



## Coach/Player Pitch

Wellington Recreation modification to the National Federation of High Schools Baseball rules. Visit [www.nfhs.org](http://www.nfhs.org) to purchase a rulebook.

### Purpose

The purpose of the league run by Wellington Recreation is to provide kids with the opportunity for learning and fun in a safe environment. Friendly competition and sportsmanship will be emphasized. Our main goal is for all participants (players, coaches, parents, etc.) to have fun while building athletic, team, and social skills.

1. Rule 1 – Players, Field, and Equipment
  - a. There must be nine (9) defensive players on the field at a time: three (3) outfielders, five (5) infielders and a catcher. Players on defense must be rotated every inning. Coaches will be on the field to help with instruction and development of players as the game is played.
    - i. Infielders must assume a position like those used in traditional baseball.
    - ii. Outfielders must be evenly dispersed in the outfield.
    - iii. Wellington Recreation considers placing players in positions not used in traditional baseball to be a violation of Wellington Recreation Sportsmanship Policy.
  - b. No metal cleats allowed.
  - c. It is strongly recommended that all players wear a protective cup.
  - d. The diamond should be sixty (60) feet between bases.
  - e. The pitcher's rubber or mound must be thirty-five (35) feet from the point of home plate.
  - f. The catcher must be positioned behind home plate. The catcher must always wear catcher's gear.
  - g. Bases will be provided by Wellington Recreation.
  - h. The official ball to be used is a safety ball provided by Wellington Recreation to coaches for games.
2. Rule 2 – Player Terms and Definition
  - a. There will be no balks or base on balls.
  - b. Bunting will not be allowed.
  - c. There are no infield flies.
  - d. A half inning is over for one of two following reasons.
    - i. There are three (3) outs or;
    - ii. There have been as many batters as there are players on the team with the largest number of present players.
      1. A coach announces the last batter prior to their at bat.



- e. Outs must be counted.
  - f. A batter is out when the umpire, regardless of whether the ball is caught by the catcher or not, calls the third strike.
  - g. Sliding is allowed. Any slide must be feet first and should be attempted only after proper training.
  - h. The strike zone includes the neck and the knees, the width of the plate plus three (3) inches to either side of the plate.
3. Rule 3 – Substituting – Coaching – Bench & Field Conduct
- a. On Defense, free substitutions are allowed, however, all players must play at least every other inning.
  - b. On offense, the batting order must contain the entire roster of players.
  - c. A player who carelessly or unintentionally throws their bat or helmet receives one (1) warning. Further infractions by the same player, will result in the player being called out.
  - d. If a player intentionally throws their bat or helmet, the player will be called out (if not already out).
4. Rule 4 – Starting and Ending the Game
- a. A regulation game consists of six (6) innings or seventy-five (75) minutes, whichever comes first. No innings may start after seventy-five (75) minutes of play.
  - b. Ties will not be completed.
  - c. Wellington Recreation will do everything in their power to reschedule canceled games.
  - d. A team may start a game with a minimum of eight (8) players. If a team has less than nine (9) players present at game time, they can borrow the needed players from the other team so long as the opposing team would still have at least nine (9) players. A team should always have at least seven (7) players when a game concludes.
5. Rule 5 – Dead Ball – Suspension of Play
- a. On an overthrown ball that goes into foul territory, base runners are only awarded the bases to which they were attempting to advance at the time the ball crossed the baseline.
  - b. Play on a batted ball ends when an infielder is in control of the ball and base runners are no longer attempting to advance.
6. Rule 6 – Pitching
- a. Pitchers may pitch no more than three (3) innings per week.
  - b. Once a player has been replaced as a pitcher, they may not re-enter the game as a pitcher.
  - c. An adult pitcher shall be used during even numbered innings and players will pitch odd numbered innings.
  - d. Adult pitchers will take over during odd numbered innings after three (3) walks have been given up in one inning.
  - e. When an adult is pitching, the pitcher stands beside the adult pitcher.

