



# Ladner Minor Baseball Rally Cap Program

## Overview

This format is designed to get young people interested in the game of baseball by stressing and maintaining active participation of all the players; Promote increased self-esteem among Rally Cap children and adults Structure of the Rally Cap Program and emphasis placed on teaching the fundamentals of baseball. The ball is hit from a batting tee and the base paths are 50 feet in length. It is recommended that a soft resilient ball is to be used for play in this division. It is further recommended that a minimum of one coach, and a maximum of 2 coaches, while his or her team is playing on defense, be on the playing field to provide guidance and training to their team in the fundamentals of baseball. Regulation games shall be a maximum of 4 innings and a minimum of 3 innings.

## Players Age

Age requirements are that all players must be under 5 years old before December 31st following the playing season. Six year old players who have never played before may opt to play Rally Cap instead of Super T. The season will run from the middle of April until the middle of June.

## GENERAL RULES

1. Jersey's and hats are supplied by the league must be worn to all games. Coaches prior to the start of the season will pick-up players uniforms.
2. Base runners, batter, and on-deck batter must wear batting helmets with chinstraps properly attached. Players may wear running shoes or molded rubber cleats. The game ball is foam rubber and will be safe for kids.
3. The coaches are responsible to set up the field for games. After the last game coaches are to make sure all equipment used during the game is returned to the storage area and locked up. All equipment for Rally Cap will be furnished by LMBA.
4. Coaches are responsible for the behaviour of their team players, fans and parents during games and to make sure there is no abuse of the equipment.
5. Games postponed due to rain will be considered a non-event, unless the Head Coaches involved wish to make them up at a later date and the Division Coordinator has approved it.
6. The name of the game is teaching kids baseball. This not only includes the playing aspect but also instilling a love for the game. If stuck in the field all season the desire will die. It is for this reason that Coaches must switch players to different positions from inning to inning, alternating between infield and outfield.

## GAME RULES

1. Rally Cap will be played with 7 to 8 players per team although the game can be played with fewer players if a team is missing some members.
2. In Rally Cap baseball, 3 teams will meet at the park at the same time. Two (2) teams will be playing a game while one (1) team will be practicing in the Outfield.
3. Each session of a Rally Cap game will last 60 minutes (or 3 innings) and after May 15<sup>th</sup> it increases to four (4) innings. This rule is open to the Coaches discretion.
4. Each team must have at least one coach on the field of play at all times. Two Coaches can be on the field when their team is in the defensive position. They may instruct their fielders, but must not interfere with play or touch them once "PLAY BALL" is called.
5. The coach of the team up to bat is to be situated near the Tee.
6. All players will be included in the batting order. Players will be listed in the order they are to bat. Players arriving late will be added to the end of the batting order. A team's turn at bat will consist of every player batting. For each inning up to bat, a team will reverse its batting order (ie. 1<sup>st</sup> batter in the 1<sup>st</sup> inning will be the last batter in the 2<sup>nd</sup> inning).
7. The ball shall not be pitched by any player, Coach or Parent, but is to be hit off the tee, which shall be set on Home Plate. Only the Umpire/Coach shall adjust the Tee. Coach/Umpire may instruct batters, but cannot interfere with play or touch them once "PLAY BALL" is called.
8. Each hitter gets a maximum of 5 baseballs. If the fifth ball is not hit then the coach will roll a baseball into the field to allow the hitter to run the bases and the defense to try and make plays.
9. All players on the roster should play in the field when it is their team's turn to assume the defensive position. The proper baseball positions must be filled before using a 2nd shortstop between 1st and 2nd base. The balance of the players should be inserted between the outfielders. Outfielders must be at least 10 to 15 feet behind the established base line, the pitcher must be within the pitching circle and infielders should be playing within 3 feet of their positions.
10. After May 15<sup>th</sup> if both coaches agree, players can choose to hit a lobbed ball when up to bat instead of hitting a ball off of the Tee. If a player cannot hit the ball after 3 throws, then he/she must hit off of the Tee.
11. After each play is completed, players must throw the ball to the coach who is at the Tee.
12. When the last hitter hits the ball the defense must throw the ball to home plate to get the final out.
13. There are no walks, no strikeouts, no base stealing and runners can only advance on batted balls.
14. Score is not kept at this level however; a Coach or Parent should keep track of the batting order.

