

**BlastBall League
Game Rules and Coaching Responsibilities**

Overview

The BlastBall League is an introductory league for 4 and 5 year olds which is meant to be FUN while teaching all of the five basic fundamentals of baseball; hitting, throwing, catching, running, and fielding. BlastBall League is designed to promote a greater interest in the game of baseball at a younger level since it allows for more touches and constant action for young people's short attention spans. Most importantly, BlastBall is safe as the game is played with a foam bat and ball with no gloves required.

1. Playing Field

- A. Distance from HP to Blast Base: 30 Feet (can be extended to 35-40 feet)
- B. Distance from HP to LF Field Cone: 30 Feet (can be extended to 35-40 feet)
- C. Fair/Foul Line Marker: 15 Feet from Blast Tee (foul line to foul line)
- D. Field Surface: Grass

2. Length of Game

- A. Game length will be 6 complete innings or 35 minutes
- B. At the conclusion of the game, immediately have your team take their equipment to appropriate outfield (3B Dugout –LF, 1B Dugout-RF) to have your end of the game Team Rah.

3. Equipment

- A. BlastBall Set: BlastBase, BlastTee, BlastBall, BlastBat, Cone, 15 Foot Line Marker
- B. All players batting must wear batting helmets with face guard.

4. Pre-Game Warm-up

- A. Teams will begin there pre-game warm-up 25 minutes prior to the start time of the game.
- B. Routine
 - i. Team Stretch/Agilities 5 minutes
 - ii. Catching 5 minutes
 - iii. Throwing Routine 5 minutes
 - iv. Groundballs 5 minutes
 - v. Running to 1B/Hitting 5 minutes

5. Rules of the Game

- A. Uniforms: Players will wear their team shirt (tucked into pants and SPYA Cap). It is recommended that all players wear long pants.
- B. Gloves: Fielder's gloves may be worn by any defensive player, but it is NOT mandatory.
- C. Teams: Teams will consist of 5/6 players.
- D. Defensive Team: All players take the field in either an infield or outfield position. All Players on the Defensive Team MUST align behind the 15 Foot Line Marker.
- E. Offensive Team: All players shall bat in each inning.

F. How to Play:

- i. The Batting Team's Coach shall place the ball on the Tee, position the batter, then call "PLAY", batter swings at the BlastBall on the BlastTee
- ii. A STRIKE is when:
 - a. The ball is swung at by the batter and is completely missed.
 - b. The ball is hit foul.
 - c. The batter hits the ball and it does NOT cross the 15 Foot Line Marker.
 - d. The batter is limited to 5 strikes. After the 5th strike, Batting Team's Coach, will toss or roll the ball to the Defensive Team, the batter will run to the BlastBase and play continues as if ball was hit from Tee.
- iii. After the batter places the ball into fair territory, he/she will run to the BlastBase.
- iv. The Batter is OUT when:
 - a. The Defensive Team catches the ball in the air.
 - b. The Defensive Team fields the ball, holds the it over his/her head, and yells "BLAST" before the batter has reached the BlastBase. (HONK)
- v. The ½ inning is complete when all members of the Offensive Team have had one at bat.
- vi. OPTIONAL PLAYING RULES:

In order to keep the game interesting and to continually challenge the skill level of the players, the following rule changes can be added during the season:

 - a. Increase the distance of HP to the BlastBase to 35-40 Feet.
 - b. After a Defensive Player fields a ground ball, he/she must do one of the following; throw to a coach or to another player which must yell "BLAST" before the batter reaches the BlastBase in order to record an OUT. The coach or player should be between 15-20 feet from fielder.