



# Pocono Mountain East Little League

## Coach Pitch Rules

1. Coach Pitch Will Be an Instructional League
2. Uniforms—hat, shirt, pants. Shorts are discouraged. Rubber spikes OK.
3. All Bats must Have the USA Stamp on them
4. Each child must play 3 innings on the field.
5. Pitching will be done by coaches. The At Bat teams coach throws to their team.
6. Pitching should be done throwing the ball in a dart like fashion so that the player sees the ball the entire time One coach or parent should be close to the backstop to retrieve balls or have another ball ready in order to speed up the game.
7. If the ball is hit into the outfield and is thrown back in, as soon as the ball reaches the infield the runners must stop. If the runner is halfway he or she goes to the next base. If not the runner goes back to the last base touched. **THE INFIELDER DOES NOT HAVE TO HAVE CONTROL OF THE BALL.**
8. The on deck batter cannot have a bat in his or her hands and must sit in the dugout. **NO PLAYERS OUTSIDE THE DUGOUT DURING THE GAME.**
9. If the **ADULT PITCHER** is hit with the batted ball the ball is live and the runner can be put out. However, runners can only advance a maximum of one base.
10. Ten players on the field at one time. 4 outfielders, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, SS, P, C.
11. No less than 8 players to a team. If you don't have enough players you can borrow players from the other team to play the field.
12. Each player on the team is put into a batting order and bats whether he or she is on the field or not.
13. No stealing or leading off or the runner can be called out.
14. If the batter bats out of order the batter is out.
15. No called balls or strikes. The batter can only be called out swinging. **ENCOURAGE THE BATTER TO SWING.**
16. Players are not allowed to advance on overthrows to first base. On an overthrow from the outfield, follow rule #7.
17. The coaches should be on the field during the game and can stop play to give instructions.

18. Sliding will be taught at the discretion of the coaches. DO NOT encourage sliding at this level.
19. There is a 90 min time limit on games.
20. 5 runs per inning except the last inning which is open.
21. Home team provides the ball for the game and sits on the first base side.
22. No tobacco products
23. Home team prepares the field for play
24. Visiting team rakes the field and puts away equipment and bases.
25. Coach may designate 3 players to be soft tossed to prior to the game. Those 3 players must be at the bottom of the batting order.
26. Children soft tossed should be first year players or those who are 8 years old and only playing their first season of coach pitch.
27. Each player who is considered a soft tosser should get two swinging strikes off of the pitching coach and then they can be soft tossed to. They will then get 5 soft tossed swings. If they miss all 5 they are considered out.
28. By mid season all children in the batting lineup should be batting from the coach pitching them the ball
29. The last 3 league games of the season the players shall start to pitch to batters. A coach shall remain next to the pitcher to offer instruction to them If a pitcher hits 2 batters in one inning or 3 in a game that pitcher must be replaced.
30. If a pitcher walks a batter the coach will pitch to the batter so the ball can be put into play or the batter strikes out swinging. There will be no batters put on by walks.