



# Abbotsford Minor Baseball Association

## RULES FOR PLAY 7U DIVISION

### GAME PRELIMINARIES

The Home team is responsible for field preparation. The infield should be raked before each game if necessary and the bases set out. The Home Team is responsible for getting tees, ball buckets and equipment bags for the game as well. There should also be a “Dead Ball Zone” marked in an arc 10’ up each base line.

The bases should be placed 50’ apart and secured if needed. Home team must inspect the field prior to warm up for any potential safety concerns on the field.

The Away team is responsible to clean up all bases, tees, buckets and equipment after the game. Please also do a sweep of the field and make sure all garbage is cleaned up.

ALL players must wear an athletic protector and need to provide their own helmet and glove ( A.M.B.A will provide all other equipment needed to play)

**Bats 7U:** 30 inch, 2 5/8 inch max diameter, unlimited length/weight drop – bats with greater than 2 ¼ in. barrel diameter must be marked “USABB or stamped with BPF 1.15” (Bat Performance Factor)

### PLAYING THE GAME

1. All defensive players will take the field. As many coaches or volunteer parents as felt necessary may be in the OUTFIELD to assist. Make sure defensive players are always in the “ready” position when the opposing team is batting.
2. All players should rotate through all defensive positions on an inning-by-inning basis. The only exception to this is not putting a player at first base for safety reasons.
3. All players on the offensive team shall bat each inning. Should one team have more players, the other team may continue their rotation until an equal number have batted (coaches can discuss this prior to the start of the game).
4. Runners may only advance on a ball hit outside the “Dead Ball Zone”. On hits contained in the infield, runners may advance one base only. On hits to the outfield, runners may advance 2 bases. Runners between bases when the ball enters the infield may continue to the next base.
5. The exception to Rule #4 above is when the last batter is up. On any hit by the last batter, players may continue around all bases, regardless of whether the defensive team makes an out.



# Abbotsford Minor Baseball Association

## GAME PRELIMINARIES cont'd...

The last batter will always have a “Home Run”. Rotate your batting line-up each inning so all kids have a chance to be the first and last batter.

6. A hit is considered any ball that goes beyond the “Dead Ball Zone” and stays between the 1st and 3rd base foul lines. If a hit does not leave the “Dead Ball Zone”, call time and have the hitter try again.

7. Base runners may not run on an overthrow

8. The ball must be thrown overhand unless the fielder and the baseman are in very close proximity, necessitating an underhand throw. A rolled ball is not a throw and a player put out as a result of a rolled ball will be declared “Safe”.

9. “Outs” are to be made by the defensive player touching the base while in possession of the ball and not tagging the runner. On a close play at a base, the runner should be called “Safe”. No “outs” are to be made at home plate.

10. Players are to remain on the bench while not batting. There is no “on-deck” circle and bats should not be in the hands of any player other than the batter.

11. Play shall not start until the batting team’s coach calls “play ball”: or “ready” prior to each swing of the bat.

12. There are no lead-offs allowed. Players may not run until the bat contacts the ball.

13. The decisions of the coaches, agreeing jointly where necessary, are final.

14. All players must wear an athletic protector.

15. All batters and base runners must wear batting helmets at all times.

16. No shorts are to be worn. Encourage kids to wear athletic pants or baseball pants.

17. No metal cleats are allowed. Cleats are not mandatory either. If kids choose to wear cleats, baseball and soccer cleats are ok.

18. Home team is responsible for field preparation and the Visiting or Away team is responsible for field and equipment clean-up. The most important item in the 7U Division is player safety, followed by making the game FUN for the kids. It is extremely important that the adults (coaches and parents) keep the game FUN and instructive for all players involved. The role of the coaches is to help develop basic baseball skills and knowledge of all the participants in the game, and to encourage and demonstrate good sportsmanship.



# Abbotsford Minor Baseball Association

## ENDING THE GAME

All games to be a maximum of four (4) innings or 1 hour and 15 minutes. Use common sense- if it is cold and/or the kids aren't "with it" anymore, you may wish to stop a bit earlier. Teams should end the game with a "Dragon Race" followed by a cheer and high fives for the other team.

1. A Dragon Race is when 1 team starts at home plate and the other team starts at 2nd base. Each team shall have a ball with their first runner. When the coach yells "GO" each team will run the bases one player at a time. When the player returns to the base they started from they will hand the ball to the next player in line. That player will then run the bases and so on and so forth until all the players have run the bases. If one (1) team has more players, the other team will have kids run a second time until the same amount of kids have run for each team. Encourage the kids to cheer for everyone and be loud. (For a lot of kids this is the best and most exciting part of 7U baseball)

## A.M.B.A. League Rules

For the first month of the season allow base runners to continue running the bases even if they are "out". Explain to them that they will be "out" in the future but allow them to learn how to run the bases. After the first month of play, if a player is "out" they should return to the bench as opposed to continuing to run the bases.

Also for the first month, all players should be hitting strictly from the tee during games. At some point after the first 6 weeks of play, you may want to try to start having some coach-pitch innings. You may wish to have one inning of hitting from the tee and coach-pitch for the remaining innings.

Pitching should be underhand or overhand from a kneeling position. This is only applicable if you think the kids are ready for it, and it may be a player by player decision. It is not a problem to continue to hit off the tee all season, and some kids will struggle when trying to hit a pitched ball with a bat at this age. Players should have no more than 3 pitches thrown to them. If they do not hit the ball after 3 pitches have them hit off the tee. This will keep the game moving at a reasonable pace.

Until they have a better idea of what they are doing, instruct the players to throw to 1st base on every play. This probably means for the entire 7U season.

Three coaches/parents in the outfield works well. Create areas of responsibility for each coach. Consider having each coach roll ground balls or soft toss to various fielders in between hitters. Very few balls will reach the outfield, and this is a great way to keep the outfielders engaged and to work on skills during the game. Ensure this is done with safety of all fielders and base runners in mind.



# Abbotsford Minor Baseball Association

## A.M.B.A. League Rules cont'd...

Coaches should quietly correct the players in an upbeat and positive way immediately after a play. Continuously make them aware of what they should do if the ball comes to them. 1st Base needs extra attention to keep them aware of the play and to maintain safety for both the batter-runner and the 1st baseman. Correct the players natural urge to all run to the ball wherever it is hit- teach the “position” concept.

A coach should help each batter set up, and coaches or volunteer parents at 1st and 3rd base is required. Ensure players running the bases are in the “ready” position and face the base they came from. Stay away from “sprinting/running” positions when waiting at bases, as we are trying to teach kids at a young age to play the game the right way.

**KEEP IT FUN!!!** Let the players decide the outcome of the game by their play. Make note of areas to work on for your next practice. Don't try to fix things during a game. This will make the game drag on and kids will lose interest. Please make sure you clean-up after yourself and keep our fields and surrounding areas nice and tidy.

**Remember- THIS IS A GAME! THESE ARE CHILDREN!! KEEP IT LIGHT AND KEEP IT FUN!**