



### **League Rules - Advanced Skills Division Teen and Adult**

1. Games have a 1 hour and 30-minute timeslot to play a 4 inning game
2. Everyone **MUST WEAR A HELMET**
3. Innings are decided by 5 runs scored or 3 outs recorded
4. If a true home run (over the fence) is hit, all runs will count for that team
  - a. Example: A team may have scored 4 runs already in the inning. If they have a runner on 1st base and the batter hits a true home run, both runs will count for that inning totaling 6 runs, and the inning will be over.
5. Defensive players can't run to a base to get an offensive player out unless they are the defensive player assigned to that position
  - a. Example 1: The pitcher cannot run to 1<sup>st</sup> base to get the runner out. They have to throw the ball to the 1st baseman
  - b. Example 2: The shortstop can run to tag 2nd base because they are playing the middle infield, but cannot run to 3rd base. They must throw it to the 3rd baseman
6. The home team will still bat in the 4<sup>th</sup> inning even if they are winning or cannot score enough for a comeback
7. Each batter will receive a half bucket (15-20balls) to get a hit (coaches discretion)
8. If the batter doesn't hit the ball after their allotted pitches, they will draw a walk to first
9. Outfielders must remain in the outfield during game play
10. Infielders must remain in the dirt colored area until the ball is hit (except the pitcher)
11. Once the ball is in the infield (controlled or not controlled), or controlled by an outfielder, players are to remain at the base they occupy
12. It is okay to send a player back to a base if/when they continue to run. That player can't be tagged out if a coach is the one to send them back
13. The game can be stopped briefly by any coach for teaching moments of any player
14. If a player doesn't understand a rule/call, stop the game & explain. Coaches discretion on if that play results in an out or not
  - a. Example: Player is safe at 2nd but overran the base. Player gets tagged but doesn't understand why they are out. Stop the game, teach them the rule, coaches discretion if you'd like that runner to remain on 2nd base or call them out

### **Practices - Advanced Skills Teen and Adult**

Practice Planning: Try to teach 1 skill & 1 rule during each practice. This will help the players to better understand our game.

*Sample Practice Schedule*

Practice 1: Playing Catch (skill) and Fielding Diagram (rule)

Practice 2: Taking ground balls (skill) and Running the bases (rule)

Practice 3: Taking fly balls (skill) and Force Outs (rule)

Practice 4: Taking infield/outfield (skill) and Defensive positioning/standing in baseline (rule)