



Midget-9 & 10 year old-Baseball Rules

Weather Info: www.mandanparks.com

1. **Parents, Coaches, Players, and Fans need to show good sportsmanship at all times. Do not taunt players, coaches, or other fans. The site supervisor will have the right to remove anyone that is acting inappropriately. Please remember this program is designed for maximum participation, instruction, and enjoyment of the players. Our goal is to make Mandan Baseball a positive experience for everyone.**
2. Players are allowed to steal on pass balls only. They are only allowed to steal one base at a time. Players are not allowed to steal home on pass balls.
3. No leading off base.
4. Bunting will be allowed only in sacrifice situations. Runners must be on base. No bunts with 2 outs.
5. Players pitch until 4th ball, 3rd strike or hit. Players pitch from (46 feet). **After 4 balls the coach starts to pitch with the count as it is. The strike count does carry over to the coach. Coaches can strike out players if a player gets 3 strikes. Players do not walk.** The pitching team's coach umpires the game from behind the pitcher. The strike zone will roughly be above the knees and below the top of the chest and as wide as the plate. This will help the pitchers and urge players to swing the bat. We want the game to move at a steady pace.



6. All players are in the batting order. Players cannot sit for more than two innings. **10 PLAYERS WILL BE ALLOWED ON THE FIELD IF TEAMS HAVE ENOUGH PLAYERS. 4 OUTFIELDERS.**

7. There is an 80-minute time limit or 5 innings whichever comes first. Innings will not start if less than 10 minutes before the time limit. Please encourage your kids to hustle onto and off the field between innings. The fielding team should never be waiting for the batting team to put a batter in the batter's box. If coaches can keep the batting orders similar from week to week it will give the kids the ability to learn their spot in the order and keep the pace of play moving along.
8. **Pitchers are allowed to pitch 2 innings** per game for a total of 4 innings per week. For the tournament, it will be no more than 5 innings in two **consecutive (back to back)** games with a limit of 3 innings per game.
9. If a player is hit by a pitch he takes first base, except if he is hit by a coach pitching.
 - “The hands are part of a person's body. If a pitch hits the batter's hands the ball is dead; if he swung at the pitch, a strike is called (NOT a foul). If he was avoiding the pitch, he is awarded first base.”
10. Courtesy runners may be inserted into the game for the catcher, to help speed the game up. Must be used when there are 2 outs.
11. Pitchers are only allowed 3 warm up pitches between innings. Infielders and outfielders are allowed a ball in the field during the first inning.
12. SAFETY Protective headgear must be worn at all times when batting and running the bases.
13. No Metal cleats/spikes allowed.
14. Teams will only be allowed 8 runs per inning unless it's the last inning, (home and visitors). 10 run rule after 4 innings.
15. There is a mandatory slide rule in effect for close plays at the plate. This is a safety precaution. Coaches please utilize discretion and use as a teaching and coaching moment, rather than calling a player out for not sliding.
16. Parents, please have children picked up promptly from the field after practice and games.

• Objectives of Midget Baseball

- Develop the kids for the next level of baseball
 - Players should know how to:
 - Throw and catch the ball
 - Know the positions
 - Catch a fly ball
 - Run the bases
 - Stealing bases
 - Field a ground ball and throw to a specific target
 - Baseball situations
 - Hit live pitching
 - Introduce the fundamentals of pitching
 -
 - Players should also know:
 -
 - Baseball situations:
 - Example: Runner's occupying first, outs at second or first.
 - Smart base running:
 - Example:
 - Steal a base on a passed ball
 - Take an extra base on an overthrow
 - Hit to the outfield batter looks to make it to second or third base.
 - When you don't have to run; not running into or past teammates on the base paths
 - Basic Rules:
 - Force outs
 - Tagging up
 - Balls and strikes
 - Infield Fly Rule
 - Throwing Basics:
 - Introduce the four-seam grip; point the front shoulder, step, and throw
 - Concept of generating momentum toward the target and following the throw
 - Pitching Basics:
 - Pitching and throwing mechanics
 - Wind-up versus stretch; four-seam grip
 - Pitcher covering first
 - Positioning:
 - Learn the positions and the areas each player should cover
 - Cover the base when the ball is not hit to you
 - Basics of cutoffs and relays.
 - Proper run-down responsibilities.

- Batting basics:
 - Basic bunting techniques.
 - Where to stand
 - How to stand
 - How to hold a bat
 - Proper bat size and weight
 - Swinging and hitting mechanics
 - How to hit live pitching

Practice Plans

- Coaches will coach the kids for their skill levels. Please understand that all teams will have kids at varying skill levels. Our goal is to continue to develop the skill level for all the kids.
- Structure and repetition are key at this level for the kids to develop the fundamental skill of baseball.
- Warm-up (stretching arms, shoulders, legs)
- Quickness drills – Lateral toss, over the shoulder toss, under-hand lateral grounders, around-the-horn drill, cut-off drill, ect...
 - Practice batting (soft toss, front toss, cage work, whiffle ball hitting & hitting off a tee.)
 - Fielding practice - have kids practice at all positions.
 - Have kids throw to other kids and not coaches when practicing fielding.
 - Have the kids play catch while warming up and see how many times they can throw the ball back and forth without the ball hitting the ground.
 - Kids can throw ground balls to each other.
 - Throwing short hops back and forth.
 - Pitching work
 - Bullpen session - have kids pitch to catchers.
 - Work on developing arm strength of kids.
 - Long toss, crow-hop throws, throwing as hard as you can for 5-8 throws.
 - Talk to kids about elbow and shoulder soreness.
 - Kids should not be standing around for long periods of time.
 - Utilize multiple stations – for example - set up batting tees and whiffle ball stations while some kids are practicing infield and ground balls.
 - Use some time (5-8 min.) at the end of practice to “talk” to the kids about baseball. Go over things you did in practice. Ask a couple situational baseball scenarios and let the kids answer. Ect...

And HAVE FUN!