

# RALLY CAP RULES – MODIFIED FOR COVID 2021 SEASON VIASPORT PHASE 2

This is an instructional division. In the Tee Ball division, the score of the games is not recorded. All games occur at Kilmer Park in the early evening or on Saturday.

#### **Teams**

1. Each team will consist of eight to ten players

#### **Team Practice / Scrimmage**

- 1. Two teams meet at the field. Team 1 (Home) team will setup and take down the bases per the instructions below.
- 2. The Home team begins practice on the diamond (field of play). The Visitor team begins in the outfield running practice drills (see "The Practice" below).
- 3. Each session will last approximately 60 minutes.
- 4. After approximately 30 minutes, the teams switch positions.
- 5. For the team on the diamond 5 players will be in the field (1<sup>st</sup> base, 2<sup>nd</sup> base, 3<sup>rd</sup> base, short stop and pitcher). The remaining players are up-to-bat.
- 6. All players will come to bat once before switching to the field. Each batter hits off the tee and runs to first base only. The last batter in this group gets a "home run" and clears the bases.
- 7. There will be no player behind the batter in the catcher position.
- 8. The only person behind the batter will be a Coach who will set the ball up on the tee and provide instruction to the batter.
- 9. There are no official outs in this division. Players who are out on a hit ball are permitted to continue running the bases.
- 10. At the end of the session, a relay race will occur with each team lining up on a base and having 1 player at a time run around the bases and touching each one. When that player returns to their team's base, they can run past the base and the next person begins running. Where there is a difference in numbers, some players can run twice.
- 11. If we move to games being allowed the two teams will run a warm-up practice for 15-20 minutes followed by a minimum 2-inning game against each other.

## **The Practice**

- 1. While practicing, each team will practice the FUNdamentals:
  - a. Throwing
  - b. Receiving
  - c. Hitting
  - d. Base Running
  - e. General Knowledge

2. The Coaches are encouraged to use the Getting Started Manual to help prepare practice sessions each time.

#### Field Dimensions and Set Up

- 1. The bases are 50 feet in length.
- 2. Each team is responsible for providing a tee for their team.
- 3. The Home team is responsible for obtaining the bases from the Kilmer Park concession or container at the fields edge. To limit contact, this team is also responsible for returning the bases to the concession or Tee Ball bin after the game is completed.
- 4. Bases and all team equipment should be sprayed down with disinfectant after each use.

# **Equipment**

- 1. Each team will receive a team bag with:
  - a. One batting tee
  - b. Two bats
  - c. Softy baseballs
- 2. Each player must wear a protective helmet while at bat and running the bases. Players are encouraged to provide their own helmets. Caps can be worn under the helmets provided by the League. Players must provide their own glove. Athletic supporters are optional at this age but become mandatory at higher levels.

## **Coach Responsibilities**

- 1. Coaches are allowed on the field, and it is a good idea to station one parent at each base to show the kids where to run next.
- Each Coach is asked to focus on the safety of the players at all times, including any practices and warm-ups. The key aspect of this level is to teach the players the basic FUNdamentals of the game of baseball.
- 3. Each Coach is asked to move the players to different positions so that they are not playing the same position every game.

#### **Rainouts**

- 1. For those days when it's raining, the coaches/manager for the scheduled teams should discuss calling a rain-out <u>at least 30 minutes</u> before game time. If they decide to call a rain out, inform your entire team and ensure one of the coaches emails the rally cap coordinator and the concession coordinator.
- 2. Make-up games, by mutual consent of the coaches, may be played at a time and a field of their choice, subject to availability.

# **Batting & Baserunning**

- 1. When the ball is hit in the field of play, the batter runs to first base.
- 2. One base per hit for hits that do not go beyond the infield. Players are allowed to run more than one base on a hit that goes beyond the infield. Once the ball is returned to the infield area, the runners must stop advancing on the bases.
- 3. Players are not to advance on overthrows.
- 4. When the ball is hit, the ball must travel approximately six feet from the tee to be considered a hit (Coaches should use their discretion).
- 5. It is customary for the Coach of the batting team to announce to the defence when the last batter of each inning is at the plate, which allows unlimited running.

6. Only the batter is permitted to hold a bat.

# June Rule Changes (for games in the month of June only)

For all TeeBall games in the month of June, players will attempt to hit a pitched ball.

- 1. Coaches pitch underhand a maximum of 3 pitches (except on 3<sup>rd</sup> strike fouls). Absolutely no players are allowed to pitch.
- 2. If a player gets a hit then the play proceeds as before.
- 3. If a player does not get a hit on a pitched ball, they then hit off a tee as before.

# **Safety and Sanitization**

- 1. Hands should be sanitized before and after each session.
- 2. Any shared equipment should be sanitized before and after each session.
- 3. Coaches must make every attempt to keep kids at an appropriate distance from each other. Cones should be used to space out players when in line for batting.
- 4. Coaches and parents should review the COVID protocols at www.lvll.ca
- 5. PLEASE DO NOT ATTEND IF EXPERIENCING ANY COLD OR FLU LIKE SYMPTOMS. A Health Check is required prior to each session.