



8U Recommended Format

Basic Game Rules

Variable	Recommended Changes
# of Innings in Game	<ul style="list-style-type: none"> Six innings
Hitter Limits	<ul style="list-style-type: none"> Four per inning (fourth batter is "Last Out"); batters must keep one foot in box at all times
Ball/Strike Count	<ul style="list-style-type: none"> No count. Three swings per hitter; if no contact, switch to side toss/tee (coach's discretion)
Baserunners	<ul style="list-style-type: none"> Innings 1-2: None Innings 3-4: Start with runner on first base Innings 5-6: Start with runners on first and second
Base-stealing	<ul style="list-style-type: none"> None
Defensive Positions	<ul style="list-style-type: none"> Six players must rotate positions every defensive inning; no player should play the same position twice: <ul style="list-style-type: none"> Option 1: P, 1B, 2B, SS, 3B, CF, no catcher (coach catches pitches) Option 2: No OF: "CF" position stands behind second base bag (or can roam defensively)

Other Adjustments

Variable	Recommended Changes
Umpire + Coach Positioning	<ul style="list-style-type: none"> Umpire located behind mound
Coach Timeouts and Mound Visits	<ul style="list-style-type: none"> Three 60-second timeouts that coaches can use as a situational teaching tool; cannot use more than one per inning and mound visits count as timeout
Pace of Play Bonus	<ul style="list-style-type: none"> If defensive players are in position no more than 20 seconds after last recorded out of the previous half-inning, team will receive an extra (5th) batter in its next offensive inning
Defensive Bonus	<ul style="list-style-type: none"> Incorporate defensive scoring objectives (points for successfully fielding ground balls, pop ups, technique, assists)
Pitch Delivery	<ul style="list-style-type: none"> Coach, with pitcher's assistant position for player defense (coach should not assist defensively) Can also use a pitching machine, tee, coach side toss, coach front toss with L-screen
Ball Type	<ul style="list-style-type: none"> Use a foam ball, rubber ball, plastic ball, practice baseball, tennis ball, etc.
Optional Rules	



10U Recommended Format

Basic Game Rules

Variable	Recommended Changes
# of Innings in Game	<ul style="list-style-type: none"> Six innings
Hitter Limits	<ul style="list-style-type: none"> Five per inning or three outs, whichever comes first (fifth batter is "Last Out"); batters must keep one foot in box at all times
Ball/Strike Count	<ul style="list-style-type: none"> Hitters start with 1-1 count; if BB/HBP, last batted out will head to first base, and the hitter will start a new at-bat with a 2-1 count; if second BB/HBP, hitter will go to first base
Baserunners	<ul style="list-style-type: none"> Innings 1-2: None Innings 3-4: Start with runner on first base Innings 5-6: Start with runners on first and second
Base-stealing	<ul style="list-style-type: none"> None; players may not advance on passed balls
Defensive Positions	<ul style="list-style-type: none"> Nine players must rotate positions every defensive inning; no player should play the same position twice. Catcher from previous inning will warm up next pitcher until current defensive catcher arrives

Other Adjustments

Variable	Recommended Changes
Umpire + Coach Positioning	<ul style="list-style-type: none"> Umpire located behind home plate
Coach Timeouts and Mound Visits	<ul style="list-style-type: none"> Three 60-second timeouts that coaches can use as a situational teaching tool; cannot use more than one per inning and mound visits count as timeout
Pace of Play Bonus	<ul style="list-style-type: none"> If defensive pitcher and catcher are in position no more than 20 seconds after last recorded out, team can receive an extra (6th) batter in its next offensive inning (subject to three out limit)
Defensive Bonus	<ul style="list-style-type: none"> Incorporate defensive scoring objectives (points for successfully fielding ground balls, pop ups, technique, assists)
Pitch Delivery	<ul style="list-style-type: none"> Coach, with pitcher's assistant position for player defense (coach should not assist defensively) Also can use a pitching machine, tee, coach side toss, coach front toss with L-screen
Ball Type	<ul style="list-style-type: none"> Use a foam ball, rubber ball, plastic ball, practice baseball, tennis ball, etc.
Optional Rules	<ul style="list-style-type: none"> If players pitch, pitchers can only throw fastballs and changeups (no breaking balls permitted) If pitcher struggles, coach can decide to "roll" inning, with max runs possible at that point added to offensive score



12U Recommended Format

Basic Game Rules

Variable	Recommended Changes
# of Innings in Game	<ul style="list-style-type: none"> Six innings
Hitter Limits	<ul style="list-style-type: none"> Three out. Max hitters per inning: nine. Must keep one foot in batter's box at all times
Ball/Strike Count	<ul style="list-style-type: none"> Hitters start with 1-1 count. Called strike = automatic K; BB/HBP: last batted out to run at first base, hitter will start a new AB with a 2-1 count (if able); If second BB/HBP, hitter will go to first base
Baserunners	<ul style="list-style-type: none"> Innings 1-2: None Innings 3-4: Start with runner on first base Innings 5-6: Start with runners on first and second
Base-stealing	<ul style="list-style-type: none"> None. Players may not advance on passed balls
Defensive Positions	<ul style="list-style-type: none"> Nine players must rotate positions every defensive inning; no player should play the same position twice. Catcher from previous inning will warm up next pitcher until current defensive catcher arrives

