

WBSC
BaseballTM



USATM
BASEBALL

BASEBALL5 TOOLKIT

#PLAYEVERYWHERE

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WHAT IS BASEBALL5

INTRODUCTION

Baseball5, or B5, is an urban version of the classic games of baseball and softball. It is a fast, young, and dynamic discipline that follows the same founding principles of its parent disciplines. Baseball5 can be played everywhere and requires only a rubber ball. Baseball5 comes from the desire to increase accessibility to baseball and softball, maintaining the uniqueness of the game. In doing so, it eliminates all original structural complexities such as the need for a dedicated venue, equipment such as bats and gloves, and even eliminates the need for a pitcher.

Baseball5 is a mix-gender team sport where each team is comprised of five players plus reserves. A game can last between 15-20 minutes and depending on the competition format, a match can be played in a best-of-three series. The discipline can be characterised as: accessible, sustainable, urban, youth-focused, inclusive, and instant fun.

BRIEF HISTORY

Baseball5 was launched by the WBSC in 2017, and within the first 12 months it had reached a world-wide audience from the Americas to Asia. Several major international events, such as the Youth Olympic Games Buenos Aires 2018 and Tokyo 2020 Olympic and Paralympic Games, have showcased the discipline and attracted participants.

In 2019, Baseball5 was used by the WBSC and the United Nations High Commissioner for Refugees (UNHCR) to boost gender equality in the Zaatari refugee camp in Jordan. The international growth of the sport, the increased participation, and the global attention resulted in the inclusion of Baseball5 as medal competition for the Dakar 2026 Youth Olympic games. To date, Baseball5 is being played in over 100 countries worldwide.

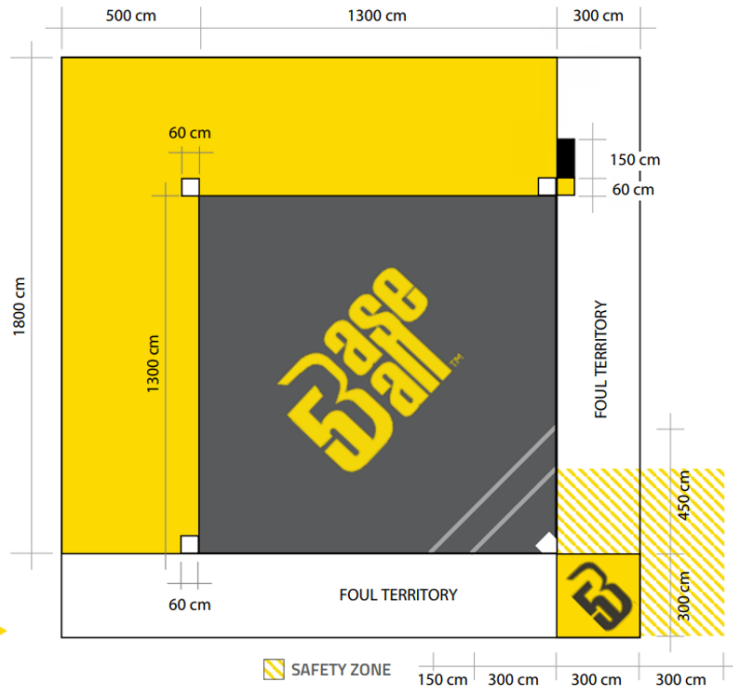
OFFICIAL BASEBALL5 FIELD

Below we describe the size and characteristics of an ideal Baseball5 field. It is important to remember that the game is designed to be adapted to the available space!

60 cm = 2 ft
 100 cm = 3.2 ft
 150 cm = 5 ft
 300 cm = 10 ft
 450 cm = 15 ft
 500 cm = 16.5 ft
 1,300 cm = 42.5 ft
 1,800 cm = 59 ft

Safety zone:
 The safety zone is an area to be cleared from any potential hazards (such as table, chairs, cameras. Etc.) In order to protect the players.

Picture 1 ▶



The infield is a square with a base in each corner.

The distance in-between bases is 42.5 feet, and the bases are squares.

Home plate is in the shape of a pentagon like a traditional home plate for baseball and softball.

Behind the home plate is the batting box and the bases are numbered counterclockwise: first, second third base are placed, as previously said, at the corners of the infield.

The outfield is outlined with a fence that runs parallel to the lines of the infield at 17.5 feet from the lines between the bases. Such a fence that encloses the field can vary from two- to three-foot high. Alternatives if a fence is unavailable include but are not limited to: the corner walls of a gym, signage, other barrier items and/or even simply cones to mark the out of play line.

