



*Instilling ideals of honesty, loyalty, courage and sportsmanship through the sport of baseball since 1964.*

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## 7u Game Rules – Start of Season

1. For the first two games of the year, the recommendation at this age is to use Wiffle or Lite Flight balls. After you may switch to using Incrediballs (T-balls). Be mindful some players may prefer to use the wiffle or lite flight.
  2. For the first two games the recommendation at this age is to use Plastic bats. After you may switch to using the metal Tee-Ball bats. Be mindful some players may prefer to use the plastic bats. \*\* Only use wiffles or lite flights with plastic bats.
  3. Three Team Rotation
    - Hitting will rotate to Fielding when inning is complete
    - Fielding will rotate to Skill Development when inning is complete
    - Skill Development Drill will rotate to Hitting when inning is complete
  4. Parents stationed at each base and home plate. Base Parents to assist baserunner where and when to run and direct fielder where to throw the ball that's in play. Home plate parent to assist batters reminding them to reset, adjusting tee height when needed and placing balls on tee.
  5. All Players shall be given equal opportunity to play different positions. No player shall play the same position twice in a game.
  6. Each inning shall have everyone go through the batting order once.
  7. Hit off Tee **ONLY** for first at bat. Coach pitch/toss or use of tee for remaining at bats.
    - Each batter will be allowed a **max of 6 swings OR 6 coach pitches** to put the ball in play. If the ball does not go into play, batter shall advance to first base.  
  
\*\*\*To limit inactivity for all players, the **6-swing/pitch** limit should be strictly enforced.  
\*\*\***Tip** – if batter is not successful making contact with the ball off the tee, try adjusting the Tee height and give batter a different bat.
  8. Baserunners may advance only one base at a time.
  9. Ball in play – Fielders should be directed to throw to nearest base where a runner is advancing.
  10. There are no outs.
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