



## YOUTH MACHINE PITCH BASEBALL RULES

### SECTION 1: GENERAL RULES

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1. Only City of Peoria registered players may participate in games and practices.
2. Players with a hard cast cannot participate in practices or games.
3. Coaches must not adjust the machine in any way. The machine will be set at a distance of 27.5 ft. The speed is set between 18mph and 20mph. City of Peoria Staff will handle any adjustments needed during game.
4. All players shall be in the batting line up.
5. Each batter will receive 5 pitches in which to hit the ball. In the case of a foul ball on the 5th pitch, the player will receive one additional pitch.
6. Bunting is not allowed.
7. A team's turn at bat ends after all players have had their turn up to bat. Coaches must declare the last batter and play will end after their at-bat.
8. All players should rotate defensive positions throughout the game.
9. The infield fly rule is NOT in effect.
10. Base runners may only run when the ball is hit. **No sliding or stealing.**
11. When a player is out he/she will leave the base even though no outs will be officially recorded.
12. All fielding positions must rotate each inning. Fielders should be encouraged to learn and play all positions. Teach your players to play each position.
13. The coach may utilize parent assistants (limit 3) on the field during offense and defense to help instruct players, but they may not touch the ball.
14. The game is complete after one hour and ten minutes of playing time. No new inning shall begin after 60 minutes.
15. Infielders (except pitcher/catcher) must be behind the baseline until the ball is hit.
16. Outfielders must be behind the outfield line until the ball is hit.
17. On an outfield hit, a dead ball will be called once the ball has been returned to the infield. Runners may not advance past the base they are running to.

### SECTION 2: EQUIPMENT

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The City of Peoria will provide the following equipment for check out by the head coach:

1. 2 Baseball Bats
2. 4 Helmets
3. 4 Bases
4. 5 Baseballs
5. 1 Set of Catcher's Shin Guards
6. 1 Chest Protector
7. 1 Catcher's Mask
8. Players should provide their own gloves. *(If there is a situation where a player can't get gloves, please let us know. We have extra gloves we can donate.)*

*Every effort is made to make the equipment safe and size appropriate. If any of your equipment is broken or unsafe, please contact the City as soon as possible so it can be replaced. Please return equipment to your site supervisor on the last day of the season.*

### SECTION 3: PITCHING MACHINE USE INSTRUCTIONS

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The City of Peoria provides pitching machines for use during practice and games. Machines should be handled with extreme care and only adjusted by City of Peoria Sports Staff. For best results with the machine please use the information below.

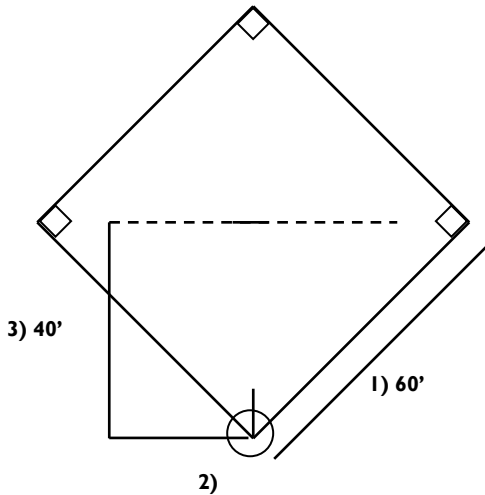
1. The speed of the machine should be set between 18-22 miles per hour (2.5 on dial). There will be a small arc with the ball being released from the machine from 27.5 feet. Batters may need to move up or back depending on where pitch is landing.
  2. The machines may need to be slightly adjusted either left or right or up and down. During games, staff will be the only ones permitted to make these adjustments.
  3. Before pitching, place your hand firmly on top of machine to stabilize it (machine/wheel does vibrate which can affect pitches). Balls should be pushed into the slot to smoothly slide onto the wheel. This will ensure the most accurate pitch with the least amount of movement.
  4. This is a machine and not all balls will be directly in the strike zone. Players should be taught to not swing at pitches outside the strike zone and should be told that not every pitch by the machine will be accurate.
  5. Balls will be changed out as needed. Any damaged balls should be reported to the Peoria sports staff.
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## SECTION 4: FIELD LAYOUT

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1. Base Distance 60'
2. Batters Box
3. Pitching Mound 40'- For safety, all players must remain behind this 40' line until the ball is hit.



