 - a) A player may enter or leave the field or position at any time (free substitution).
 - b) The pitcher, catcher, and first baseman positions must be changed every inning. Once a player has played either of these positions, he or she cannot

return to that same position for the remainder of the game; however, a player may play all three positions in the game.

V. PLAYING RULES

1. Each coach will pitch to their own team of batters. The batter must make contact with the ball and hit it beyond the ten foot arc in front of home plate to be considered a hit. If the batter does not make contact after seven pitches or five swings, a tee will be placed on home plate and the batter will hit a ball off the tee.
2. An inning will end after eight (8) batters or three (3) outs. The manager of the team must notify the umpire when the eighth batter comes to the plate. The sides change regardless of the number of outs at this time.

An 'out' consists of all conventional outs, but not including strikes.

3. Foul balls on the last swing do not count as a strikeout.
6. Bunting will not be permitted.
7. There is no infield fly rule.
8. A ball must go at least ten feet to be considered a hit – less than ten feet will be considered a strike.
9. Sliding, leading off bases, and base stealing are not permitted; violating this rule will result in an automatic out.
10. Play ends when the pitcher has the ball in the 8-foot radius of the pitching plate or the ball is overthrown and goes out of play. A runner who is at least halfway toward the next base when the pitcher recovers the ball shall advance to that base.
11. The catcher may not block the plate when making a play at home plate.
12. Base runners must touch all bases; a runner missing any bases, as called by the umpire, shall be declared out.
13. Throwing the bat will result in a warning from the umpire for the first infraction per team and an automatic out for each succeeding infraction.
13. Play stops in the following situations: 1) when the ball reaches the first baseman prior to the batter runner; 2) when a batted ball is caught in the air by any defensive player; 3) on a force out to any base.

VI. VIOLATIONS OF MODIFICATIONS

1. Any violations of these rules should immediately be corrected before the game continues.
2. Continued violation of these rules may result in the coach being removed from the game.

VII. MANAGER/SPECTATOR RESPONSIBILITIES

1. Managers must have team line-up ready upon arrival at the field.
2. All managers are responsible for their teams taking the field promptly before games and vacating the field and dugout area promptly after games.
3. Each manager shall designate a “dugout dad” or “dugout mom” to be responsible for bench conduct by the players.
4. All players must remain in the dugout area during the game.
5. Managers are responsible for the behavior of their team players and parents. Sportsmanship is mandatory in all aspects of the game. Chanting (yelling in unison) or heckling of the other team or its players is not permitted.
6. Smoking is not allowed in the field or dugout area.
7. Alcoholic beverages are not permitted on the premises.

VIII. CONCUSSION AWARENESS

To help keep kids in the game for life, we ask that all coaches, parents, and participants become aware of concussion signs, symptoms, and prevention. The City of Rockville Sports Division has provided concussion awareness information on our website at www.rockvillemd.gov/recreation/sports, please review and become familiar.

Any participant who may appear to have or has a concussion may not return to play until the Sports Division has received a note from the participants' doctor that states the participant has been approved to continue sport activity. The note must be received prior to the next league activity. This includes all practices and games. City of Rockville staff has the authority to sit a participant out of sport activity if any signs/symptoms of concussion are noticed. The purpose of this policy to keep all participants safe and healthy.



**Department of Recreation and Parks
Youth Sports Division
League Expectations, Policies/Disciplinary Measures**

MISSION

The City of Rockville's Youth Sports Division mission is to promote participation in a safe, recreational setting to encourage fun, physical activity, teamwork, and sportsmanship. Programs are designed to meet participant needs for physical activity, social interaction, mentorship through positive coaching, fundamental skill development, and instill lifelong values in each participant.

EXPECTATIONS

The City of Rockville provides league rules that dictate how the program is operated and governed. In addition to these rules, coaches are required to get fingerprinted by the City of Rockville, become NYSCA (National Youth Sports Coaches Association) certified and sign a *Coaches Code of Ethics Pledge*. Parents/Guardians are strongly encouraged to read and sign the *Parents Code of Ethics Pledge* and return to your coach for the season. Both of these pledges represent the requirements that coaches and parents must embrace and use to serve as a role model to all participants.

The City of Rockville requires participants, coaches, spectators, and parents to exhibit good conduct and sportsmanship before, during, and after games and practices. Examples of good sportsmanship and conduct include but are not limited to:

- Fairness
- Ethics
- Respect
- Sense of fellowship
- Teamwork
- Positively encourage and congratulate all players and opponents as well as officials, city staff
- Understanding and promoting that this is a recreational league

POLICIES/DISCIPLINARY MEASURES

City of Rockville Sports Supervisors reserve the right to amend disciplinary measures below if investigation deems it necessary

THE TERM "INDIVIDUAL" INCLUDES THE FOLLOWING: MANAGER, CAPTAIN, PLAYER, OR SPECTATOR. A TEAM IS RESPONSIBLE FOR THE CONDUCT OF ITS

INDIVIDUAL PLAYERS AND SPECTATORS. MISCONDUCT MAY RESULT IN PENALIZING AN INDIVIDUAL OR TEAM FROM ALL CITY OF ROCKVILLE LEAGUES.

- Coach/Player/Spectator/Parent/Guardian Ejection
 - If ejected from a league game, that individual will be suspended from the team's next played league game or for a period of time deemed fair by the league. If an individual is disqualified a second time during the season, he/she shall be suspended for the remainder of the season, or longer if deemed fair by the league.
- Ineligible Players
 - A coach who knowingly uses a suspended or ineligible player shall forfeit his/her coaching position, and the team shall forfeit all games in which the player participated.
- Unsportsmanlike conduct:
 - If ejected from a league game, that individual will be suspended from the team's next played league game or for a period of time deemed fair by the league. If an individual is disqualified a second time during the season, he/she shall be suspended for the remainder of the season, or longer if deemed fair by the league.
 - Unsportsmanlike conduct includes, but is not limited to:
 - Disrespectfully addressing an official or City Staff
 - Using profanity
 - Attempting to influence an official's decision
 - Baiting an opponent or obstructing his vision by waving hands near his eyes
 - Disrespectfully addressing or baiting an opponent and/or own team
 - Objecting to an official's decision by rising from the bench or using gestures or raising voice
 - Inciting undesirable crowd reactions.
- Before, during or after a game, anyone who strikes, shoves, pushes, bumps or otherwise molests, harasses, or threatens anyone shall be suspended for at least 1 year from the date of the incident or longer if deemed necessary by the league. After the suspension is served, the individual can return to programs on a probationary period for a minimum of 1 year.