

Clinic (Boys 7 year-olds)

Instructional: non-competitive; no scores or standings

- **30 MINUTES OF WARM UP / DRILLS / PRACTICE AND 60 MINUTE SCRIMMAGE GAME (with Pitching and Catching) Split the Season Up. Use Bazooka Pitching Machine for Games and use Practice to Develop Pitching before use in Games.**

SKILLS TO BE DEVELOPED

- Proper stance and swing
- Running the bases and taking extra base with sliding
- Properly positioning players and making plays
- Catching groundballs and throwing to correct base
- Catching fly balls and throwing to correct base
- Outfielders run after ball and throw ball into cut off man
- Throwing Strikes, proper pitching motion
- Fastballs only

Offensive:

- All players present for a game will be in the batting order. The offensive team will bat until three outs are recorded or they **score 5 runs** during that inning (if more than 5 runs score, only 5 runs will be recorded). When 5 runs are recorded, the teams will exchange offensive and defensive positions regardless of the number of outs recorded during that inning.
- All players must wear batting helmets while at bat, coaching or running the bases.
- No on deck batters are permitted.
- Players arriving after the first pitch of the game are to be added to the bottom end of the batting order. No game shall be delayed while a late player is running from the parking field or is putting on equipment.
- Batters must not throw the bat.
- Pinch runners are not allowed unless the runner is injured, with both managers agreeing to the injury. The pinch runner must be the player who made the last out (most recent). If a player is injured by a pitch while batting and cannot go to first base, the batter is not out.
- Bunting is not permitted.
- Sliding: The Pete Rose rule is in effect. If any player has possession of the ball, the runner must slide or avoid the fielder. If the runner runs through the fielder, he is automatically out and may be ejected from the game at the discretion of the umpire. All sliding must be feet first, no head first sliding is allowed.
- The offensive team shall station coaches on the field during its time at bat near first and third bases. Player coaches (with proper adult supervision) are encouraged in order to teach proper base running skills. Players who occupy any coaches' box must wear a helmet.

Base running:

- The coaching objective is for players to learn proper base running skills rather than score as many runs as possible. Coaches should use appropriate discretion when coaching base runners.

Defensive:

- All players should participate in each game and must be playing on the field by the third inning.
- No player should sit on the bench for more than two consecutive innings.
- In every game, each player should play an infield position for at least two innings (pitcher, catcher, first baseman, second baseman, third baseman or shortstop).
- A team is permitted to play ten players in the field. Only six are permitted within the infield (pitcher, catcher, first baseman, second baseman, third baseman and shortstop), the remaining four must be in the outfield. The four outfielders should be positioned four across (Left Fielder, Left Center Fielder, Right Center Fielder, Right Fielder), no short fielder should be used.
- Any player unnecessarily forcing a runner to slide into a base when he does not have the ball, shall be charged with obstruction, and the umpire shall award the runner an additional base.
- Catchers must wear a catchers mask and a full ear-flapped helmet. In addition, he must wear a metal, fiber or plastic cup type athletic supporter.
- No infield fly rule will be used in this league.

PITCHING:

- Players must pitch from the pitching rubber. All pitchers will pitch from a minimum of 40' feet.
- Three strikes record an out with the umpire calling balls and strikes. There are no walks. In the event a pitcher throws four balls, a manager or coach from the batting team will pitch to that batter. The batter will retain whatever strikes he has accumulated against the original pitcher. The batter will remain at bat until striking out or putting the ball in play. The umpire will call strikes while the parent coach is pitching to encourage the batter to swing at good pitches but should make every effort not to call the batter out on the third strike. The objective is to develop pitching skills through experience while developing batting skills at the same time.
- When the adult pitcher is pitching, the player pitcher will stand immediately to the left or right of the pitcher's mound. There shall be no switching or shifting of players' positions (moving the shortstop behind second, the pitcher to shortstop, etc.). The reason for this is to teach players proper field positioning.
- A pitcher is limited to two innings per game and six innings in a calendar week, Sunday through Saturday, all games inclusive. One pitch equals one inning.
- A player shall not pitch in more than one game per day.
- A player may not pitch without one day's rest after having pitched two innings in a game. Example: Pitches 2 innings on Tuesday, may not pitch again until Thursday and then for a maximum of two innings.
- A player may pitch the next day if he pitches one inning in a game.
- No balks.
- If a pitcher hits a batter, the batter has the option of taking first base or continuing to hit. If the batter elects to hit, the coach will come in to pitch. If the same pitcher hits a second batter during the same inning, the pitcher will be replaced.

- Players must remain on the bench while not playing defense, batting, coaching or running the bases.
- Only positive cheering will be allowed. All parents/spectators should be reminded that the games are for the children's enjoyment, not for the parent's entertainment. There is no mercy or run rule. There are no forfeits. Play the game for the sake of playing baseball (even if you need to "lend" players to the other team if their roster is short. Be gentlemen and don't look to embarrass another team.
- All PLAYERS must wear a protective cup