

BASES LOADED™

Turning a game of failure into a game of success!



More Action! More Fun!

Baseball for the Young Athlete

Pee Wees (4-5 year olds)

Bases Loaded is a game developed with Sportstrata (sportstrata.com) to make baseball as fun and developmentally-appropriate as possible for young athletes. Its goal is to transform baseball from a game of failure to a game of success and builds the love of the game!

By starting at bats with the bases loaded, batting off a tee, and having all defensive throws always to home plate, we have retained the aspects of the game that develop the basic skills of fielding, throwing, batting, and running while eliminating what to the youngest players are the slow, boring, and confusing aspects of the game.

THE RULES

1) **Game Time & Length:**

- a) Games must either after 5 innings or one hour and forty-five minutes after the scheduled start time regardless of which team is coming to bat.
- b) If the home team is behind and does not get a chance to take or finish its last at bat, the score shall revert to the score at the close of the last complete inning. Fields must be cleared in time for the next scheduled game to start.
- c) Games will be canceled via a hotline message – 877-407-787. If there is no message or it is an old message, the policy is to come to the field for a game.

2) **Offense:**

- a) **Who Bats:** All players bat off a batting tee each and all players bat each half inning (every game the coach should alter the batting to allow players to bat in different places of the order over the course of the season). If the teams have a different number of players present, the team with fewer players should bat extra players so that each inning the teams bat the same number of players. Alternate positions in the batting lineup from game to game so that the same player isn't always the last batter. (At the end of these rules is a suggested lineup sheet to assist the planning of the game in accordance with our recommendations.)

- b) **Every batter reaches base**, except on a pop-out or if the ball does not go farther than the 10' in-play line from home plate. If the ball does not pass the in play line, the batter continues to bat.
 - c) **Runners on Base:** Every inning starts with bases loaded. If a base becomes empty as a result of a hit, the coach will fill the empty base(s) with any available offensive player who is not soon to bat.
 - d) **Strikes, Outs, etc.:** There are no strikes, balls, outs, bunting, stealing, leading or infield fly rule.
 - e) **Holding Bats:** Only the batter and on-deck batter are allowed to hold bats and the on-deck batter can only hold and swing a bat when inside the batting circle.
- 3) **Defense:**
- a) **Plays are only made at home plate:** Every contact past the in play line results in players running the bases. All defensive plays are made at home plate to a coach-catcher of the defensive team. Before each at bat, third base should almost always have a runner.
 - b) **When a run does not occur:**
 - i) When the throw from the fielder beats the baserunner from 3rd base to the coach-catcher (while the coach is standing inside the in-play area in front of home plate) and
 - ii) If a fielder catches a batted ball before the ball touches the ground.
 - iii) In both instances the run is not counted (it can be called an "out" but outs have no consequence).
 - iv) In all other instances, the runners either advance to the following base(s).
 - c) **Defensive Positions:** Catcher is a played by a Coach from the defensive team. All other positions are taken by the players: 5 Infield positions (1st, 2nd, shortstop, 3rd and Pitcher) and 4 outfield positions (left, left-center, right-center and right). Each game, all players should get a chance to play different defensive positions. Infielders must stay in the infield; outfielders must stay in the outfield
 - d) **Defensive Playing Time:** No player should sit out more than one consecutive inning.

Once a ball is put into play, the excitement and motion of fielders and runners make it difficult for an athlete at this age to understand where to throw the ball, especially if the rules allow for outs at any of the four bases. Oftentimes baseball at this age turns into amoeba-ball, with every player chasing the ball no matter where it is hit.

On defense, these rules emphasize the importance of positioning and of working together as a team to get the ball back to the catcher.

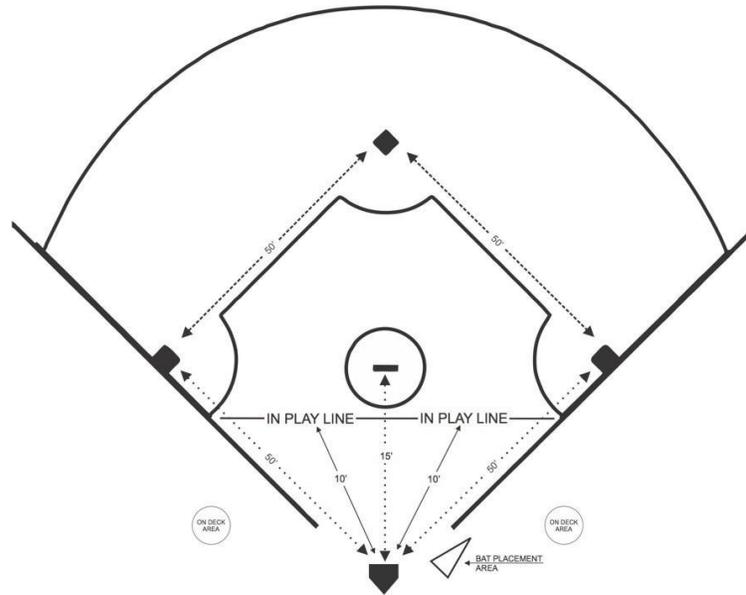
On offense, batters will experience far more confidence-building success than with coach pitching. Players will also learn the basic baseball skill of picking up base coaches as they round the bases (and learning base running signs), something that is also a challenge for older players.