The full field forms a square which sides measure a total of 60 feet in length.

The batter's box is placed at the home plate corner of the field outside of the fair territory, in foul territory. The batter's box is a square whose sides are 10 feet in length.

OFFICIAL BASEBALL5 RULES

Each team consists of five active players, however, during official competitions there may be three additional players as reserves for a total of eight players per team.

The game is divided into five innings, each inning allowing both teams to play offense and defense.

The game begins with the home team on defense and the visiting team on offense. The goal of the defending team is to get the opposing players out. Once three outs are made, the defensive team goes to offense and the offensive team goes to the field to play defense. The goal of the offensive team is to score as many runs as possible. As in baseball and softball, runs are scored every time a batter, after hitting the ball, manages to make the entire lap around the bases and returns to the home plate without getting out by the defensive team

The defensive team can position themselves on the field however they see fit to best cover the space and execute getting outs. There are no specific assigned positions that must be occupied.

The game begins with a batter hitting the ball with his or her hand from inside the batter's box. He or she can do so with either a closed fist or the palm of the open hand. The ball will only be considered "live" and "in play" if the ball bounces at least once in fair territory.

The batter must stay in the box until the ball is hit and then he or she can run to first base.

When the ball is in play, after the batter has hit it, it must be recovered by the defending team to try to get the opponents (batters/runners) out.

Outs can happen in several ways:

1. Force out: a defender, holding the ball, touches the base where the batter is forced to run to resulting in the runner being out.
2. Fly out: a defender manages to catch the ball hit by the batter in the air before the ball touches the ground, resulting in the batter being out.
3. Tag out: a defender, constantly in possession of the ball, touches an opponent (tags them with the ball) when he or she is not in contact with a base resulting in an out.

However, the batter can also be called out if he or she performs an illegal hit. An illegal hit is when the ball hit by the batter does not first touch the field in fair territory. Examples include passing over the fence without touching the ground (a home run) or makes the first bounce in foul territory. Both examples would result in the batter being called out.

Additionally, to help prevent "bunting", there is a no-hit zone line in fair territory just in front of home plate that the first bounce of the ball must hit beyond. Depending on the age of the players this minimum distance from the home plate can be five or 10 feet.

OFFICIAL BASEBALL5 RULES

Other ways a runner can get out once while running the basepaths:

- Runners can be called out if they leave the base before the ball is put in play by the batter.
- A runner is also called out if he or she passes/overtakes a teammate while running around the bases or is stationed on the same base already occupied by another runner.
- Runners who do not do everything possible to avoid a collision with defenders while defending the ball, can also be called out. The umpire's judgment will determine if the runner caused the collision with the defender resulting in the runner being called out.

At the end of the five innings played, the team with the most runs wins!

If the game is tied at the end of the fifth inning, additional innings are played until a team is ahead by a minimum of one run for a full inning.

The main feature of the game remains its extreme ease and adaptability: everyone can play and have fun in any space with very simple and accessible equipment.



PLAYING A GAME

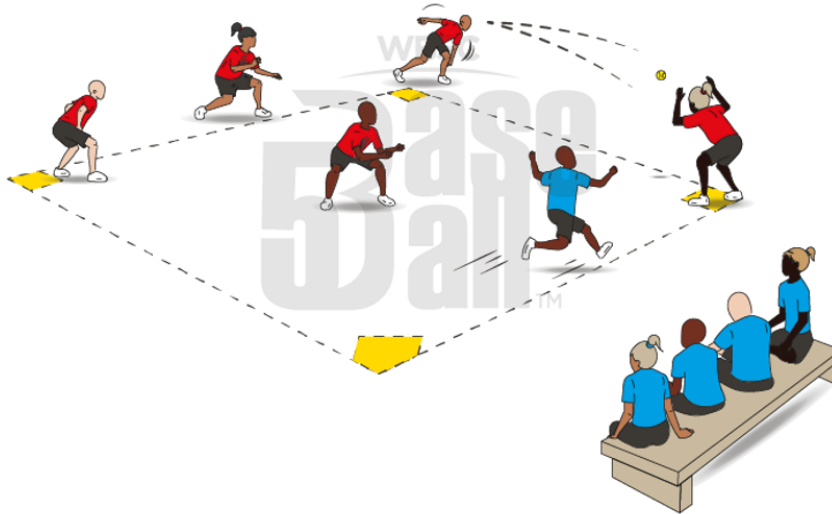


Before beginning a full Baseball5 game, make sure the kids understand the basic rules, that they have some confidence hitting the ball in play with their hand (batting), and that everyone has enough experience throwing and catching the ball to be comfortable graduating to game play (see the exercise cards for ways to practice the various skill sets).

