

Sr. 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

Game Session:

- 30 minute practice
- 45 minute game

Field:

- 45' base paths
- 40' pitching machine
 - o Setting on the pitching machine is:

Rules:

- 4 pitches / batter
- 3 swings batters out
- Unhittable pitch is considered No Pitch – decided by coach operating pitching machine.
- Continue to pitch after 2 strikes if batter hits Foul ball
- 3 outs – end of inning
- 4 runs max / inning / team
- Players advance on a hit until the ball has been thrown back to the infield.
- No advancing to the next base on an over-throw
- No Walks - No leadoffs - No stealing – No bunting
- Defensive players switch positions every inning.
- Pitching position plays the defensive inning pitching to a player or coach off the field.
- Catcher gathers un-hit balls either to the side or in a bucket.
- Coaches to be on the field with their players and ump.

Team responsibilities:

- Home team
 - o Field setup
 - o Field Maintenance – before and after game.
- Each team keeps their own score sheet.
- Coach for batting team operates the Pitching machine