By simplifying the rules, we maximize the number of players involved, give the kids a chance to play naturally and to enjoy practicing the skills they are learning, build their confidence, and have fun!

SET-UP

Field Set-Up:

50' base paths, 10' in-play line in front of home plate, 2 designated on-deck areas, a triangle pointing towards 1st base but a few steps from home plate where players are to place their bats after hitting the ball.



Offense:

As soon as players come off the field to bat:

All players should put on their batting helmets

The first three batters (batter, on-deck and in the hole) should be identified.

The first three base runners should be identified and placed on the bases.

Coaches & Parents:

Head Coach: Set the offensive and defensive lineups and manage the coaches.

Bench Coach

On Offense

- (i) coaching the batter, if necessary
- (ii) filling empty bases with runners,
- (iii) keeping track of the batting order,
- (iv) reminding the batter NOT TO THROW THE BAT but to place it on the triangle on the ground that points to first base. (Unmonitored bat swinging)

is the most dangerous part of baseball at this age. Extreme care should be taken by the coaches to avoid accidents involving the bat.)

The Bench Coach should get assistance from parents to help with the batting order and placement of runners on base.

On Defense

The bench coach is responsible for the players on the bench. This coach should be engaged with these players, helping to cheer on the players in the field while explaining what is going on.

Other Two Coaches:

On Offense:

1st & 3rd Base Coaches

- Make sure every base has a runner before each at-bat.
- Help the runners know when to run and when to hold. (Simple signs should be taught to the players that indicate to go to the next base or stop at the base.)

On Defense:

- The catcher/coach is responsible for
 - Moving the batting Tee away after each batter hits and repositioning it for the next batter
 - After a ball is hit into play, making sure the batter places the bat in the designated area and if it ends up at home plate, clearing the bat away from the home plate area so that none of the players will trip and hurt themselves on it
 - Standing in the in-play area raising his/her hands in the air and calling for the ball (“throw home”) once the ball is in play. This coach should take care not to be in the way of the runner by blocking home plate or the base line.
- The coach in the outfield is responsible for defensive positioning and coaching and enforcing the rule that infielders must stay in the infield and outfielders stay in the outfield.

Parents:

- **Offense:** Watch the players to make sure that only the batter and the player in the on-deck circle are holding bats; keep players in the dugout area.
- **Defense:** Back up the catcher in case of errant throws or passed balls.

Umpires: Coaches will make the calls instead of an umpire. Additionally, if the ball hits a coach in the field of play, the ball remains live.

An important part of this experience includes involving the parents to support the coaches and players. Community-building is one of our key goal

SCORING

- Each team will be keeping score for their own side.

POST-GAME HANDSAKE AND THANK YOU TO COACHES

- At the end of the game the teams must line up on their closest baseline and walk towards home plate to shake hands and say “good game” to their opponents and “thank you coach” to the opposing coaches. Then they should make a U turn to the left where they should shake the hands of their coaches saying “thank you coach.”

HOTLINE FOR CANCELLATION INFORMATION

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

877 407-7878

CODE OF CONDUCT

Successfully completing a background check is a prerequisite to coaching. Except in the case of injury, touching of players by coaches can only be above the waist (pat on the should, back, or head). In case of injury, the parent or guardian responsible for that player should be contacted and should take control of the situation. All coaches are required to bring their organization-provided defibrillator to all practices and games.

No coach, player, parent or spectator shall use foul or offensive language or gestures or engage in any physical act of intimidation while on or near the field. They are grounds for ejection from the game and the organization.

Taunting and distracting players or coaches by players, coaches and spectators are prohibited. Root for your team, not against the opposition. Only positive rooting for one’s own team is permitted.

Coaches must assist in applying these rules and 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 of our organization.