Divide the group into two teams. The offensive players, numbered in progressive order (1, 2, 3, 4, 5, ...), will sit on the bench to wait for their turn to hit. Inside the playing field, arrange the defensive players as indicated on the drawing.

Assign defensive roles making sure that all children fill all roles (it is recommended to rotate defenders to different roles at each defensive turn to ensure continuous learning and constant motivation).

NOTES: Adapt the size of the square to the playing space available at hand (in the gym it might be smaller, while outdoors larger), but the distance between the bases must not exceed 42.5 feet. If the group consists of 20 or more children, you can add additional defenders. Runners' running lanes (the straight line between two bases) must be avoided by all defenders as best as able unless a player fielding a live ball.



The batter will have to try to hit the ball with his or her hand and reach one of the bases, before the defenders recover the ball back the base where he or she is running to (e.g. towards first base). If the batter/runner arrives safely, he or she can stop at the base and wait for the next teammate to bat before advancing to the next base. The offensive players waiting on the bases will be called runners and only when a runner has reached home plate, after touching the others in sequence, will he or she have scored a run.

Rules

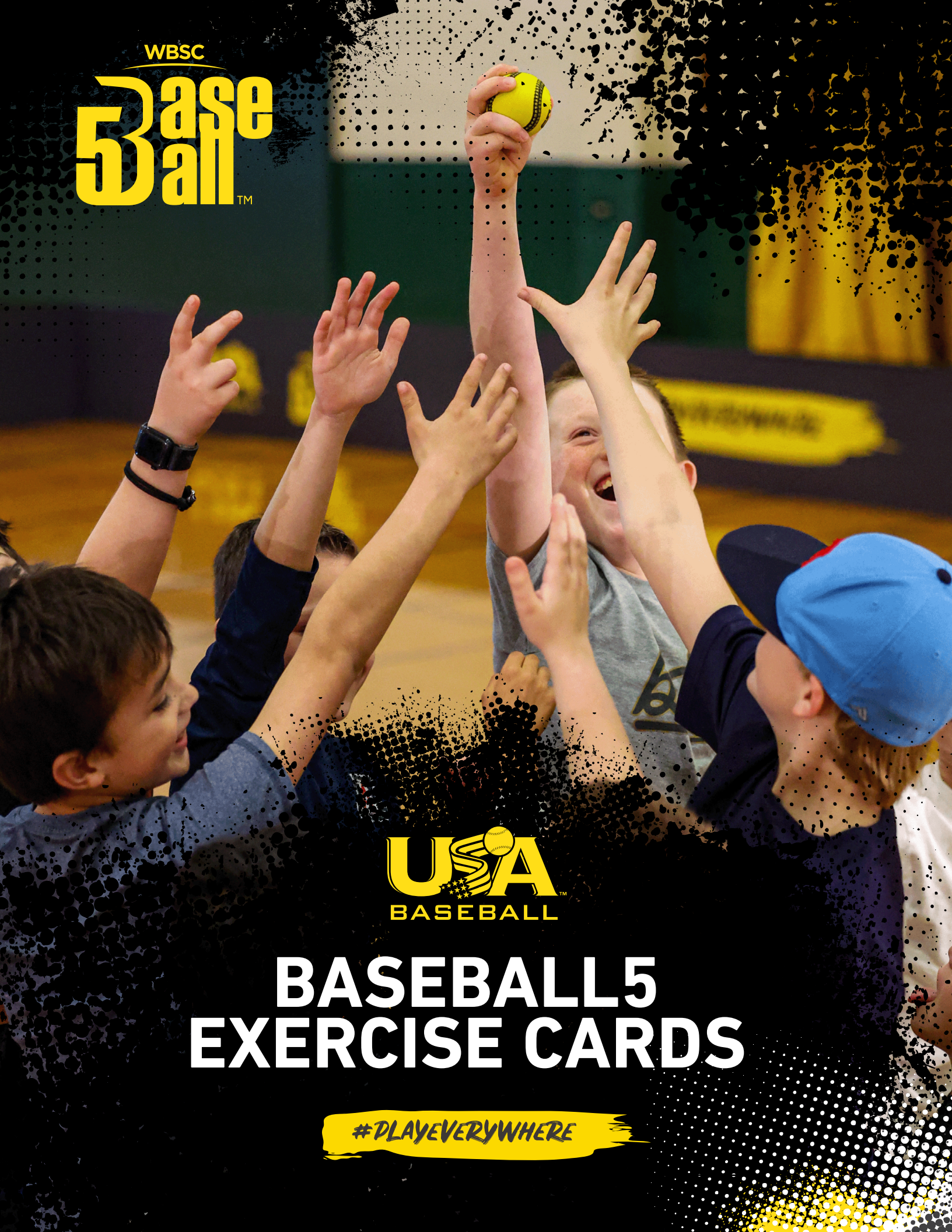
1. Every time a runner manages to reach the home plate, the offensive team scores a run.
2. If the defenders throw the ball to a base before the batter/runner reaches it, the runner is out.
3. The batter(s), stationary on the bases (safe), must wait for the next batter before departing towards the next base, otherwise the runner is out. With younger players, instead of calling the runner out, everyone can return to the starting position and a batting redo can occur.
4. If the defense catches the batted ball in the air, the batter is out and all runners, waiting on the bases, must return to the base where they started; any run scored will not be valid.
5. After three outs made by the defense or after five runs scored by the offensive team, the two teams change positions (offense-defense). The team hitting picks up in their batting order from the player after the one who got out last in the previous inning at bat.
6. At the end of each offensive turn, the score is updated.
7. The game ends when the two teams have alternated five times between offense and defense and one team has more runs scored than the other.

