



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Baseball-Softball Rules

YMCA Of Greater Omaha YOUTH SPORTS

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YMCA of Greater Omaha

Sports Pledge

Win or lose, I pledge before GOD...

To accept and demonstrate the following positive values: Caring,
Honesty, Respect, Responsibility.

I will do the best I can to be a team player.

To respect my teammates, opponents, coaches and officials.

And to improve myself in Spirit, Mind, and Body.

YOUTH SPORTS MISSION STATEMENT

The purpose of the YMCA Youth Sports Program is to provide children of the Greater Omaha area an opportunity to participate in various physical activities and to: *Have Fun*Develop Sportsmanship*Make New Friends*Promote Teamwork*Learn Lifetime Fitness*Strengthen Self-Confidence*Learn Skills.

YMCA of Greater Omaha YMCA

Parent Information

Registration: All sport seasons will have a registration begin and end time. Refer to the sports calendar to see the specific dates/times of each season. Each branch will accept registrations after the deadline with a late fee depending on availability.

Uniforms: All teams are required to wear YMCA uniforms.

Practice/Game Times: Practice spots are offered through each branch. Coaches are responsible for picking the time that best suites their schedules and that of their team. The YMCA does not guarantee a specific practice night. The majority of our games are played on Saturdays, but depending on the season or number of teams, games could occur during the week or Sunday.

Weather Policy: In case of bad weather, a decision on whether to play will be made one hour prior to game time.

Playerspace: We will send an alert through our Playerspace platform via text/email

Facebook: Please Follow you branch YMCA Facebook Page

Heat Index: The YMCA of Greater Omaha believes in providing a safe experience for all youth participating in YMCA sports programs. It should be noted that in any situation the parent and child have the right to choose to participate.

Open Doors: Financial assistance is available. Please contact your local branch for more information.

Refunds: Any cancellation made prior to the registration deadline will receive a 100% refund. Cancellations received after the registration deadline will be subject to a \$15.00 fee. No refunds will be issues for cancellations after the 2nd scheduled game or lesson.

Pictures: Omaha Locations: Modern Images will be here each season to take team and individual pictures. Each coach will receive a picture time from them. Should a problem arise with your order, please call Modern Images @ 402-991-7786.

Iowa Locations: Heartland Photography will be here each season to take team and individual pictures. Each coach will receive a picture time from them. Should a problem arise with your order, please call Heartland photography @ 402-681-8170.

YMCA STAFF

YMCA personnel shall be present and visible at all games. If you encounter any problems or have questions, please contact the site supervisor, official or the Youth Sports Director. If you have a question or suggestion concerning the game or league, please present it before or after the game to the site supervisor, NOT during the game. This can be distracting to the coaches, players, officials, and other fans.

YMCA Coaches' Code of Conduct

1. Model and Teach the YMCA Core Values to Your Players.
 - **Caring** – Providing positive support, care and encouragement for all athletes that play YMCA sports.
 - **Honesty** – YMCA Coaches will be honest with players, parents, and YMCA officials in all situations.
 - **Respect** - YMCA Coaches will respect the game by never cheating. YMCA Coaches will respect the decision of the officials and will never display demeaning or derogatory actions.
 - **Responsibility** – YMCA Coaches will be responsible by showing good communication with their parents, players, and YMCA league officials. YMCA Coaches will be organized and follow through with their responsibilities to the end of the season.

2. Build Strong Kids.....
 - Build kids up through positive feedback and support.
 - Reward effort not just good outcomes.
 - Teach strong fundamentals of the game.
 - Playing all of the kids at least 50% of the game.
 - Continue to learn as a coach.

3. Build Strong Families.....
 - Encouraging parent involvement with their child and with the team.

4. Build Strong Sports Communities.....
 - Team huddles required every game and practice to talk about core values and sportsmanship.
 - YMCA Sports Pledge to be said with parents and players before the game.
 - Drinks and Snacks provided to the officials after the game.

PRACTICES

U4 20-30 min practice followed by 30-40 min game.

U6 20-30 min practice followed by 30-40 min game.

U8 & U10 Once the coaches meeting has taken place a coach can schedule two practices per week before the season begins. Once the season begins only one practice per week is allowed; one game per week.