Only players, coaches and scorekeepers are to occupy the bench area. Everyone else must watch the game from out of bounds.

A parent who is not a coach is never permitted on the field of play.

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. 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.

No food or drink is permitted on the field of play. No food is allowed in the dugout out area during game time. Coaches may not smoke or consume alcoholic beverages during any practice and during any game. All rules promulgated by the organization that controls the field must be obeyed.

All players must be in full uniform (hat, jersey and pant). All batters and base runners must wear protective helmets.

Since the only base a play can be made is at home, it is possible that a player will attempt to slide. That is permitted, though not encouraged. However, head first sliding is never allowed. Since the catcher is an adult coach, to avoid potential injury to a baserunner, the catcher should be careful not to block the base.

PRE-INNING ROUTINES

1/ For the 1st inning:

A/ For the top half of the 1st inning only:

- (i) The team that will be in the field first (the home team) will line up on the baseline on the same side of the field as their dugout (starting about 10' beyond the base) and complete the Pre-Game Exercise Drills starting on the base line about 10' beyond the base on their side of the field.
- (ii) At the same time the team that will be batting first (the away team) runs the bases – one at a time, each runner takes a mock swing with a bat, drops it on the triangle and runs around all the bases. When each batter-runner reaches 2nd base, the next batter does the same thing until all players have swung the bat, placed it on the triangle and reached home plate.

B/ For the bottom half of the 1st inning, the above is repeated by each team.

2/ _____ For every inning starting with the 2nd inning, the defense will warmup by having the Coach-Catcher roll the ball once to each fielder, who will throw the ball directly back to the Coach-Catcher. The Coach-Catcher should have three balls so that he/she can keep the warmup moving quickly by not having to chase errant throws.

GAME BATTING ORDER & FIELD POSITIONS

TEAM: _____

COACH: _____

DATE: _____

PLAYERS		INNINGS									
Shirt #	NAME	1		2		3		4		5	
		BAT	FIELD	BAT	FIELD	BAT	FIELD	BAT	FIELD	BAT	FIELD
1		1									
2		2									
3		3									
4				1							
5				2							
6				3							
7						1					
8						2					
9						3					
##								1			
##								2			
##								3			
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Recommended Approach to Batting Order:

Start each batting half inning with the 1st, 4th, 7th, 10th in the batting order as first batter and use the last three in each list as the first three to place on the bases.

EXERCISE DRILLS

BEAR CRAWL (on all 4s)

SIDE SLIDE (don't cross feet, head up, glove on ground)

HI KNEE SKIP

BROAD JUMPS - slow, balanced, explode off toes

JUMP BACK & FORTH-FRONT TO BACK

JUMP SIDEWAYS

ARM STRETCHES (across chest)

ARM STRETCHES (above head))

ADVANCED: Backward Crawls

Drills should be along the base line from just past either 1st or 3rd base towards the outfield

EXAMPLE

78 YOUTH SPORTS - PEE
WEES

GAME BATTING ORDER & FIELD POSITIONS

TEAM: RED BIRDS

COACH: SMITH

DATE: 4/7/18

PLAYERS		INNINGS									
Shirt #	NAME	1		2		3		4		5	
		BAT	FIELD	BAT	FIELD	BAT	FIELD	BAT	FIELD	BAT	FIELD
3	PETER	1	1st	13	2nd	10	sit	7	LF	4	sit
5	BILLY	2	3rd	14	sit	11	2nd	8	sit	5	LF
4	JOEY	3	2nd	15	sit	12	LF	9	sit	6	P
6	SAM	4	sit	1	3rd	13	1st	10	sit	7	LCF
9	HARRY	5	SS	2	sit	14	LCF	11	sit	8	1st
10	WILL	6	sit	3	SS	15	RCF	12	sit	9	2nd
12	MARY	7	LF	4	sit	1	P	13	SS	10	sit
13	JOSHUA	8	LCF	5	sit	2	SS	14	1st	11	sit
14	EZKIEL	9	sit	6	1st	3	3rd	15	LCF	12	sit
1	JANE	10	RCF	7	sit	4	RF	1	sit	13	SS
2	BEN	11	sit	8	LF	5	sit	2	2nd	14	RF
8	RONNIE	12	RF	9	LCF	6	sit	3	3rd	5	sit
7	MARIA	13	P	10	RCF	7	sit	4	RCF	1	sit
15	FRITZ	14	sit	11	P	8	sit	5	RF	2	3rd
11	JAMES	15	sit	12	RF	9	sit	6	P	3	RCF

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