## PLAYING FIELD

1. Weeknight games will start at 6:00pm, but not later than 6:15pm. No new inning shall be started later than 8:00pm in the month of April or 8:30pm in the months of May & June. Weekend games will be drawn up by the division manager. Players should be at the park ½ hour before game time.
2. Bases shall be 50 feet apart and shall be held by a base spike to avoid injury.
3. A playing line is arched from 15 feet down the first and third base lines and 15 feet from the tip of home plate. A chalk line or other white material is used to make the arch. This will be a guideline for the Umpire to determine a fair hit ball.

## THE PRACTICE

- ▶ While in the outfield each team will practice the FUNdamentals:
  - Throwing
  - Receiving
  - Hitting
  - Base Running
  - General Knowledge
    - Coach's Guide with drills is included to help prepare sessions.
    - Players rotate through the different stations each time they come back to the outfield.
    - Players work with partners at each station to develop their skills.

## RALLY CAP DAYS

Rally Cap days will be held 3 times a year where all grassroots players can participate and develop their skills.

This will give each participant the chance to earn their "Cap level" at the start, midway, and at the end of the season.

Caps will **Only** be handed out one hat per participant instead of a different hat for each individual FUNdamental.

Color would be based on an average of the player's skill level.

During Rally Cap Day's Players will be grouped into their Cap colour and will work towards their next level cap.

### White Cap Level

- Throwing – Able to throw a ball 5 feet
- Receiving – Able to catch a ball thrown at 5 feet
- Hitting – Able to hit a ball off a tee
- Base Running – Able to run to 1st base in 12 seconds or less
- General – I know my team's name, coach's name, and names of 3Teammates

### Grey Cap Level

- Throwing – Able to throw 7 of 10 balls to partner at 10 feet
- Receiving – Able to field 10 of 15 ground balls from 15 feet
- Hitting – able to hit 10 of 15 balls off a tee
- Base Running – Able to run to 1st base in 8 seconds or less (60 feet)
- General – Able to name all of the position numbers Rally Cap Program

### **Black Cap Level**

- Throwing – Able to throw the ball 25 feet
- Receiving – Able to catch 10 of 20 fly balls from a height of 15 feet
- Hitting – Able to hit 7 of 15 balls thrown underhand
- Base Running – Able to run home to 2nd base in 14 seconds
- General – I know 3 different ways to get a player out

### **Green Cap Level**

- Throwing – Able to throw 9 of 15 in the strike zone from 20 feet
- Receiving – Able to catch 5/5 ground balls, 5/5 fly balls, and 5/5 balls thrown by a partner from 15 feet
- Hitting – Able to hit 7/15 balls past the base paths, rolling or in the air
- Base Running – Able to run around the bases in 27 seconds
- General – I know where to throw the ball when I field it

### **Blue Cap Level**

- Throwing – Able to throw the ball at a distance of 50 feet
- Receiving – Able to catch 12/15 fly balls not directly hit to me (20 feet in front, 5-10 feet left and right)
- Hitting – Able to hit 12/15 balls on the outfield grass
- Base Running – Able to run to 1st base in 5 seconds or less
- General – I know the difference between a hit and an error; a strike and a ball; safe and out; a single, double, triple and HR; fair and foul

### **Red Cap Level**

- Throwing – From a fielding position, I can throw 10/15 balls to 1st from SS
- Receiving – Able to field 5/5 grounders to the left and 5/5 grounders to the right (regular distance)
- Hitting – Able to hit 10/15 between cones
- Base Running – I can run from 1st to 3rd in 11 seconds with a correct slide at 3rd base
- General – I know where to position myself depending on the hitter