Other Adjustments

Variable	Recommended Changes
Umpire + Coach Positioning	<ul style="list-style-type: none"> Umpire located behind home plate
Coach Timeouts and Mound Visits	<ul style="list-style-type: none"> Three 60-second timeouts that coaches can use as a situational teaching tool; cannot use more than one per inning and mound visits count as timeout
Pace of Play Bonus	<ul style="list-style-type: none"> If pitcher, catcher and defensive players are in position no more than 20 seconds after last recorded out, team can receive additional baserunner in its next offensive inning (move all runners up one base).
Defensive Bonus	<ul style="list-style-type: none"> Incorporate defensive scoring objectives (points for double plays, pickoffs, outfield assists)
Pitch Delivery	<ul style="list-style-type: none"> The player pitches. A coach must replace the pitcher if more than two total BB/HBP in an inning. The pitcher cannot reenter the game
Ball Type	<ul style="list-style-type: none"> None
Optional Rules	<ul style="list-style-type: none"> If pitcher struggles, coach can decide to "roll" inning, with max runs possible at that point added to offensive score



14U Recommended Format

Basic Game Rules

Variable	Recommended Changes
# of Innings in Game	<ul style="list-style-type: none"> Seven innings
Hitter Limits	<ul style="list-style-type: none"> Three outs. Max hitters per inning: nine. Must always keep one foot in the batter's box
Ball/Strike Count	<ul style="list-style-type: none"> Hitters start with 1-1 count. Called strike = automatic K. If BB, last batted out will head to first base, and hitter will start a new at-bat with a 2-1 count. If second BB, hitter will go to first base
Baserunners	<ul style="list-style-type: none"> Innings 1-2: None Innings 3-4: Start with runner on first base Innings 5-6: Start with runners on first and second Inning 7: Start with bases loaded
Base-stealing	<ul style="list-style-type: none"> Allowed and encouraged. Players may advance on passed balls.
Defensive Positions	<ul style="list-style-type: none"> Nine defensive players

Other Adjustments

Variable	Recommended Changes
Umpire + Coach Positioning	<ul style="list-style-type: none"> Umpire located behind home plate
Coach Timeouts and Mound Visits	<ul style="list-style-type: none"> Three 60-second timeouts that coaches can use as a situational teaching tool; cannot use more than one per inning and mound visits count as timeout
Pace of Play Bonus	<ul style="list-style-type: none"> If pitcher, catcher and defensive players are in position no more than 20 seconds after last recorded out, team can receive additional baserunner in its next offensive inning (move all runners up one base).
Defensive Bonus	<ul style="list-style-type: none"> Incorporate defensive scoring objectives (points for double plays, pickoffs, outfield assists)
Pitch Delivery	<ul style="list-style-type: none"> Player pitches, no re-entry
Ball Type	<ul style="list-style-type: none"> None
Optional Rules	<ul style="list-style-type: none"> If pitcher struggles, coach can decide to "roll" inning, with max runs possible at that point added to offensive score



18U Recommended Format

Basic Game Rules

Variable	Recommended Changes
# of Innings in Game	<ul style="list-style-type: none"> Seven innings
Hitter Limits	<ul style="list-style-type: none"> Three outs. Max hitters per inning: nine. Must always keep one foot in the batter's box
Ball/Strike Count	<ul style="list-style-type: none"> Hitters start with 3-2 count
Baserunners	<ul style="list-style-type: none"> Innings 1-2: None Innings 3-4: Start with runner on first base Innings 5-6: Start with runners on first and second Inning 7: Start with bases loaded
Base-stealing	<ul style="list-style-type: none"> Allowed. Players may advance on passed balls.
Defensive Positions	<ul style="list-style-type: none"> Nine defensive players

Other Adjustments

Variable	Recommended Changes
Umpire + Coach Positioning	<ul style="list-style-type: none"> Umpire located behind home plate
Coach Timeouts and Mound Visits	<ul style="list-style-type: none"> Two 60-second timeouts that coaches can use as a situational teaching tool; cannot use more than one per inning and mound visits count as timeout
Pace of Play Bonus	<ul style="list-style-type: none"> None
Defensive Bonus	<ul style="list-style-type: none"> Incorporate defensive scoring objectives (points for double plays, pickoffs, outfield assists)
Pitch Delivery	<ul style="list-style-type: none"> Player pitches, no re-entry
Ball Type	<ul style="list-style-type: none"> None
Optional Rules	<ul style="list-style-type: none"> Hitters may only hit to the opposite field, only hit ground or fly balls, only sac/squeeze/bunt for a hit Runners at first base must steal on first pitch of next at-bat