## SECTION 5: BASIC TIPS

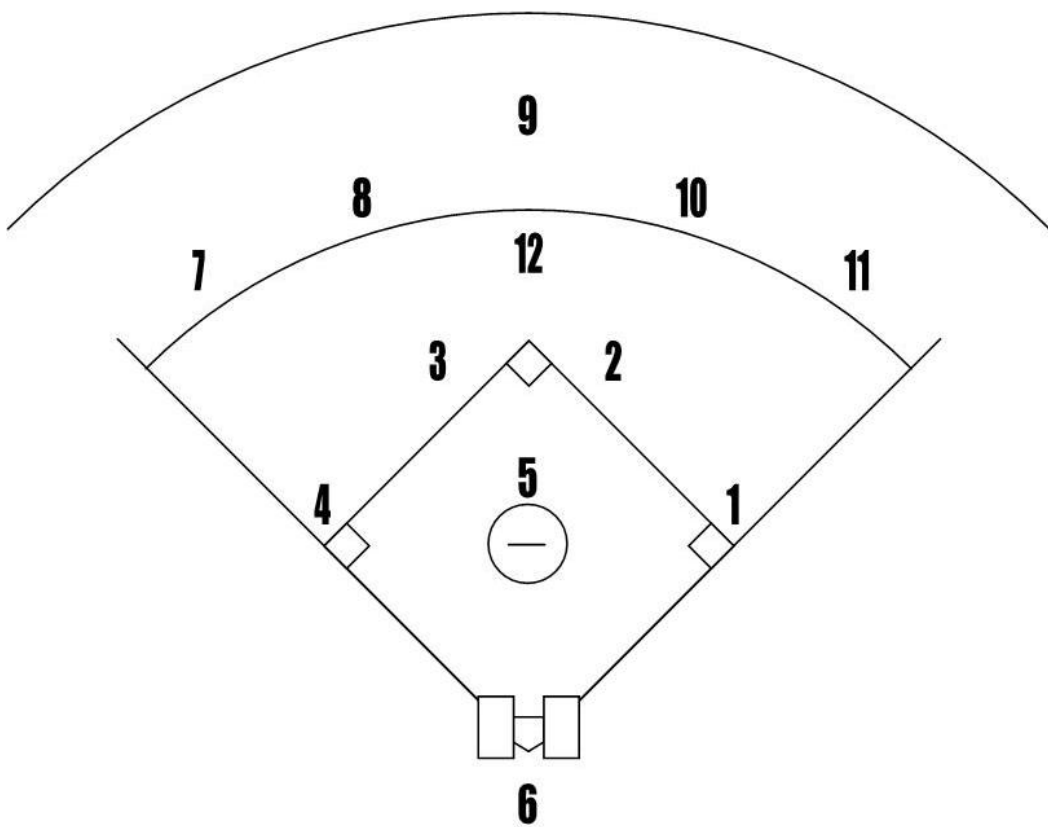
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- **HOW TO PROPERLY GRIP BASEBALL:**
  - Use soft or reduced injury factor baseballs with seams.
  - Explain to the players they should grip the ball across the seams, not with the seams, for better accuracy.
- **BARE HAND THROWING DRILL (FROM KNEES):**
  - Use soft baseballs.
  - Throw the ball across the seams.
  - Make sure of proper shoulder rotation and throw with palms down.
  - Lead/front shoulder points to target.
  - When player in standing position, rear foot at right angle (90 degrees) to the target.
- **HOW TO PROPERLY CATCH THE BASEBALL:**
  - Use both hands and catch ball with body directly in front of ball.
  - SHOW DIFFERENT GLOVE POSITIONS TO CATCH BASEBALL (HIGH, LOW, GLOVE SIDE AND BACK-HAND).
- **CATCHING DRILL:**
  - Put the youngster in front of a fence and throw the ball softly to the different glove positions 6' - 10' away.
- **THROWING:**
  - Teach proper crow-hop or bounce and move, throwing hand back, palm down.
  - When arm moves forward, make sure elbow is shoulder high.
  - Throw over-the-top and point the toe to the direction you are throwing.
  - Avoid side arm throwing.
  - Point front shoulder at target, back foot should be 90 degrees toward the direction of the throw.
  - Transfer weight forward as ball is thrown
- **PROPER FIELDING POSITION:**
  - Position body in boxer's crouch, knees slightly bent, upper body bent slightly forward, hands out front, not on knees.
  - Before catching the ball, you need to be properly balanced with both feet parallel at start.
  - When actually catching ball at the point of contact, the feet are a little wider than shoulder width, right foot slightly behind left foot (if the youngster is a right-handed thrower), right foot forward for left-handed player.
- **UNDERHAND TOSS DRILL:**
  - Have players in line facing coach and coach rolls, not hits, ball to the players.
  - Use soft hand teaching gloves, wooden gloves, bare hands and regular gloves—a progression as skills improve.
  - Important to teach the player to bend their wrist slightly on the glove side, thumb up when fielding the ball, no still wrist. Emphasize staying relaxed when catching a ball.
- **HOW TO PROPERLY CATCH A FLY BALL:**
  - Run on toes (front part of foot), not on heels.
  - Run to ball and then catch; do not run with gloves extended. Run to ball, then extend glove hand to make catch.
  - Cradle the ball and catch the ball softly. Don't press or push ball out of glove.



