



# Grove City Parks and Recreation

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Richard L. "Ike" Stage  
Mayor

## Little League Minor 7

- I. General Personal Conduct Rules – Grove City Little League rules will be used except where noted herein.**
- a. **Grove City Little League has a ZERO-TOLERANCE POLICY that includes, but is not limited to, the following: fighting, physical contact, aggressive behavior towards coaches, fans, parents, players or other participants, belittlement of coaches, fans, parents, players or other participants and violations of safety, substitution and/or pitching rules. This type of behavior could result in indefinite suspension to a lifetime ban from Grove City Parks and Recreation activities.**
  - b. **If a coach, fan, parent, player or other participant is ejected from a Grove City Little League practice or game for ANY reason, that individual must leave the facility immediately, is suspended, and will not be permitted at any future practices or games until the Grove City Little League Coordinator or designee has reviewed the incident. The individual ejected, potential witnesses and the official(s) must submit an incident report form explaining the situation that resulted in the ejection. Based upon the information provided, the suspension may result in a minimum of a one-game suspension up to a permanent removal from all future league activities conducted by Grove City Little League.**
  - c. **If an individual is ejected from two separate games, that individual will be immediately removed from the league without a refund and will not be permitted at any facility for games for the remainder of the season.**
  - d. Unsportsmanlike conduct will not be tolerated from parents, fans, coaches or players. Offenders will be ejected. Chattering or yelling at players will not be tolerated.
  - e. Only approved coaches with an application on file for the current season with the Grove City Parks and Recreation office are permitted on the playing field or in the dugout during games and practices.
- II. General Game Information**
- a. Cancelled games will be made up the next available Saturday. Coaches will receive a schedule outlining the game information as soon as possible. No exceptions will be made.
  - b. The home team will pick up baseballs from the Windsor Park baseball office before their game.
  - c. The visiting team will return the batting tee to the green equipment box at their respective field.
  - d. The home team will occupy the first base dugout.
  - e. Games will be 75 minutes in duration. Teams should hustle on and off the field to ensure each team has its proper turns at bat.
  - f. The pitcher's plate will be 40 feet from home plate.
  - g. The bases will be 60 feet apart.
  - h. An official Little League (or comparable style) hard baseball will be used.
  - i. Coaches and players are responsible for cleaning their dugout and bench area after each game.
  - j. Game scores and standings will not be kept.
  - k. Players arriving after the start of the game must be placed at the bottom of the batting order.
  - l. All players who are not on the field of play must remain on the bench or in the dugout. On deck batters are not permitted in Little League.
  - m. Each half inning consists of the offensive team completing one round of at-bats.
  - n. Teams are not permitted to hit soft-toss into any fence unless a tennis ball or Wiffle ball is used.
  - o. Players are permitted to use only a 2 ¼ inch diameter barrel bat. "Big Barrel" bats are not permitted. Bats should say approved for "Little League," "USSSA," "ASA," or "ISA."

### **III. Specific Rules Information**

#### **a. Batter and batting order rules**

- i. All players will bat in a continuous batting order based upon their jersey number. For the first game, the player wearing #1 will be the first batter in the first inning. The player wearing #2 will be the first batter for the second inning, ect. Every game thereafter, teams will follow this order to allow a new player to lead off each inning.
- ii. All batters and baserunners must wear a helmet while on the field of play. Face guards and chin straps are optional.
- iii. If a batter or baserunner is injured and unable to continue their at-bat, the last player in the batting order available would continue for them. If the injured player is unable to return prior to their next at-bat, the injured player will be skipped.
- iv. The batter will receive 6 pitches. There will be no strikeouts or walks.
- v. A batter not hitting a pitch after receiving 6 pitches will hit from the tee. The batter will then put the ball into play. The tee must be removed from home plate when a play at the plate may occur.
- vi. Bunting is not permitted.

#### **b. Baserunning rules**

- i. Leading off or stealing bases is not permitted.
- ii. Baserunners are permitted to advance one base on an overthrow play. There will be only one overthrow permitted per play. Once the ball has been thrown back to the infield the runner may not advance to any more bases. The ball will be declared dead.
- iii. Runners may not advance on a caught fly ball.
- iv. Coaches may not physically assist players in running the bases or fielding.
- v. Runners who clearly leave the baseline to avoid a tag will be declared out.

