



COACH PITCH RULES

I. GENERAL RULES

- 1.01 **TEAM NUMBERS**—Teams typically consist of 10-12 players
- 1.02 **BATTER’S ARC**—An arc 10 feet from home plate will be drawn, if ball is not hit out of the arc, the ball is foul.
- 1.03 **PLAYING TIME**—Each player will be given an equal opportunity to bat and play in the field.
- 1.04 **INNING LENGTH**— A full-inning is over when all players on both teams have had an equal opportunity to bat through the lineup once.
- 1.05 **GAME LENGTH**—Each game will last 2 innings.
- 1.06 **SCORE**—Score will NOT be kept.
- 1.07 **OUTS** – Even though One Goal Sports does not record “official outs” in t-ball, we believe there are some fundamentals to the sport that can be taught and enforced to further develop players at this age. One way to measure defensive improvement is to see how many “outs” a team can record in a given half inning.
- 1.08 **LAST BATTER** – The last batter for either team is allowed to run all the way around the bases in an attempt to score. NOTE: every player that is tagged by a defensive player with a ball will result in an “out.”
- 1.09 **CATCHERS** – The summer time can be extremely hot. In an attempt to guard the health and safety of the players, teams will not supply a catcher behind home plate. A pitcher or another player in the field may maneuver behind home plate after the ball has been hit into fair play to act as a catcher. The umpire will serve as the backstop for coaches pitching the ball. The additional player must then be placed in front of 2nd base and behind the pitcher.
- 1.10 **PLAYER ATTIRE**- All jerseys **MUST** be tucked in during games. No modifications to team shirt (jersey). Do not cut off sleeves or alter team uniform in any way. Players must wear current team uniforms to ensure recognition of team sponsors (Replacement jerseys cost \$20).
- 1.11 **PLAYER JEWELRY** – Jewelry is prohibited during all OGS games. This includes but is not limited to studs, flush mounts, hoops, necklaces, bracelets. Only medical alert bracelets will be permitted. Players are not allowed to tape over any jewelry.

II. BATTING

- 2.01 **BATTER OPTION**—The batter will be allowed **six total pitches regardless of the quality of the pitch**. If the batter is unable to hit the ball fair within the six pitches he/she will hit off the tee.
- 2.02 **FINAL PITCH** – If on the 6th and final pitch the batter fouls the ball off, an additional pitch will be awarded until the batter misses or puts the ball into play.
- 2.03 **WALKS**—No walks will be given to the batter.
- 2.04 **STRIKEOUTS**—No strikeouts will be given to the batter; the player will be given 6 pitches regardless of how many times they swing and miss the ball.
- 2.05 **BATTER’S ARC**—Any ball not hit beyond the 10-foot batter’s arc is a foul ball. If a ball hits within the arc and rolls fair within 3 seconds, it is a fair ball.
- 2.06 **BATTING ORDER**—The batting order will be established by the coach before each game. The coach may choose to have a straight up and down order or snake the batting order (i.e. last person to hit in the previous inning is the leadoff batter in the next inning and continuing back up the order).
- 2.07 **BASE COACHES**—Base coaches shall remain in their coaching boxes at all times, unless play dictates otherwise.
- 2.08 **SLINGING BAT**—After one (1) warning per game, per player, for slinging his bat, the batter will be called out for each additional time the batter slings the bat.
- 2.09 **PITCHING THE BALL**-Coaches **MUST** pitch overhand to all batters. Coaches may take a knee for a more eye-level pitch to batters.
- 2.10 **PITCHER’S MOUND FOR COACH**—the mound (chalk line) will be as close as 16 feet from home plate and as far back as the coach prefers. The pitching coach must pitch at least 16’ from the batter. Once the coach has pitched and the player has hit, he/she should crouch down, or if possible completely leave the field-of-play.

