

## M.A.A. 4k-5k Baseball Rules (2023)



- ◆ No Score Keeping. Every player is a valuable asset to the team!
- ◆ All players run to one base with each batter even if thrown out, tagged out or if fly ball is caught
- ◆ After the entire line-up hits, the inning ends.
- ◆ No leads or stealing bases.
- ◆ Play 3 full innings through the order or 60 minutes
  - ◆ Time permitting - play a full fourth inning
  - ◆ Use the tee to move quickly through the third inning.
- ◆ Six defensive players are on the infield at one time.
  - ◆ Pitcher – catcher – first base – second base – shortstop - third base
  - ◆ Spread remaining players evenly in the outfield
  - ◆ Have outfielders remain on the outfield grass
  - ◆ Catcher must wear equipment provided and have close adult supervision
  - ◆ Catchers may play from the backstop
  - ◆ All children should play all positions throughout the season.
    - ◆ Use care when selecting kids for first base
- ◆ Players outside the bench area on the field and on deck must wear a helmet
  - ◆ After five missed pitches (strikes), use the tee.
    - ◆ No Strikeouts.
    - ◆ This will keep the pace moving.
  - ◆ Pitches from coaches should be overhand with little to no arc.
    - ◆ *Underhand with little to no arc is acceptable if the player level requires it.*
    - ◆ Throwing pitches like throwing darts may help make contact
    - ◆ Pitching while taking a knee makes pitches easier to hit
  - ◆ Runners advance only one base at a time
  - ◆ Players hitting with the bases loaded may be allowed to hit a grand slam
- ◆ Position coaches throughout the field to help keep your players' attention spans
- ◆ Assign a parent to help manage the bench / recommendation: seat children in the batting order

### After the Game:

- ◆ All players and coaches line-up and shake hands.
- ◆ Players then return to the bench for a concession ticket and then are dismissed by their coach.
- ◆ Be respectful to those playing after you
  - ◆ Leave the field promptly at the end of your time slot.
  - ◆ Check your dugout for garbage and equipment before exiting.
- ◆ The last game of the evening is responsible for putting the bases and batting tee in the Field Boxes AND locking the field box. The code is 3-2-6-7.
- ◆ The coach is responsible for all MAA baseball equipment.
- ◆ Base distance = 50'      Pitching distance = 35'

## Practice Tips

- Start practices with some running.
  - Run the bases (singles, double, triples, home runs)
  - Time the runs – have kids beat the initial time set
- Having the players partner up and play catch may not work
  - Set up several lines and use coaches as the partner for each line
  - Move quickly
  - Encourage eye contact between person throwing & person catching
  - Throw grounders and slight pop-ups to the kids as well
- Stagger two lines of kids and having them throw grounders to each other
  - Use one ball at a time
  - Player A throws grounder across to Player B
  - Player B throws grounder across to Player C (who stands to the side of Player A)
- Have kids use two hands to field grounds a la an alligator mouth with their backside down
- Grab the bat of the hitter you providing instruction to
- Use contests
  - Example
    - Have kids line up and hit backstop with ball
    - Gradually lengthen distance
    - Require ball to hit backstop on fly
    - Eliminate kids from contest if ball bounces
    - You are in control – don't negotiate
  - Example
    - Set two groups of equal number of baseballs out by second base
    - Divide kids into two groups
      - One group will run from home (one at a time) to first, then to second, pick up all and re-trace steps back to first and then to home.
      - Second group will run from home (one at a time) to third, etc...
      - Prevent collisions near the plate
      - Have the players tag hands to get the next runner going
- When setting up the tee – place it ahead of the hitter so contact occurs in front of home plate.
- Avoid placing the tee directly in front of hitter's belly button
- Have fun!