

2024 Sunrise Side Rules & Expectations

Coach Pitch Boys & Girls

GAME LENGTH:

- Teams will warm-up for 15 minutes prior to the start of the game. Teams should try to play **THREE (3) complete innings**. However, no new inning should start after 1 hour and thirty (30) minutes of play. An inning will be over when the last batter in the lineup has hit.

PLAYER PARTICIPATION:

Offense:

- All players bat each inning even if 3 outs are made. Each batter or runner that is out should return to their bench/dugout.

Defense:

- 10 players are permitted to play defensive positions. If 10-11 players are used, 4-5 will be outfielders positioned in fair territory. A pitcher's helper must be within 6 feet of the adult pitcher when the pitch is made for safety.
- Managers/coaches should equalize playing time in the infield and outfield for all players throughout the season. Players shall be given the opportunity to play a variety of positions.

HOW THE GAME IS PLAYED:

COACH ROLE:

- A manager/coach will pitch to the batter (if necessary, teams can use a manual pitching machine). The baseball coaches shall throw overhand, softball coaches will throw underhand to the batter from a distance greater than 20 feet from home plate. The coach may kneel or sit on a bucket to allow the batter to track the ball better while the ball is being pitched.
- Two coaches are allowed in the outfield. Coaches will also handle all umpiring from their respective positions on the field during play.
- Defensive coaches are permitted to be on the field in fair territory for instructional purposes. Coaches are not permitted to touch a live ball, but only to instruct players. If a ball accidentally touches a coach, the ball shall remain a live ball.

AT-BAT:

- A maximum of five (5) pitches may be made to each batter. Coach can give an extra pitch, if he/she throws a "bad ball."

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- NO TEES WILL BE USED DURING THE GAME
- Balls and strikes will **not** be called.
- NO base on balls, intentional walks, or hit by pitch. Batters are encouraged to swing the bat.
- If a batter is hit by a pitch, the pitch will not count and the ball is dead. The batter will not be awarded first base and no runners will advance.
- A batter shall be allowed five (5) strikes unless the fifth strike is foul. If the fifth strike is foul, the batter shall be allowed one (1) additional swing. If the extra swing results in a foul, the batter gets (1) additional swing. The intent is to keep the game moving.

BASERUNNERS:

- No runner may advance on a passed ball or wild pitch.
- The base distance should be set up as close to 45 feet as possible.
- All runners must stay on base until the batter hits the ball.
- **There is to be no leadoff or stealing by the base runners.**
- An advance to the next base can only take place when the ball is hit into fair territory. Infield - one base & if the ball is hit into the outfield, once the outfielders get it into the infield, the player will stop running the bases. Do NOT take advantage of overthrown balls.

DEFENSIVE PLAYS:

- Defensive plays should be rewarded by calling outs. Congratulate the batter or base runner on their effort, but explain that they are out and will return to the bench. This will accomplish several goals: teaching the game of baseball, encouraging effort when running the bases, giving the players a goal to achieve, and rewarding a good play. Being on base should be something earned.

COACH PITCH BATS:

- All baseball bats must meet the USA bat standard and have USA LOGO.
- The bat shall not be more than 33 inches in length; nor more than 2⁵/₈ inches in diameter.
- Softball bats can not have a diameter greater than 2 ¼ inches and should be labeled as a softball bat.

COACH PITCH BALLS:

****MUST BE A SOFTCORE BALL***

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- Coach Pitch will use appropriate baseballs as recommended for this age division. Safety Baseballs are ideal for age groups 6-8 years old because these kids are learning the game of baseball for the first time. Throwing, catching, and fielding take a lot of practice at this age. These softer and lighter baseballs are perfect for learning the fundamentals while also building a ballplayer's confidence and teaching them to stay in front of the ball.
- Softball coach pitch will use 11 in. softcore softballs.