



Spirit League Baseball Guidelines

Spirit League follows the general guidelines listed below for baseball. The Guidelines apply to all age divisions except where otherwise noted.

- Unless otherwise specified in these rules, official Little League 2012 Regulations will be in effect.
- No athlete may handle, use or practice with, a bat unless under direct supervision of a Coach or volunteer.
- During the game, bats may only be held by the batter, and the athlete standing in the on deck circle.
- Except for the batter, base runners, and the batter in the on-deck circle, all other athletes must be on their team's bench in the dugout.
- At least one Coach or volunteer shall be responsible for supervision and coordination of dugout activities.
- The playing field will be regulation field but is not mandatory. The Coaches and the League may determine the size of the fields.
- The batters boxes will be 6 feet by 3 feet or the size determined by the League.
- The only balls allowed on the field or used by Spirit League are safety balls (flex balls) tennis balls, or whiffle balls. No hard balls are allowed.
- The bat must be a baseball bat which meets Little League specifications and standards. Athletes may provide their own bats as long as they comply with Little League requirements.
- Use of the helmet by batters, base runners, and athletes in the on deck circle is mandatory.

Conduct of the Game

- A regulation game will consist of three innings or until session time runs out.
- Batters in all divisions will bat once each inning. The side is retired when the last batter bats.
- Batters in all divisions will be pitched three to five balls (Divisions 2 and 3 underhand - Division 1 overhand).
- If the batter fails to put the ball into play within five pitches, he/she will be allowed one attempt to put the ball into play using the tee.
- All Batters will reach first base safely for their first at bat.
- On leaving first base all athletes are subject to being called out.

- No athlete pitchers and catchers will be allowed. **
- Only Coaches, parents or volunteer pitchers will be used.
- The umpires of the games (Coaches) will call "play ball" to start a ball game.
- When the ball is hit the batter will advance to first or as many bases as possible.
- Once a batter has reached first, second or third the batter must remain on the base until the next batter hits the ball. NO leading off bases. NO stealing bases.
- If an attempt to throw out a runner is made, and the ball is over thrown the batter may advance one base. Once the overthrown ball is retrieved the ball is dead, and will be returned to the pitcher's mound. The batter-runner will not advance on a second overthrow.
- If the ball is hit and goes into the outfield the batter-runner and runners may advance until the ball reaches the infield. Once it reaches the infield the ball is dead and all batters must return to the base touched.
- **Divisions 2 and 3:** Coaches and volunteers are allowed on the field.
- **Division 1:** Coaches will remain in the Coaches' boxes on the first and third base lines unless they are pitching. Volunteers may be on the field as needed for athlete assistance or in the outfield for shagging baseballs.
- The umpire (Coach/volunteer) will keep time and will call "game over" at the end.

Website Resources for Baseball Drills/Practice

The following websites may be used for additional resources for baseball drills.

<http://baseball-practice-plans.com/p/ybss/>

<http://www.helpful-baseball-drills.com/youthbaseballpracticedrills.html>

<http://www.baseballzone.com/fun-baseball-drills>

<http://www.baseballsbestdrills.com/>

*Many websites are available for reference to help formulate youth baseball drills. The League Athletic Director is always available to assist in creating drills and practice schedules.