SPECIAL CASES

- If the batter hits the ball outside of the fair territory (foul ball) he or she is called out. With younger players, you can have them redo the hit.
- If the ball is hit over the fence without bouncing on the ground, the batter is out. There are no home runs in Baseball5.
- If the hit touches the ground too close to home plate (less than five-to-10 feet based on where the no-hit zone is positioned) the batter is out.
- Only one runner at a time will be able to stop on each base (first, second, or third base). In the case of if two runners are simultaneously touching the same base, the player listed below in the batting order will be called out.
- If the runner gets hit by a teammate's batted ball (physically obstructs the trajectory of the batted ball, before a defensive player can recover the ball) the runner is out, while the batter who has batted the ball is allowed to finish the play.
- If a defender without possession of the ball is in the running path of the runner, the next base must be assigned to the runner who has been obstructed. (ex. defensive player is obstructing the way between first and second base, the runner must be announced as 'safe' on second base automatically).



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BASEBALL5 EXERCISE CARDS

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BATTING RELAY



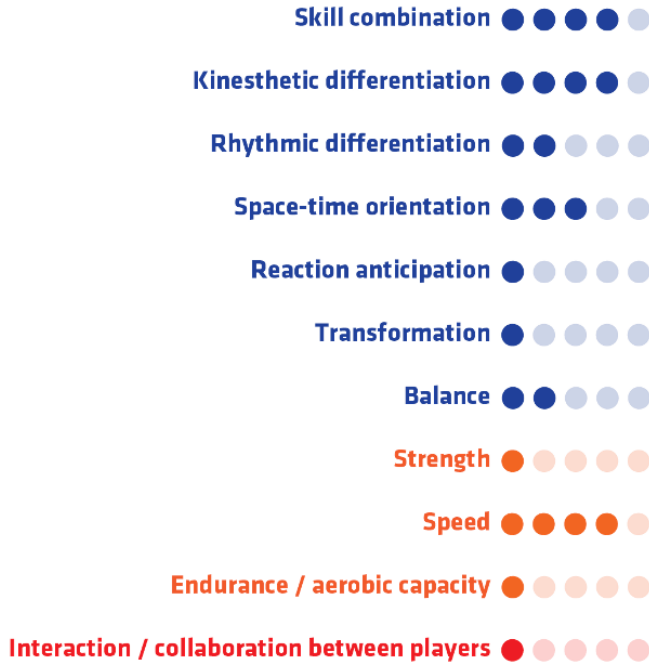
THE GAME

Two or more teams are seated in a row, cross-legged, side by side, and facing a wall. The first player of each row has the ball in hand and will hit the ball with his/her dominant hand from behind the cone, against the wall.

Each player has only one attempt at his/her disposal: if the ball hits the wall without first bouncing, it is a point. In all other cases, it is not. Once the batter is done, despite the result, the player collects the ball and runs to the next player in line. By giving the ball, his/her turn ends and the next player may proceed with his/her attempt.