CANCELLATIONS

At times, the YMCA of Greater Omaha may cancel a scheduled game due to weather or unforeseen circumstances. Due to reasons outside of our control we may not reschedule every game. However, we guarantee each team will have at minimum 6 scheduled games.

The YMCA will not reschedule games cancelled by coaches. In case of rain or bad weather, please check your branches YMCA Facebook page.

AT ALL TIMES, COACHES AND PARENTS NEED TO MONITOR ATHLETES.

1. It is recommended that children should drink 4-8 oz of water 15 minutes prior to participating.
2. Children should never be turned-down for a water break. Children must be allowed to take breaks when needed.
3. When the temperature is 80-95 and the humidity is +70%, coaches and parents need to give the kids water breaks after 30 minutes of practice. They should at this time take a 5 minute break.
4. When the temperature is 95-100 and the humidity is + 70%, practices and games shall be shortened. Practices should go for less than 45 minutes, with water breaks every 15 minutes. Water breaks are to be allowed at all times for children participating.
5. When the temperature is + 100, coaches, parents, and administrators will shorten games and take the following steps:
 - a. Games cut down in time. (Coaches and umpires will decide length of the game. Suggestions: all kids bat one time; play "x" amount of innings; call game after 45 minutes; play 2 innings; practices called off or shortened to 30 minutes.
 - b. Water breaks are taken every 15 minutes.
 - c. Should an inning go long, a water break will be taken at the request of either coach or umpire.
 - d. Kids are not allowed to play 2 innings in a row at the catcher position.

Any child that does not "feel good" is to be taken out immediately and is to be given aid inside the building.

BEGINNING OF PLAY

The umpire shall call both teams to the center of the field to conduct the Youth Sports Pledge prior to the game beginning. At the end of the game the teams shall shake hands.

EQUIPMENT AND UNIFORM

1. The YMCA will furnish game equipment.
2. Players should not wear anything that is dangerous to them or others; i.e. watches, rings, necklaces, etc.
3. U4-U10: participants receive one black and one grey dry-fit jersey. Jerseys will be handed out by coaches at the first practice/game.
4. Individual bags of equipment for practices will be checked out to each coach for U8-U10 and returned at the end of the season. Any lost or damaged equipment may be the responsibility of the coach/team for replacement.
5. Metal cleats are prohibited.
6. Players will need a glove.

Field & Equipment

<i>Age Divisions</i>	<i>Ball Size</i>
U4	Soft-core baseball (Coed)
U6	Soft-core baseball (Coed)
U8	Soft-core baseball (Boys); Soft-core-Softball (Girls)
U10	Baseball (Boys) or 11" Softball (Girls)

YMCA furnishes game equipment.

<i>Age Divisions</i>	<i>Pitching Distance</i>	<i>Base Distance</i>
U4	Hit off Tee	40 feet
U6	27 feet	50 feet
U8 Baseball	27 feet	50 feet
U8 Softball	27 feet	50 feet
U10 Baseball	43 feet	60 feet
U10 Softball	25 feet	50 feet

Field size may be altered slightly for space and safety issues.

Equipment Provided to Coaches

U4-U6

Equipment provided to coaches on game days...
Bases, bat, batting tee, and soft core baseballs.

U8

2 bats

8 soft core baseballs (or softballs)

1 set throw down bases

U10

2 bats

8 baseballs or softballs

1 set of throw down bases

2 sets of catcher's equipment

PLAYERS

U4-U6: All players on defense. All players bat every inning.

U8: Nine players on defense. All players bat every inning.

U10: Nine players on defense. All players at game placed in batting order. An inning consists of nine batters or three outs, whichever occurs first.

SUBSTITUTIONS

Free substitutions at all positions throughout the game are permitted.

Pitchers in Age division U10 may only pitch 3 innings. One pitch thrown in an inning constitutes one inning pitched.

U4-U8: The YMCA Recommends all players rotate to all positions during the season.

U10: The YMCA Recommends all players rotate between 3 positions.

RULES FOR ALL LEAGUES

- a. **U4-U10:** One (1) Head Coach and one (1) Assistant Coach will be allowed in the dugout area/on their sideline during games.
- b. **U4-U10:** Coaches may stand in their dugout area/on their sideline to instruct players.
- c. The Head Coach is the only coach allowed to address the umpire before, during, or after the game. The assistant coach may confer with players; not umpires.

