

NORTH PLATTE YOUTH BASEBALL, INC
COACH TOSSING (7 YEAR OLD)

OBJECTIVE:

To instruct and train the young player in the in the basic of the game, in fun low, low-key, competitive atmosphere. The emphasis in this program should be on proper technique in thrown, catching, base running, hitting and learning very basic knowledge of the game and fielding positions. At no time should winning or losing take priority over equal playing time, player safety, player improvement, or **FUN**. Encourage each player to set and attain both personal and team oriented goals. Teaching kids the desire to excel should be the main purpose.

Local Rules:

Batting Rules:

- (1) Duration of a half inning is once through the entire batting order.
- (2) Each batter is allowed 4 toss by his/her own coach and two swings at the ball in the tee if needed.
- (3) Failure to put the ball into play within the 4 coach tosses and the two swings at the ball on the tee is considered an out.
- (4) When a player is called out, he must return to the dugout.
- (5) No walks or hit by a pitch.
- (6) No bunting.
- (7) No infield-fly rule.
- (8) A ball that inadvertently strikes the coach that is pitching is a live ball.
- (9) If the coach pitcher intentionally catches or deflects a live ball for his own protection, the hit will be ruled a single.

Base Running Rules:

- (1) No leading off.
- (2) No stealing.
- (3) No head first sliding.
- (4) Runners may only advance on a live, batted ball.
- (5) Runners cannot advance once the call enters the infield; runners between bases at the time the ball crosses the infield arc are allowed to advance to the next available base at their own risk.
- (6) One extra base will be allowed on any overthrow.

Defensive Rules:

- (1) All players will play defense.
- (2) 6 infielders are allowed; one pitcher, one catcher, one 1st baseman, one 2nd baseman, one 3rd baseman, and one shortstop.
- (3) The remaining players must play in the outfield.
- (4) All players must play infield at least one inning per game.

Coaching Rules:

- (1) Coaches will be the umpires and must keep a count on strikes and pitches for each batter.
- (2) The coaches must monitor the batting lineups to make sure everyone hits every inning.
- (3) The defensive team may have coaches on the field.