



LIONS (7s) DIVISION RULES

INTRODUCTION

The goals of the 78th Precinct Youth Council Intramural programs are many. They include: to learn and improve athletic skills, to become physically conditioned, to learn to control emotions, to develop positive feelings of self worth, to learn the use and importance of team work, to learn to solve problems, and to learn sportsmanship and how to play by rules.

A coaches' first responsibility is to help young and impressionable children reach these goals safely and joyously. The intramural programs are more instructional than competitive. Coaches must remember that their players are primarily motivated by the desire to have fun and should structure their teaching toward that end. To accomplish these goals a coach must: treat each player with dignity and respect and regardless of athletic ability; remember that their players are children; know and study the fundamentals of the sport; know the rules of the game; stress effort, teamwork and sportsmanship; give all players a chance to become well rounded and to find their place in the sport by allowing them to play as many different positions as possible; keep ego out of coaching; and set performance goals that are related to the fundamentals of the game and are divorced from all won/loss records or individual statistics. Remember that you are not alone. If you need advice, help, or encouragement, the division director and our website's instructional and safety tips are ready to guide you. Do not hesitate to consult them.

CODE OF CONDUCT

- 1) **Proper Conduct of Coaches**: It is improper for any manager or coach to use foul language or to engage in conduct not befitting his or her position during a game or violates these rules. They are grounds for ejection from the game and suspension or removal as coach.
- 2) **Suspension of Ejected Coach**: Any manager or coach ejected from a game will be subject to suspension or removal by the board of directors.
- 3) **Proper Conduct of Players**: It is improper for any player to use foul or abusive language or gestures to any other player, coach, umpire, referee or spectator. It is grounds for ejection from a game.
- 4) **Fighting**: Fighting warrants an automatic ejection from a game for all parties.

- 5) **Suspension of Ejected Player:** Any player ejected from a game is automatically suspended the next game. Any player ejected from two games will be required to appear before the division director at which time the player may be permanently ejected from the league.
- 6) **Negative Rooting:** Players, coaches and spectators may not taunt, nor distract players on opposing teams. Root for your team, not against the opposition. Only positive rooting for one's own team is permitted.
- 7) **Post-Game Handshake:** Players and coaches must shake hands in Stanley Cup style after each game.
- 8) **Forfeit based on Improper Conduct:** The umpire has the power to suspend a game and call a forfeit if coaches, parents, or spectators become abusive or hinder the playing of the game.
- 9) **Unruly Fans:** Coaches must assist the umpire in controlling fans who are disruptive, use foul language, or otherwise act in a manner that is contrary to the rules or spirit of the goals our organization.
- 10) **Parents on the Field:** No parent is ever permitted on the field of play or in the dugout area for any reason.

REGARDING UMPIRES

- 1) **Respect and Use of Umpires:** It is important for coaches to teach their players to respect the authority of the umpire. No game can be played without their participation.
- 2) **Challenging Umpire Calls:** An umpire's judgment call can never be challenged. An umpire can only be politely challenged on the interpretation of a rule by the Head Coach only.
- 3) **Addressing Umpires and Their Authority to Eject & Call Forfeits:** All discussion with the umpires must be carried out in a courteous voice and manner. The umpire has the authority to eject coaches and abusive spectators under penalty of forfeit.

RESPONSIBILITIES

- 1) **Games & Practices:** Managers must notify each player of practice and game schedules. They must insure that no game or practice is ever held without the supervision of an adult who specifically assumes such responsibility. SAFETY FIRST!
- 2) **Rescheduling Cancelled Games:** When games are cancelled due to weather, the contest may be rescheduled subject to the consent of the division director and both managers and field availability.

GENERAL RULES

- 1) **Official Baseball Rules Apply:** All games are played under the "Official Baseball Rules" as "adopted by the professional baseball playing rules committee," unless specifically excepted here.
- 2) **Team Size; Outfield Positioning:** Teams may field 11 players, the standard 9 baseball positions and 2 additional outfielders (1 centerfielder and two left and two right fielders stationed at the discretion of the manager). All outfielders must be at least 10 feet beyond infield base line.
- 3) **Batting:** Universal Batting applies: All players must bat each time through the order, whether the player has played a defensive position in that inning or not. If a batter bats out of turn, and it is appealed to the umpire by the opposing team before that illegal time at bat is complete, the batter shall complete his/her at bat and the skipped batter shall bat next. No out shall be assessed against the offending team. Otherwise, the order continues from its proper place without penalty.
- 4) **Substitution:** Unlimited free substitution is allowed, however, every team member must play at least one full inning of the first two & two full innings of the first four.
- 5) **Shoes Permitted:** No metal cleats are permitted to be used by a player. Rubber soled athletic shoes with or without rubber cleats are permitted.
- 6) **Game Time Length:** Subject to special drills games required by the league, the games of play are five innings or 1 hour and 45 minutes, whichever comes first. No new inning of play may begin after 1 hour and thirty minutes have been played.
- 7) **Forfeits:** A team failing to field at least 7 players at game time, after a 10 minute grace period, shall forfeit. Teams then choose up sides and play among themselves.
- 8) **Exchange Batting Orders:** Managers must exchange a written batting order before each game.
- 9) **5 Run Limit Rule:** No team may score more than five runs in their offensive half of their inning, except in the last inning, when a losing home team may only score enough runs to tie the game.
- 10) **Throwing Bat:** Throwing the bat is not permitted. A player receives one warning and is called out on subsequent violations.
- 11) **Food or Drink on Field:** No food or drink is permitted on the field of play. No food is allowed in the dugout out area during game time. No parents or spectators are allowed in the dugout area. Coaches may not smoke or consume alcoholic beverages during any practice and during any game.
- 12) **Coaches on Bench:** Only players, coaches and scorekeepers are to occupy the bench. Relatives and friends must watch the game from out of bounds.

