

FSA Baseball Rules: 6U Instructional Coach Pitch Division

Revised January 14, 2023

FSA Baseball is not currently affiliated with any organization (i.e. Little League, Nations, etc.). However, Nations rules will serve as the primary set of rules for FSA Baseball except as modified herein. If no modification to the applicable rule is incorporated, the Nations rules shall prevail.

ELIGIBILITY: 6U instructional coach pitch will be open to 6-year-old players wishing to play in an instructional based division.

RUN LIMITS: There will be a run limit of 5 runs per half inning.

GAME TIMES: Game times will be 75 mins or 5 innings. Please be mindful of the clock. Do not start a new inning with less than 10 minutes on the clock.

PLAYING FIELD: Rubber to home distance – 40 feet. Base to base distance – 60 feet

PLAYING RULES:

1. There will be **NO** score or records kept for instructional coach pitch. There will also be **NO** end-of-season tournament or All-Star Team selections.
2. There will be **NO** umpires present for instructional coach pitch. Head coaches from both teams will determine safe/out and interpret rules to the best of their ability.
3. Coach Pitch teams will roster bat. Teams must have a minimum of eight (8) players to start a game but **WILL NOT** take an automatic out for the ninth or tenth player. If the lineup drops below eight players other than for an illness or injury, please continue to instruct and play on.
4. Teams can begin a game with eight (8) players but one player **MUST** be a **pitcher**. Players arriving after the start of the game may be placed on the roster in the last batting position.
5. If a player is unable to continue due to injury or illness, the team will not be penalized when it is the missing players turn to bat. His batting spot will be skipped over without penalty.
6. **Beginning of Season:** Each batter will be allowed Six (6) pitches. The batter can (is encouraged to) swing at all 6 pitches. If a batter hits a foul ball on the sixth pitch, he will be allowed to continue batting until he does not make contact with the ball or puts the ball in play.
7. **Mid-Season:** This rule is encouraged but will be a coach's decision (must be mutually agreed up by both coaches prior the start of the game) Each batter will be allowed Six (6) pitches or three (3) strikes. If a batter hits a foul ball on the sixth pitch, he will be allowed to continue batting until he does not make contact with the ball or puts the ball in play. The intent of this rule is to start preparing the players to move towards a competitive coach pitch season next season.
8. There is **NO** bunting or soft swings. Penalty: The batter is called back to the plate, the ball is dead, no runners may advance and the pitch shall be considered a foul ball.
9. There will be **NO**: (1) Base on Balls (2) Base Awards for hit by Pitcher (3) Intentional Walks (4) Infield Fly Rule (5) Base Stealing.

10. Runners may not leave their bases until the pitched ball crosses the front edge of home plate. A runner who leaves early will be declared out and the pitch will be called a no pitch.
11. A ball batted in fair territory hitting a coach pitcher shall be declared a foul ball.
12. For 6U instructional, a runner **CANNOT** advance beyond first base on a ball hit in the infield. If a ball is hit to the outfield, the runner can advance no further than second base (understanding the runner may get tagged out advancing to second base)

Clarification: A runner on first base shall only advance as far as the batter. If the batter gets a single, the runner on base shall only advance one (1) base. If the batter hits a ball to the outfield and advances to second base, the runner on base shall only advance to two (2) bases (at their own risk).

13. For 6U instructional, runners **CANNOT** advance to second base on an overthrow to first base. Coaches need to teach kids to run through first base and return to the base rather than rounding first and going to second on a ball hit in the infield. Furthermore, runners shall **NOT** advance on an overthrow at **ANY** base.
14. Coaches shall call “time” after every play and declare the ball dead. “Time” should be called as soon as all three of the following occur:
 - a. The lead runner stops attempting to advance.
 - b. The ball is in the possession of a fielder in the infield.
 - c. No defensive play is imminent.

**Runners will return to the base which they are legally entitled.

“Time” does not have to be called by the defense for the purpose of this rule, nor will it be applied because a player calls “time”.

15. The coach pitcher will be allowed to pitch from in front of the rubber. The intention is to help the kids see the pitch. The area from the rubber to 30’ from the plate is allowed to be the location of the coach pitcher.
16. The coach pitcher is prohibited from coaching while in the pitching position either physically or verbally.
17. The coach pitcher **MUST** leave the infield after the ball is put in play by the batter. The coach pitcher should make every effort to leave the field away from the play. The coach pitcher is responsible for removing the bat from the field of play and keeping the on-deck batter from entering too soon.
18. Ten defensive players will be allowed on the field, with the tenth being a fourth outfielder. No more than 6 infielders will be allowed.
19. Coaches **CAN** stand behind the foul lines in the outfield to assist the defense with positioning.
20. The defensive pitcher should be positioned within 10 feet on either side of the coach pitcher, no nearer to home plate than the pitching rubber. The pitcher can leave this area after the bat strikes the ball.

21. The player in the pitcher's position MUST wear a batter's helmet while on defense.
22. The catcher shall be located against the backstop and must wear a batting helmet. After the ball is put in play, the catcher can move to the field of play.
23. No manager or coach shall be allowed to walk behind the infield area (home plate) to coach or position infielders, outfielders or runners. Their job is to retrieve the ball missed by the catcher to help speed up the game.
24. If a game is called due to weather or other hazardous conditions; the game will be considered complete if 3 innings have been played.
25. A game stopped prior to the completion of the 3 innings as indicated above will be rescheduled to a later date if possible (based on field availability)
26. Substitute players – Typically teams will have more than 10 players – meaning one or more player(s) will not play a defensive position when in the field during a given inning. They will sit on the bench. This “sitting” position shall be rotated. No player shall sit out twice before all players sit out once. The **ONLY** exception that can be made to this rule is that a coach may sit a player for disciplinary reasons, illness, or lack of team participation (never shows up for practice). Again, this is a coach's decision. Failure to comply with this rule shall result in a game suspension for the head coach. Repeated violations will result in removal of the head coach from the team.
 - a. If agreed upon by both coaches before the game, extra players can be placed in the outfield so that no players have to sit out.