- f. If a batted or thrown ball hits the adult pitcher, the ball remains live, and play continues unless the ball becomes lodged in the pitchers clothing. In which case the batter will go to first base and all runners will advance one (1) base.
  - g. If a batted ball hits the adult pitcher and bounces into foul territory without going past first or third base and without being touched by a defensive player, a dead-ball single is awarded to the batter and base runners will not advance unless forced by the batter going to first.
  - h. The adult pitcher should be either the coach or manager of the team and should pitch to the players of their team. If a coach or manager is unable to pitch, any adult may assume the pitching duties.
  - i. Adult pitchers will pitch with at least one knee touching the ground. There is no restriction as to how many adult pitchers are used in one game, or on how many times the pitcher may be replaced. If a change is made in the middle of an inning, no warm-up pitches shall be permitted.
  - j. Bases on balls are not awarded when an adult pitcher is pitching. If any adult pitcher is not able to throw strikes consistently, a new adult pitcher should be brought in. Bases on balls shall be awarded only when the player is pitching.
  - k. Adult pitchers are prohibited from fielding any batted or thrown ball, except in self-defense, other than a return throw from a fielder at the end of playing action. If a batted or thrown ball inadvertently strikes the adult pitcher, refer to rule 6(g) as it pertains to dead balls. If an adult pitcher, in the judgment of either umpire, intentionally fields a batted or thrown ball, all runners, including the batter-runner, shall be awarded home.
7. Rule 7 – Batting
- a. All players must bat continuously without substitution while on offense.
  - b. There is no penalty for batting out of order. Try to keep the same order in fairness to the players.
  - c. Any batted ball that does not go at least ten feet from the point of home plate is treated as a foul ball. If such an arc is not physically drawn on the field, the home plate umpire determines if the ball passed such a distance.
  - d. A swing that misses the ball counts as a strike. Players cannot strike out on foul balls.
8. Rule 8 – Base Running
- a. Once the pitcher has control of the ball within eight (8) foot radii of the pitcher’s rubber, runners must remain in contact with their bases until the ball crosses home plate.
  - b. The first time a runner leaves too soon, a warning shall be issued to the runner.
  - c. The second time, the runner shall be called out.
  - d. Each runner is issued one warning per time on base.
  - e. Warnings and penalties are called immediately, and the ball will be considered dead before the pitch.



9. Rule 9 – Scoring – Record Keeping
  - a. Official game scores and team standings will not be kept.
10. Rule 10 – Umpiring
  - a. Wellington Recreation will provide one (1) umpire standing behind the pitcher to call balls, strikes, and outs at bases.

**Miscellaneous:**

- Parents and spectators are encouraged to retrieve balls that go out of play in order to restart game quickly.
- All players have a right to play every game and an equal amount of time if they have attended regular practices.
- Playing Conditions: Field Supervisor will determine if games will or will not be played. Game will be called when there is a safety concern.
- Opposing coaches and players should shake hands after each game.
- The Recreation Staff will make every effort to reschedule missed games. Make up games may not be played at the same time or days as regularly scheduled games.
- Participation awards, when given, must be given to ALL players.
- Parents, coaches, non-playing players, and spectators should be there to enjoy and encourage the activity of the youngsters.
- All coaches and officials are volunteers and as such are not employees of the Town of Wellington.
- No alcoholic beverages or tobacco products will be allowed or used in the parks during games or practices.
- Foul language will not be tolerated by fans, participants, or coaches. All adults need to remember they are role models and need to be positive in their words and actions.
- A parent or fan that is loud, obnoxious, or disrupts the event will be asked to leave the premises and will be expected to comply immediately.
- Elastic Clause: The League Director has complete charge of the Youth Sports League. Any and all situations not specifically covered by these rules are acted upon by the League Director and all actions by the League Director are final.
- The League Director reserves the right to change or amend any of the rules or regulations contained in this manual. Any questions concerning Youth Sports should be directed to:

Wellington Recreation  
8700 3<sup>rd</sup> Street,  
Wellington, CO 80549  
(970) 568-7410  
[recreation@wellingtoncolorado.gov](mailto:recreation@wellingtoncolorado.gov)