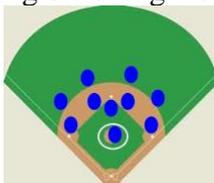
III. BASE RUNNING

- 3.01 **STEALING**—There will be no stealing permitted.
- 3.02 **LEADING OFF**—Each runner must remain on the base until the ball is hit.
- 3.03 **OVERTHROWS**—A runner may only advance one base from an overthrow (overthrow is defined as a ball that rolls or travels in the air beyond the intended fielder to the 1st base fence, 3rd base fence, or a reasonable distance beyond 2nd base). *This ruling is ultimately at the umpire’s discretion.*
- 3.04 **TIME**—Time will be called once the ball is controlled and returned to the infield and/or all base runners are frozen. All play must stop once the umpire has called ‘Time.’

- 3.05 **TAG OR THROW OUTS**— If the batter or base runner does not reach the base before tagged or thrown out, she/he will be called out and return to the dugout. Even though One Goal does not record “official outs” that results in ending an inning, this is a fundamental to base running that will be taught.

IV. DEFENSE

- 4.01 **INFIELD**—Only one person at each position in the infield, you **MUST** have a pitcher, 1st baseman, 2nd baseman, 3rd baseman.
- 4.02 **OUTFIELD**—All additional players **MUST** be placed in the outfield.
- 4.03 **PITCHER’S CIRCLE**—There will be a pitchers circle that the defensive pitcher must keep one foot in until the ball is hit. That player **MUST** wear a helmet with a facemask or an OGS pitcher’s mask. You shall not keep the same player in the pitcher position each inning or from week to week.
- 4.04 **DEFENSIVE PLAYER ROTATION** – Players **ARE NOT PERMITTED** to play the same position both innings during a game. Each player must be given equal opportunity to play in the pitcher role as well as all other positions on the field throughout the season.
- 4.05 **DEFENSIVE POSITIONING**—Coaches must keep players in the same positions throughout the entire inning. Please only change players’ positions at the beginning of the inning before play begins. Infield players are not allowed to stand on the infield line that runs from first base to third base. Player’s must rotate positions inning to inning and week to week.
- 4.06 **THROWING NOT ROLLING THE BALL**—When fielding the ball, the defense **MUST** attempt to throw the ball to the desired target (fielder; not runner) instead of running or rolling the ball to the base.



Required Player Position W/Out Catcher

10-man outfielder set-up:

- 1st baseman
- 2nd baseman
- Short stop
- 3rd baseman
- Right fielder
- Right-Center fielder
- Left-Center fielder
- Left fielder
- Extra infielder (behind the pitcher circle in front of second base)
- Pitcher (inside the circle)
- Additional Players (outfield)

V. EQUIPMENT

- 5.01 **SHOES**—Tennis Shoes or baseball shoes with RUBBERIZED cleats may be worn. No Metal or Plastic Cleats.
- 5.02 **BATS**—Approved (unaltered) baseball bats, wood or aluminum, any size may be used.
- 5.03 **HELMETS**—All batters and runners must wear a helmet with a facemask.
- 5.04 **BALL**—A soft “T-ball” will be used.

VI. FUNDAMENTALS TO FOCUS ON

- Proper throwing form
- Proper hitting
- Proper fielding
- Base running

COACHING PRIVILEGE

OFFICIAL TIME-OUT – Sometimes things happen and/or people act out in ways that are less than exemplary for modeling Christ-likeness on the field. Here at One Goal Sports, we believe that matters should be addressed immediately to further demonstrate that leading by example is top priority. If you witness something that is out of order (rule violation, unsportsmanlike conduct, etc), please call and official time-out, bring the coaches and umpire together and reasonably resolve the matter then and there. By doing this, you will guard your heart and prevent a bitter root from springing forth. This will also reduce the need to email or call OGS about a situation that could have been resolved on the field.

INJURY PARTICIPATION

CASTS/BOOTS/BUBBLE WRAP – Children required to wear a cast or medical boot for a broken or fractured limb WILL NOT be allowed to participate in OGS sports. Bubble wrap is NOT an option.