

## Jr. Rally Cap Format - (Point Form)

### **No Rain Out Rule:**

- Teams move to the outfield grass to practice or play game if infield is too wet.
- Cancelled only when it is raining at time of game.

### **Practice Session:**

- 75 minutes - 35 minutes outfield / 35 minutes infield

### **Game Session:**

- 30 minutes practice
- 45 minutes game

### **Field Setup:**

- 45' base lines
- 40' pitching machine
- Batting Tee

### **Rules**

#### **Offence:**

- Start Inning with loaded bases
- Every player bats every inning
- 4 pitches /player – pitching machine
- If no hit – set up batting tee for player to hit from.
- Advancing runner after hit
  - o Infield hit – 1 base
  - o Outfield hit – 2 bases
  - o Last batter runs around the bases
- No outs
- Batting team supplies home plate coach
- Batting team coach operates Pitching machine.

#### **Defence:**

- 6 to 7 players on the field
- Catcher and Pitcher play full inning
- Infield positions rotate every batter
- Coach on the field with the team

#### **Team responsibilities:**

- Home team
  - o Field setup
  - o Field Maintenance – before and after game.
- Each team keeps their own batting line up.