At the end of a set time, the team with the most points wins.

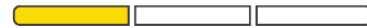
DEVELOPED SKILLS



SPECIFICATIONS

Batting and Fielding

Level of skill required



Number of players:

4 to 6 players per team



Material:

rubber balls, empty wall, cones

VARIANTS

Each player must hit the wall without first bouncing it on the ground. When he/she fails, the same player must retrieve the ball and repeat until he/she gets a valid hit. At this point, the player runs to collect the ball, then gives it to the next teammate, who then attempts to hit the wall. The first team that manages to get all its members to complete the exercise correctly, wins. At each new round, the order is repeated.

SUGGESTIONS

Adjust the distance of the cone from the wall, closer or farther, according to the skill/age of the players.

SQUASH



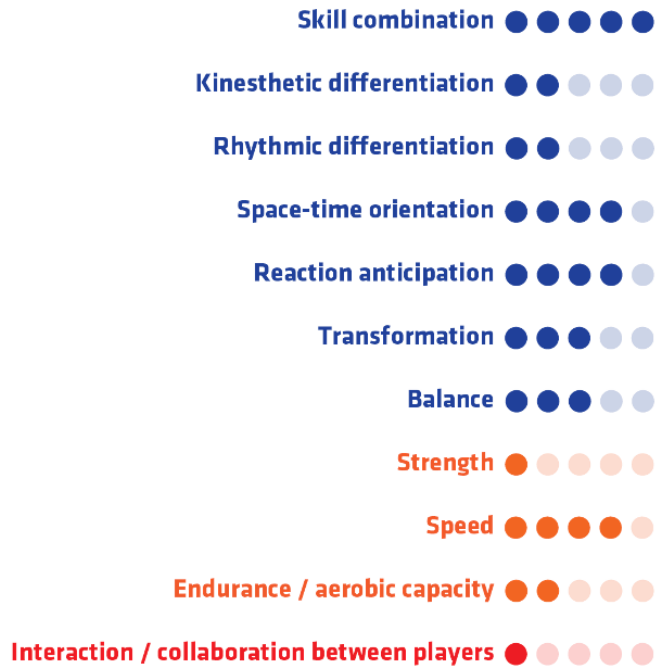
THE GAME

In front of the wall, nine- to 16-feet away, all the players are positioned in a single row. The first player throws the ball against the wall and runs to the back of the row. The second player in the row fields the ball and throws it back against the wall as quickly as possible.

The ball that bounces backwards after hitting the wall must always pass between the line of the cones, in order not to make the fielding too difficult, within the space illustrated by two cones as in the figure.

The player who misses the catch or throw is out. Whoever is the last person standing wins.

DEVELOPED SKILLS



SPECIFICATIONS

Throwing and Fielding

Level of skill required



Number of players:

minimum 3



Material:

