

## COACH PITCH Division Rules

### COACHES:

1. Only four adults on the field per team, including in the dugout. While batting, this usually looks like one coach pitching, one catching (or assisting the catcher) and one in the dugout keeping peace and preparing batters.

### COACH PITCH MECHANICS:

1. The pitching coach, from the knee, shall deliver the pitch overhand and at a velocity that creates a flat-pitch to the batter (no lobbing or underhand pitches).
2. The pitching coach shall position himself as not to be an obstruction to the defensive team on any possible play once the ball has been hit.
3. Pitching Circle - The pitcher's mound shall serve as the Pitching Circle. The defensive player listed as the pitcher shall not leave the pitching circle (the pitcher's mound) until the ball is hit.

### BASERUNNING:

1. On a ball hit out of the infield, base runners may not advance past the base to which they are running once the defense returns the ball to the infield. The moment the ball crosses the plane of the infield (i.e. the plane where the outfield grass meets the infield dirt), the runner may not continue past the base to which he was headed. The umpire should indicate the ball crossing the plane by raising his arm up.
2. Runners may only advance one base on batted balls that remain in the infield.
3. Runners may not advance past the base toward which they are running on balls overthrown in put-out attempts.

### GAME RULES, OTHER RULES AND PROCEDURES:

1. Games are 4 innings long with a 1 hour time limit. If the time limit is reached during the top of the inning the home team will be permitted to bat in the bottom of the inning.
2. Each half inning will consist of every offensive player on the roster having one at bat. The half inning is over once all players have completed their at bats.
3. Each batter receives a maximum of 6 pitches. In the spirit of keeping the game moving, a coach may move closer to the batter and try "soft toss". If necessary, a second coach should help the batter hit the ball.
4. Base stealing is not permitted.
5. No leaving the base unless the ball is hit.
6. If a batted fair ball hits any part of the pitching coach without touching any defensive player, the ball is immediately dead. The batter will be awarded first base. All other runners return to the base they last occupied before the ball was hit, unless forced to advance as a result of the batter being awarded first base. If a batted fair ball is first touched by a defensive player and then hits any part of the pitching coach, it is a live ball. If a thrown ball hits any part of the pitching coach, it is a live ball.
7. If the batter is hit by a pitch from the pitching coach, the batter will not be awarded first base.
8. All players should have a chance to play all infield and outfield positions. The exception to this is at first base where a player could get hurt. The spirit of this rule is to allow players to experience as many positions as possible without causing undue harm to that player.
9. The coach who is pitching is the umpire. He/She makes all the calls.