- d. If a player is injured, an umpire or YMCA staff person will call the coach on the field. This is for the safety of all the players that could be injured by anyone running on the field unexpectedly.
- e. Under no circumstances shall any coach confer with another player or coach unexpectedly.
- f. All players on the bench must be in the dugout. One batter is allowed on deck, with a helmet on his/her head. Players may not stand in the dugout opening.
- g. Coaches must stay near the coach's box.
- h. Batter is out if bat or helmet is thrown and a second offense will result in the player sitting out the rest of the game.
- i. All players must play two of the first four innings, or three of six innings. Players who do not start the game will start the next game.

Borrow Rule:

- A. If eight eligible players are present, a coach may borrow one player. He/she must play outfield and bat last in the order. If only seven eligible players are present a coach may borrow two players.
- B. If less than seven players...forfeit.
- j. No chewing tobacco.
- k. No metal spikes will be allowed.
- l. Players in the U10 **baseball** who are going to catch must wear a protective cup. All players are encouraged to wear one.

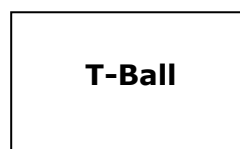
RULES

U4 (Co-ed baseball)

Hit off Tee

Base Distance: 40 feet

Ball used: Soft-core baseball



Time Limit: One hour

1. All batters and base runners must wear helmets at all times
2. Pitchers (coaches or team representative) must be on the mound when receiving the ball.
Runners may not advance on throw into pitcher.
3. No bunting.
4. No infield fly rule
5. Runners called out stay on base
6. All players at the game will be place in the field
7. All players will bat every inning

U6 (Co-ed baseball)

Pitching Distance: 27 feet

Base Distance: 50 feet

Ball used: Soft-core baseball

Time Limit: One hour

**All games will
be Coach-Pitch**

1. All batter and base runners must wear helmets at all times
2. Pitchers (coaches or team representative) must be on the mound when receiving the ball. Runners may not advance on throws into pitcher.
3. No bunting.
4. No infield fly rule
5. Runners called out stay on base
6. A team representative pitches to his own players. After three pitches, batter must hit off tee.
7. All players at the game will be place in the field
8. All players will bat every inning
9. Players may only advance one base at a time.

U8 (Baseball & Softball)

Pitching Distance: 27 feet

Base Distance: 50 feet

Ball Used: Soft-core baseball/softball

Time Limit: One Hour

**All Games
Will Be
Coach Pitch**

1. All batters and base runners must wear helmets at all times.

2. Pitcher (coach or team representative) must be on the mound when receiving the ball. Runners may not advance on throws into the pitcher.
3. One base on an overthrow to any base.
4. No bunting.
5. No infield fly rule.
6. **Runners will leave base if called out.**
7. A team representative pitch to his/her own players. **After three pitches, batter must hit off the tee.**
8. 9 players will be placed in the field.
9. All players go into the batting lineup and will bat each inning.
10. One coach will act as a catcher. No players are allowed behind home plate.

U10 (Baseball)

Pitching Distance: 43 feet

Base Distance: 60 feet

Ball Used: Baseball

Time Limit: 1 hour 30 minutes (No new inning may begin after 1 hour 15 minutes)

**All Games
Will Be
Player Pitch**

1. All batters must wear helmets with face shields when batting and when on the bases.
2. Games will be six innings or time limit.
3. Pitchers may pitch three innings per game. One pitch thrown constitutes an inning. Pitcher may not reenter as a pitcher after being taken out.
4. Every player must play two full of the first four innings and players must play three innings in a six-inning game.
5. If a player is walked the batting teams coach will pitch to the player. The batter will continue the at bat with the same number of strikes they have at time of "walk". The batter will finish their at bat when one of the following happens: called 3rd strike, a hit, or 3 pitches thrown by coach.
6. The batter is out on a dropped third strike.
7. No bunting.
8. Batters will be awarded first base if a pitch hits them.
9. Ball is dead once pitcher has control on the mound.
10. There is no stealing. Lead offs are permitted after the pitch crosses the plate. Runner is out if he/she leads off early. Lead off is considered three-four steps off the base.
11. **All players at the game will be placed in the batting line up, but only nine players will bat per inning or three outs. The ninth batter may not walk. He/she must hit or strike out to end the inning.**
12. When the ninth batter comes to the plate, the team will be given two outs. Batters will bat until they hit or strike out or walk.