rubber ball, empty wall, cones

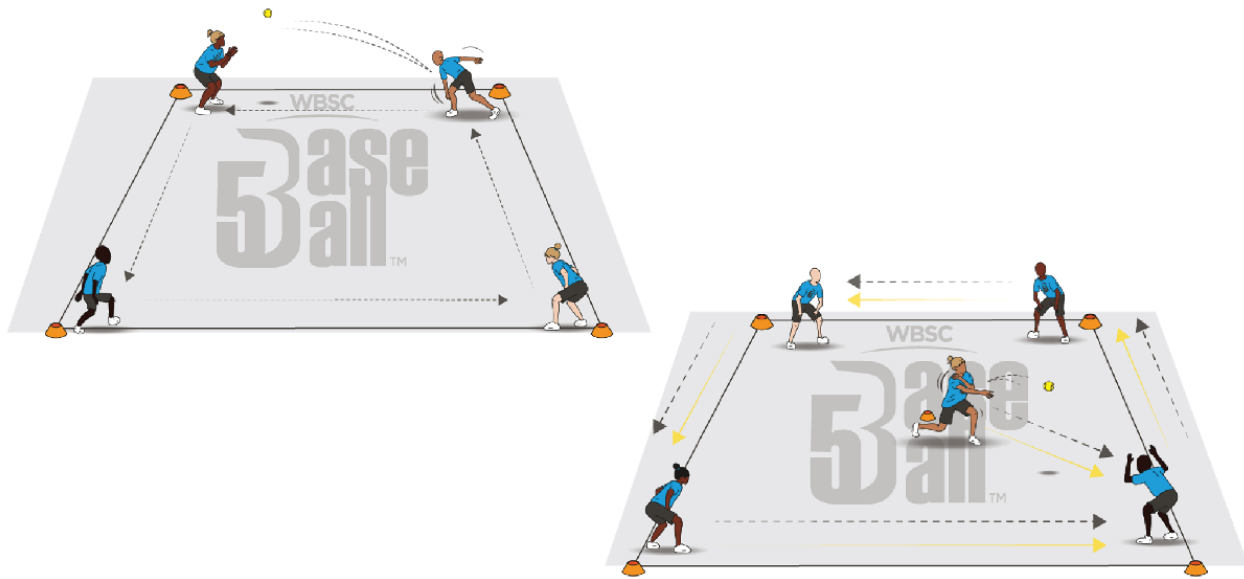
VARIANTS

Instead of eliminating whoever misses the throw or catch, a penalty point is assigned and at the end of a set time, whoever has the fewest penalty points wins the competition.

SUGGESTIONS

Depending on the skill of the players, increase or decrease the distance between the two cones to make it more difficult or easier to catch the ball after it has bounced off the wall.

THE SQUARE



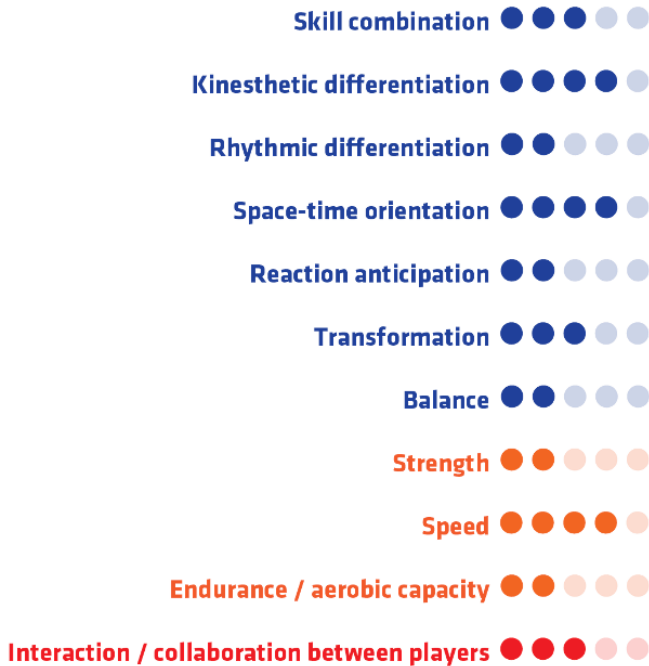
THE GAME

Two or more teams of four players each arrange themselves to form a square with a side from 16 to 29 feet: each player is positioned on one of the corners. The length of the sides of the square will be chosen by the instructor according to the skill of the players and the type of ball used. The player in possession of the ball starts the game by throwing it to the teammate. The instructor, from time to time, will have to establish the direction of the ball, clockwise or counterclockwise. Each time the ball passes by the player who started the game, he will have to shout the number of laps that the team has completed and when the last of the predetermined laps is finished, he will shout “stop”.

To increase the difficulty of the game, it can be played with five players per team who throw and rotate, transforming the game into “Square throw and follow through”. The fifth player, with the ball in hand, positions him/herself in the center of the square and at the “start” he/she passes it to a teammate, following the throw and positioning himself in his/her place by taking its position.

The game ends when the player who received the first pass from the player who was in the center returns to receive the ball in its initial position. It is also optional to play with just one team at a time, measuring the time it takes to complete an entire lap, known as “Time trial square”. The group with fastest time wins.

DEVELOPED SKILLS



SPECIFICATIONS

Quick catching and throwing

Level of skill required



Number of players:

4 or 5 players per team



Material:

rubber balls, cones, stopwatch

VARIANTS

It can be played by throwing the ball counterclockwise or clockwise, using different types of balls and throwing techniques: sponge ball and it must be touched by both hands; volley ball or similar, with on hand; different balls (sponge-ball, tennis-ball, incrediball).

