

Lenape Valley Baseball Association Regulations and Playing Rules

Single A Division

March 29, 2019

1. All Players are to play defense each inning.
2. Defense coaches may position players but may not interfere with any ball in play. No defense coaches should be positioned inside the base paths.
3. Offensive coaches will assist batters with batting stance and tee setup, and coach first and third base. These coaches will make umpire calls on the bases.
4. An inning will end when either 3 outs are made, or the entire lineup has come to the plate.
5. No new inning shall start one hour, or later, after the first pitch. No game should extend beyond 90 minutes. Coaches should manage this time to get the maximum playing time for the players without going over.
6. Home team gets the field 30 minutes prior to game time for warm-ups, Visitors, 15 minutes before game time.
7. Field Set Up. Home team sets up bases-minimum 50 feet distance, approximately 15-16 steps. Home team sits on First Base Side.
8. Equipment
 - a. Rubber cleats or sneakers only.
 - b. Catchers must wear full kit and cup for all practices, games, warm-ups.
 - c. All batter and base runners must wear helmets at all times.
9. Batting
 - a. All batters will hit off a tee
 - b. Only Safety Ball (Soft/spongy) will be used
 - c. No Bunting allowed.
 - d. Batters and base runners may advance only one base on balls hit inside the infield. Batted balls that leave the infield allow for multiple base advance.
 - e. SIX swings per batter. Period. Please keep the game moving.
 - f. ONLY the batter may have a bat in his hands at any time once the game begins.
 - g. Teach batters to drop, not throw, the bat after hitting.
 - h. Base runners retired on the base paths should return to the bench.
10. Fielding
 - a. Coaches are to encourage throws being made to bases instead of a fielder running to tag the bag. However, the concept of understanding forces and tags should be the priority.
 - b. Fielders should be positioned behind the base paths before the swing.
 - c. The concept of zone play and momentum should be taught to fielders.
 - d. Defenses should not exceed 9 players. Only outfielders should retrieve balls that pass beyond them.

11. There is no need to keep score in Single A because there are no standings or playoffs.

Organizational Suggestions

Games will be held on Saturdays. Teams should have at least one scheduled practice each week. Managers and coaches can schedule additional practices or scrimmages as needed or desired.

Have a lineup and position chart created before arriving at the game. As there are no standings maintained in Single A, there is no need to keep score. Make all decisions on playing time and positions based on player safety and involvement.

Get catchers dressed for the next inning as soon as possible to move the game along.

A bench coach or team mom to manage the bench and batting order while the team is at bat is very beneficial.

Try to keep players from drifting towards their parents and vice versa. Establish "team time" to get players used to listening only to coaches. Discourage comments from parents during the game. The game is when coaches need to figure out what the kids know and what they don't. (Remind the parents the game is a test, and they cannot help their kids with a math test for the same reason!!).