- Teach cross-over step for normal, playable balls –left and right.
- Teach running the 45 degrees cut-off angle on balls hit deep to the left and right of player (in the gap).
- FLY BALL DRILL:
  - Use soft hand, wooden gloves, bare hands and regular gloves for fly ball toss drill.
  - Always start by throwing under hand and low to build skills and confidence.
  - No overhand throwing or hitting balls to players using soft hand, wooden gloves or bare hand.
- BASE RUNNING:
  - Home to first—Run straight down line; do not peel off either left or right after touching first base. Return to first base directly without making move to advance to second unless there is a wild throw.
  - Home to second—Move slightly out of baseline approaching first base; run straight line to second keeping eyes on base.
  - Use proper position to stand on bases.
  - Always keep eyes up to see where you are running.
  - Run relaxed and breathe normally.
  - Forearm and upper arm should be kept at 90 degree angle with front hand swing no higher than shoulders.

### LINE-UP CARD & POSITIONING PLACEMENT



1	=	1st Base
2	=	2nd Base
3	=	Short Stop
4	=	3rd Base
5	=	Pitcher
6	=	Catcher
7	=	Left Field
8	=	Left Center Field
9	=	Deep Center Field
10	=	Right Center Field
11	=	Right Field
12	=	Short Center Field



**FIELD POSITIONS**

	PLAYER NAMES			
	1 <sup>ST</sup> INNING	2 <sup>ND</sup> INNING	3 <sup>RD</sup> INNING	4 <sup>TH</sup> INNING
1 = 1 <sup>st</sup> Base				
2 = 2 <sup>nd</sup> Base				
3 = Short Stop				
4 = 3 <sup>rd</sup> Base				
5 = Pitcher				
6 = Catcher				
7 = Left Field				
8 = Left Center				
9 = Deep Center				
10 = Right Center				
11 = Right Field				
12 = Short Center				

**BATTING LINEUP**

	PLAYER NAMES			
	1 <sup>ST</sup> INNING	2 <sup>ND</sup> INNING	3 <sup>RD</sup> INNING	4 <sup>TH</sup> INNING
Batter # 1				
Batter # 2				
Batter # 3				
Batter # 4				
Batter # 5				
Batter # 6				
Batter # 7				
Batter # 8				
Batter # 9				
Batter # 10				
Batter # 11				
Batter # 12				