

LAKES ATHLETICS ASSOCIATION

5U & 7U Summer Baseball RULES

Revised 6.12.24

5U T-Ball

GENERAL:

1. **DISTANCES:** Base distance shall be set at fifty (50) feet. The pitcher's mound is set at 36ft.
2. **HOME/AWAY TEAMS:** HOME/AWAY teams are determined by the league game schedule. HOME Team is responsible for pre-game field prep; AWAY team is responsible for post-game field raking.
3. **GAME PLAYING TIME:** A game shall be played for sixty (60) minutes. A game consists of three (3) innings or until time limit is reached. We do not keep score. Coaches are to stress fundamentals with the players.

DEFENSIVE:

1. **FIELDERS:** If team size allows; teams can field up to ten (10) fielders; Pitcher, Catcher, 1st Base, 2nd Base, Short Stop, 3rd Base, Left Field, Left Center Field, Right Center Field and Right Field. If teams are smaller, then coaches should fill infield positions and reduce outfield positions.
 - a. It is mandatory that all players be rotated between the infield and outfield, within the limit of player safety. No player shall play the same position more than 1 inning in a row.
 - b. When a player is hitting from the tee, the catcher must assume their position along the backstop and shall not interfere with the batter.
 - d. A maximum of four adults (either coaches or parents) may be in the field while their team is playing defense. These adults cannot play the ball, but are present to provide instruction and guidance to the defensive players. (Recommendation: Coach or parent be positioned between 1st & 2nd Base, between SS & 3rd Base, between Left Field & Left Center Field, and between Right Field & Right Center Field.)

OFFENSIVE:

1. **BATTERS:** Each team shall bat all uniformed players each inning. All players bat in continuous order. All players will bat even if 3 outs are made.
 - a. THERE ARE NO STRIKEOUTS! If a batter is having difficulty hitting the ball from the tee, the manager may assist them with technique and stance.
 - b. Players should not have a bat in their hands unless they are currently batting, on deck or returning to the dugout after an at bat.
 - c. Batters or runners will leave the field after making an "out." The same rule shall be enforced for both teams for all players for that entire game.
 - d. The offensive manager will notify the defensive manager when last batter is up by yelling "LAST BATTER!" The last batter each inning will round all bases. The defensive team will remain on the field until all runners have touched home plate, regardless of whether the batter is out.
2. **BASE RUNNING:** There is no stealing or leading off. Players may only advance one base on a batted ball or forced walk. Players may not advance to additional bases on overthrows, errors, etc. The only exception to this rule is the last batter. Base runners must remain on the base until a ball is batted into play.

7U Coach Pitch/T-Ball

GENERAL:

1. **DISTANCES:** Base distance shall be set at Sixty (60) feet. The pitcher's mound is set at 36ft.
2. **HOME/AWAY TEAMS:** HOME/AWAY teams are determined by the league game schedule. HOME Team is responsible for pre-game field prep; AWAY team is responsible for post-game field raking.
3. **GAME PLAYING TIME:** A game shall be played for ninety (90) minutes. A game consists of five (5) innings or until time limit is reached. Teams will keep a tally score, more so to determine if 5 runs were scored and the inning should end. Coaches are to stress fundamentals with the players.
4. **PITCHING:** The coaches will pitch for the entire game. Coaches are required to pitch from the 36ft distance. A batter will be allowed only five (5) total pitches. If batter does not hit ball into play by 5th pitch a tee will be brought out for player to hit from. There will be no walks allowed.

DEFENSIVE:

1. **FIELDERS:** If team size allows; teams can field up to ten (10) fielders; Pitcher, Catcher, 1st Base, 2nd Base, Short Stop, 3rd Base, Left Field, Left Center Field, Right Center Field and Right Field. If teams are smaller, then coaches should fill infield positions and reduce outfield positions.
 - a. It is mandatory that all players be rotated in the field, within the limit of player safety. No player shall play the same position more than 1 inning in a row.
 - b. When a player is hitting from the tee, the catcher must assume normal position behind the batter and shall not interfere with the batter.
 - c. A maximum of two adults (either coaches or parents) may be in the field while their team is playing defense. These adults cannot play the ball, but are present to provide instruction and guidance to the defensive players. (Recommendation: Coach or parent be positioned between and behind 1st & 2nd Base and between and in front of Right Field & Right Center Field, between and behind SS & 3rd Base and between and in front of Left Field & Left Center Field.)

OFFENSIVE:

1. **BATTERS:** Players will bat until 5 runs are scored by the offensive team or 3 outs are obtained by the defensive team. Batting order will continue where left off the previous inning.
 - a. THERE ARE NO STRIKEOUTS! A batter will be allowed only five (5) total pitches. If batter does not hit ball into field of play by 5th pitch a tee will be brought out for player to hit from. There will be no walks allowed.
 - b. Players should not have a bat in their hands unless they are currently batting, on deck or returning to the dugout after an at bat.
 - c. Base Running: If the defense records a put out, take the base runner off the base and return the player to the dugout.
2. **BASE RUNNING:** There is no stealing or leading off. Under coach's discretion, offensive players may advance additional bases until possession of the ball is obtained by a defensive player on the infield. Base runners must remain on the base until a ball is batted into play.