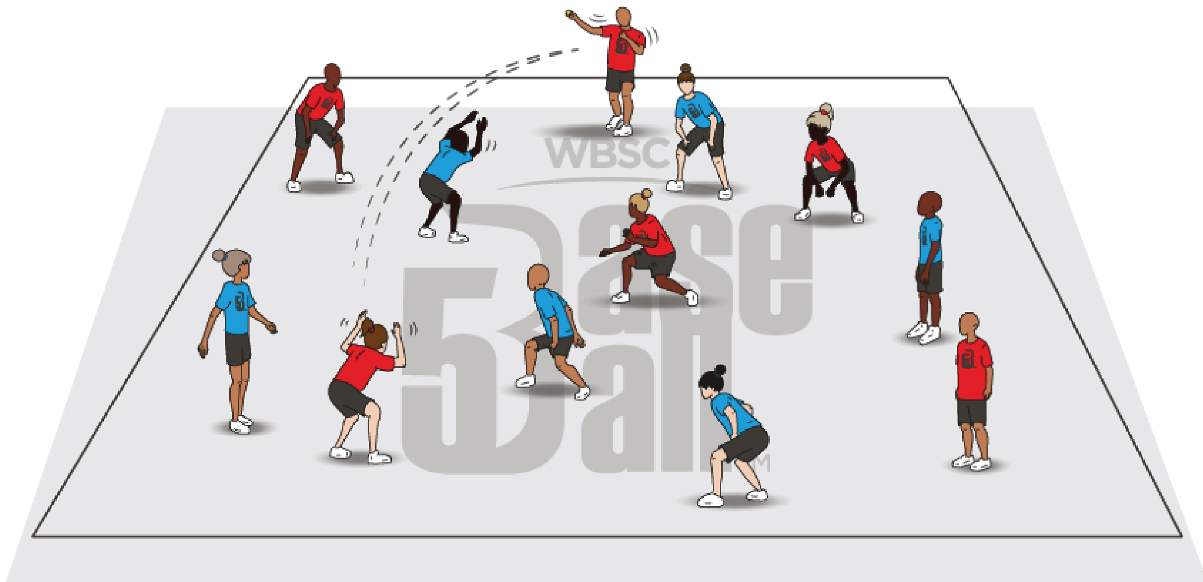
WAYS TO THROW

- On the desk clockwise
- Counter clockwise
- Overhand on the chest clockwise
- Over the chest counterclockwise
- Rolled on the ground
- Bounce - 1 or 2 bounces

SUGGESTIONS

Increase the distance between the corners of the square as you pass the ball big and soft up to the regular ball.

FIVE PASSES





THE GAME

The group is divided into two teams and the playing field is defined within which the players can move.

A team must be able to pass the ball five times consecutively without dropping it or intercepting it by the opponent. On the fifth pass, a point is obtained and possession is reversed. Whoever has the ball in hand cannot move and can only pass it to a partner, only with a throw and without being able to transfer it from hand to hand directly. The team that does not have possession must try to intercept the ball without touching the opposing players, it is not a contact game. When the ball is intercepted or falls to the ground, the possession reverses to the other team.

The team that reaches a predetermined score first, wins.

DEVELOPED SKILLS	SPECIFICATIONS
Skill combination ●●●●●	Catching and throwing, team-work
Kinesthetic differentiation ●●●●●	Level of skill required
Rhythmic differentiation ●●●●●	
Space-time orientation ●●●●●	Number of players: 4 to 6 players per team
Reaction anticipation ●●●●●	
Transformation ●●●●●	Material: rubber balls, empty space, cones
Balance ●●●●●	
Strength ●●●●●	
Speed ●●●●●	
Endurance / aerobic capacity ●●●●●	
Interaction / collaboration between players ●●●●●	

VARIANTS

The game can be played using soft balls, volleyballs, etc. of various sizes.

SUGGESTIONS

- If the ball is always passed between the same two or three members of the team and there is a tendency to marginalize the others, you can add the rule that the immediate “return pass” cannot be made to the person passing the ball.
- If there is difficulty catching the ball, three passes instead of five can be made and/or the ball can be allowed to bounce between passes.
- If the skill of the players is high, the number of points for scoring passes can increase from five to seven to 10.