- 13) **Uniform Required**: All players shall be in full uniform (hat, jersey and pant).
- 14) **Protective Equipment Required**: All batters and base runners must wear protective helmets. Catchers must wear a mask, a helmet, a chest protector, and protective cup. (Protective cups are recommended to worn for all other players but at the discretion of the parents or coach.)
- 15) **Sliding Rules**: Head first sliding is prohibited except when diving back to base that had already been acquired. A player violating this rule shall be called out. The umpire will decide whether a runner has stumbled head first (safe) or slid head first (out). The slide or surrender rule shall be in effect when there is a play: a player must either slide or avoid contact when there is a play at any base, except for a play at first base. If a player fails to slide or avoid contact as required by this rule, the player shall be called out. If a base runner initiates a dangerous play, the runner will be called out. If contact is made intentionally the player will be ejected from the game. In addition, rule 7.06 of the "Official Baseball Rules" will be strictly enforced: "The catcher, without the ball in his or her possession has no right to block the pathway of a runner attempting to score. The base line belongs to the runner and the catcher should be there only when he or she is fielding a ball or ... already has the ball in his or her hands."
- 16) **Official Ball**: The official ball is a soft baseball provided by the organization. Only that ball can be used.

* * * These rules may not be amended by managers at game time. Suggestions for rule changes should be brought to the attention of the division director(s).

DIVISION RULES

- 1) **Base Distances**: Bases shall be 40 feet apart.
- 2) **Pitching**: Pitching is done by a coach from the offensive team from no closer than 15 feet (measured from the rear point of home plate). Pitching must be overhand. The coach has the option to pitch from a kneeling or standing position (kneeling is recommended). The defensive team also fields a "pitcher" whose responsibility is to play any ball hit to him or her.
- 3) **Pitcher Coach Hit by a Pitch**: If the "pitcher coach" is unintentionally hit by a batted ball the ball is dead and the hitter is awarded a single. Base runners advance one base.
- 4) **Balls and Strikes**: Balls and strikes are not called. A batter is out after three swinging strikes. Each batter is also entitled to look at 10 pitches. If the batter has not struck out nor gotten a hit after his or her 10 pitches have been thrown, the batter sits, but no out is recorded. Foul balls with two strikes and foul balls after the ninth pitch do not count. A pitch that hits a batter shall be a no-pitch which will not count against the 10 pitches nor permit the batter to go to first base.
- 5) **No Bunting, Leading, Stealing, or Drop Third Strike; Infield Fly Rule**: There is no bunting, leading, stealing, dropped third strike, or infield fly rule.

6) **Dead Ball; Advancing Bases:** A play is over and the ball is dead a/ once a play is made at a base and the infielder has control of the ball or b/ once a ball thrown from the outfield (not to a base to make a play) crosses the imaginary line that connects the bases. For balls thrown from the outfield and not directly to a base to make a play, base runners are granted the base to which they are headed as long as they are, in the judgment of the umpire, at least halfway to that base when the ball cross that imaginary line. Otherwise they must return to the prior base. The ball is live when, in the judgment of the umpire it is thrown from the outfield directly to a base to make a play at that base. Base runners should also know that they are not guaranteed the base, and that they may be put out anytime the ball is live and they are off the base.

An out of play line shall be drawn for each game that is ten feet from and parallel to third base. An overthrow that goes beyond the out of play at line off third base entitles all base runners one additional base. Overthrows at 1st base shall be dead and shall not entitle the runners to an extra base.

7) **Coaches Allowed:** Only four coaches will be allowed on or near the field of play to assist players in running to appropriate bases and/or to help them understand where to make the next play (3 for the offensive team as first and third base coaches and pitcher, and one for the defensive team as an instructional coach in the outfield). If a batted ball hits this defensive coach, the batter is awarded a double, and the play is dead. Coaches may direct their players, but may not touch or carry them.

8) **Umpires Behind Home Plate:** Umpires shall call games from behind the plate.

9) **Home Team Duties:** The home team occupies the first base dugout, and supplies the bases and the game ball (and keeps it at the end of the game).

10) **No Umpire; Time Outs:** In the event the paid umpire is late or is absent; the opposing managers will together agree and designate the game's umpire(s). Only the umpire can call time out.

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KEY INFORMATION

For Schedules, Fields, Rules, FAQs and to Register for all our sports and other information:

www.78pyc.org

To reach someone to ask a question, make a comment, or report an incident:

info@78pyc.org

HOTLINE FOR CANCELLATION INFORMATION

(If there is no message, the policy is to come to the field for a game)

877 407-7878

Instructions Given to Umpires

Make sure the catcher's are not resting on their knees, thereby exposing their upper thighs to pitched balls.

Ask each coach to get a parent to backup the catcher to speed the game.

With two outs, have the offensive team dress their catcher with his equipment.

Before the first game have the coaches get the parents to inspect and clean the field for dangerous objects (glass, etc.)

After each game the teams must clean their dugouts and leave quickly so the other teams can get started.

After a ball is hit into play, clear the bat from the home plate area so that none of the players will trip and hurt themselves on it.

All players should have their shirts tucked in and their shoe laces tied.

Warn the 1st basemen not to put their foot across the base, but on the corner closest to the field.