#### **c. Fielding and fielder rules**

- i. When a team is on defense, one of its approved coaches must be positioned behind the catcher and an additional coach is permitted out in the field to act as an umpire for their defensive half-inning and to assist the fielders.
- ii. Each team will play 6 infielders consisting of a first baseman, second baseman, third baseman, shortstop, catcher and pitcher. All remaining players will be positioned in the outfield grass. While the coach is pitching, the player representing the pitcher must be behind and within 6 feet of the pitcher's plate and cannot move until the ball is hit or the pitch crosses the plate.
- iii. Coaches will rotate their players every inning. A player may not play the same position in 2 consecutive innings. All players must play the infield during a game.
- iv. Players may use any glove or mitt at any position.
- v. Each catcher must wear a catcher's mask, chest protector, shin guards and athletic supporter/cup.

#### **d. Pitching rules**

- i. The offensive team coach will pitch.
- ii. Pitches will be made either overhand or underhand if the player has a preference.
- iii. Coaches should move up from the pitcher's plate to help deliver pitches that are easier for the player to hit.

## Coaching Guidelines

Each coach and his/her assistants are to conduct practices and games in a way that provides the best opportunity for all players on their team to acquire skills that the Grove City Little League determines they should learn at their current level of play. These skills are cumulative. At each level, players should master:

### Peewee 7/Peewee 8

- Basic catcher fundamentals
- Proper target technique
- Proper release of mask
- Proper placement of throwing hand
- Proper technique for making tags
- Basic pitching fundamentals
- Proper grip of baseball
- Correct balance point
- Proper arm motion
- Proper follow through
- Proper release point
- Fundamentals of outfield play
- Communication (calling “mine”)
- Basic stance
- Drop step
- Proper crow-hop technique
- Cut-off recognition
- Backing up infield
- Sun shielding
- Fundamentals of infield play
- Proper base coverage
- Lead runner recognition
- Fundamental relay responsibilities
- Moving toward target on throws
- When and where to back up
- Teach to start to charge the baseball
- Infield proper tagging technique
- Basic base running
- Sliding
- Watching base coaches
- Rounding the base on an outfield single, touching inside corners with left foot, when rounding base, advancing to next base
- Run through first looking toward dugout for overthrows to advance to second base

**I. Throwing Drill** – Throwing and catching the baseball is often the most overlooked and under-coached fundamental of the game. A coach who dedicates extra time toward this will have success.

- a. Cradle – elbows out not tucked into stomach
- b. Throwing position- palm facing away from player
- c. Maintain eye contact on target through entire motion
- d. Pointing lead toe at target
- e. 4-seam grip
- f. Tuck glove hand away to allow body to come through
- g. Arm position (don't get hung up on throwing over the top)

### **II. Catching**

- a. Arms must have some bend and remain relaxed
- b. On balls above the waistline – fingers glove should point to the sky and glove hand and throwing hand should be “thumb to thumb”
- c. On balls below the waistline – glove hand palm should be toward ball and glove hand and throwing hand should be “pinky to pinky”
- d. Do not allow players to “stab” at the ball, encourage them to shift their bodies to get in front of the off target throws
- e. Drills
- f. Relay lines
- g. Throwing Circle
- h. Bucket Drill

## Hitting

- i. Stance/Balance
- j. Feet must be squared
- k. Stance must be as wide as the shoulders at minimum
- l. Weight should be 75 percent back, knees bent, balanced on inner parts of feet, not on heels
- m. Knees and belt buckle should be pointing at the plate
- n. Hands should be up and back
- o. The bottom hand arm should have some flex, forming an angle at the elbow
- p. Head and eyes should be in the zone, chin should be able to touch front shoulder
- q. Grip
  - i. Place the bat in the players' hands and line up the "door knocking" knuckles, rotate the bottom hand slightly clockwise (counterclockwise for left handers) and rotate the top hand slightly counterclockwise (clockwise left handers)
  - ii. Have players place both hands on the bat and point the bat at the pitchers mound
- r. Approach/Contact
  - i. Must keep hands inside the baseball
  - ii. Hands move down, taking the knob of the bat toward the ball
  - iii. Keeping bat head level, bottom hand palm toward the ground, top hand palm facing up
  - iv. Head should stay down through impact so that the chin begins on the front shoulder and the back shoulder touches the chin after contact
  - v. Hands begin to roll over, after contact, to gain full extension
- s. Drills
  - i. Soft toss
  - ii. Bottom hand drill
  - iii. 2 tee drills
  - iv. 2 color soft toss