BASERUNNING RELAY

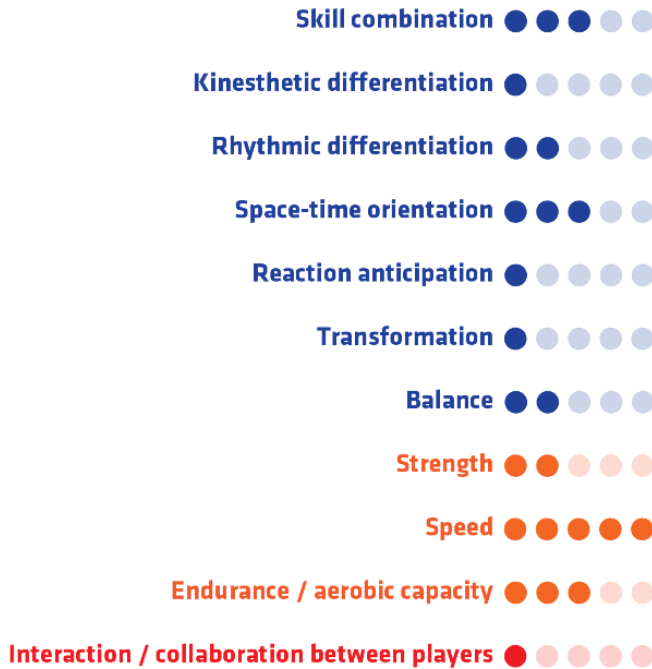


THE GAME

It is a running game that uses, as a path, the four bases of the Baseball5 field, which are positioned in the gym according to the space available. Two teams of at least four players each are formed, which will be arranged in a single row: one behind home plate and the other behind second base. Bases may be replaced by cones.

At the instructor's start, the first in each row will have to make a complete trip around the bases and return to the base from which he/she started. He/She will hand the ball to the waiting partner, who in turn will travel the same path as quickly as possible. The team that starts from home will run to first, second, third base, and then return home. The team starting from second base will run to third, home, first, and will also return to their starting position. The team whose members finish the round first, wins.

DEVELOPED SKILLS



SPECIFICATIONS

Baserunning

Level of skill required



Number of players:

minimum 4 players per team



Material:

rubber balls, cones or bases

VARIANTS

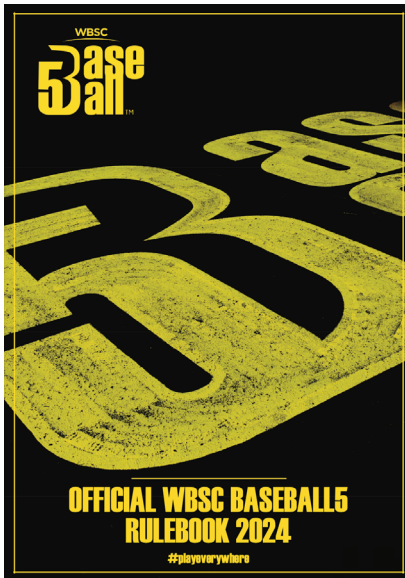
One team runs from home to second base and the other from second to home, naturally passing through the middle bases (first and third respectively). The team that first brings all its players to the opposite side of the field wins; a variable suitable for smaller children.

SUGGESTIONS

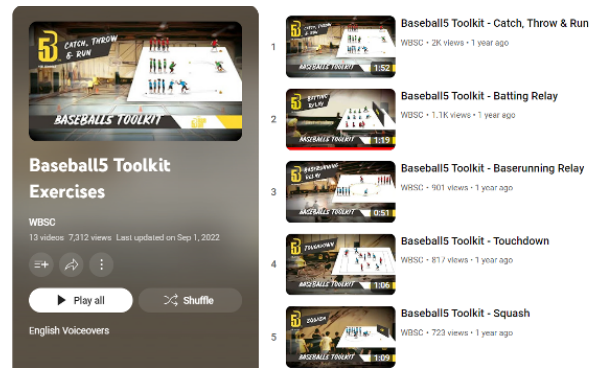
To avoid clashes between the members of the two teams running in the same lanes, players must be strictly forbidden to stop on the bases, waiting at least three feet away from them. They can only go to the base when their partner arrives in possession of the ball to be delivered.

APPENDIX

ADDITIONAL RESOURCES



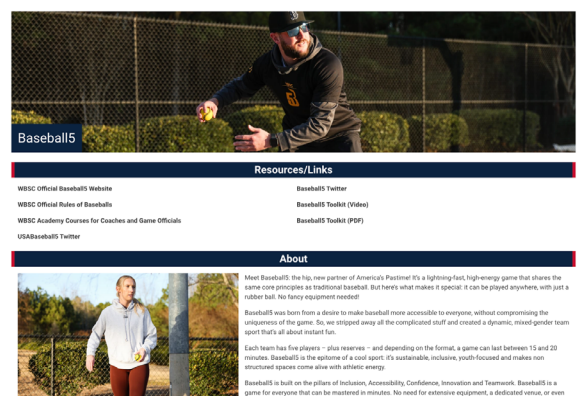
OFFICIAL BASEBALL5 RULEBOOK



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