U10 (Softball)

**All Games
Will Be
Player Pitch**

Pitching Distance: 25 feet

Base Distance: 50 feet

Ball Used: 11" Softball

Time Limit: 1 hour 30 minutes (No new inning may begin after 1 hour 15 minutes)

1. All batters must wear helmets with face shields when batting and when on the bases.
2. Games will be six innings or time limit.
3. Every player must play two full of the first four innings in the field and players must play three innings in a six-inning game on the field.
4. A pitcher can only pitch three innings per game. If a pitcher pitches one pitch it constitutes an inning. Pitcher may not reenter into the game as a pitcher if taken out.
5. The batter is out on a dropped third strike.
6. If a player is walked the batting teams coach will pitch to the player. The batter will continue the at bat with the same number of strikes they have at time of "walk". The batter will finish their at bat when one of the following happens: called 3rd strike, a hit, or 3 pitches thrown by coach.
7. No bunting.
8. Batter will be awarded first base if a pitch hits her.
9. Ball is dead once pitcher has control on the mound.
10. There is no stealing. Lead offs are permitted after the pitch crosses the plate.
11. Runner is out if he/she leads off early. Lead off is considered three-four steps off the base.
- 12. All players at the game will be placed in the batting line up, but only nine players will bat per inning or three outs. The ninth batter may not walk. She must hit or strike out to end the inning.**
13. Nine players will be placed in the field.

OFFICIALS AND THEIR DUTIES

Officials

1. The referee has jurisdiction from the time he/she enters the area of the play until signaling the end of the game. The referee's decisions are final.
2. **U4-U8 coaches will act as referees for their games. Coaches should stop the game to instruct and explain as needed.**
3. **Officials will be assigned to games in grades U10.**
4. The referee shall enforce the rules of the game.

5. The referee can suspend or terminate a game whenever it is deemed necessary; for example interference by spectators or coaches.
6. The referee can caution a player and eject from play any player quality of violent conduct, use of foul or abusive language, or persistent infringement of the playing rules. That player must sit out the next game.
7. Teams shall change sides at the completion of each half.
8. Prior to game, referee will have a pre-game meeting with coaches/captains from both teams to discuss basic game rules/procedures.

Scorekeepers:

1. A parent volunteer will be responsible for keeping the scorebook during the game.
 - This is the official score keeper of the game
2. A parent volunteer (preferably from opposite team) will be responsible for running the scoreboard
 - This is the official time keeper of the game and will work with officials to ensure correct timing

SPORTSMANSHIP

1. If the site supervisor or referee witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.
2. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.)
 - If trash talking occurs, the referee will give one warning.
 - If it continues, the players or players will be ejected from the game.

COACH/PARENT/FAN CODE OF CONDUCT

We ask that you try your best to uphold this code, so that everyone can enjoy their experience. As a YMCA parent, we ask that you:

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or event.
- Place the emotional and physical wellbeing of the players ahead of your personal desire to win.
- Demand a drug, alcohol, and tobacco free sports event and agree to assist by refraining from their use at all youth sports events.
- Ask your child to treat other players, coaches, fans, and officials with respect.
- Promise to help your child enjoy the youth sports experience by fostering good sportsmanship, assisting in coaching, being a respectful fan, and modeling that behavior for your child.
- Have your child participate in as many practices and games as possible while providing proper supervision for all of the children brought to practices and games.
- Attend practices and games to support your child's participation.
- Be a positive role model for your child and the other players on his/her team.
- Not use profanity or vulgar speech while observing your child's activities.
- Not coach your child, or other children, during games if you are not an official coach.
- Keep off of the playing field at all times, unless specifically told otherwise by an official or coach.
- Refrain from bringing a dog or other animal to practices or games. Pets are not allowed at many locations.
- Resolve conflicts without regressing to hostility or violence.
- Not encourage any behavior that could be dangerous to your child or the other children.
- Not taunt, heckle, argue with, any coach, official, or opposing player during the course of your child's games/practices.

Policy Enforcement

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s) and may be asked to not return for other Youth Sports activities
- Other sanctions as deemed necessary may be enforced

Thank you for choosing YMCA Youth Sports!

If you have questions, please contact the sports staff at your YMCA branch.

metroymca.org