



## **SOUTHWES KITCHENER OPTIMIST**

### **3-Pitch RULES**

\*All games Tuesday—Thursday **START AT 6:30 PM sharp**; there will be a 15-minute grace point at the beginning of the game to wait for players if need be. (However, please ask your players to be at the ball field (5-10 minutes) before game time.

**SECTION 1:** 3-Pitch Outline

**SECTION 2:** Equipment

**SECTION 3:** Rules

### **SECTION 1: 3-Pitch OUTLINE**

**THE LEAGUE:** Is governed by the Southwest Kitchener Optimist Club.

**THE GAME:** 3-Pitch is a game of baseball between two teams of 10 players each inning, however 9 could be adequate if the team is short players. If less than 8 players, the game is forfeited but still played by dividing up the kids evenly and playing for fun. Games begin when the umpire calls “**Play Ball**” A regulation game consists of 7 innings. No full innings will start past the time of 8:15 pm. In the event the umpire terminates the game before the end of 7 complete innings (e.g. Rain) or curfew the score reverts back to the last completed inning. It is to get young people interested in the game of baseball by stressing and maintaining active participation of all players.

## **SECTION 2: EQUIPMENT**

**UNIFORMS:** All players must wear proper uniforms consisting of **team t-shirt and cap**. This uniform is to remain intact during the full ball season, and defacing the uniform with writing or by ripping it will not be tolerated. We must have respect for the Companies and individuals that sponsor our league.

**GLOVES:** (a) The catcher may wear any type of baseball glove. (b) The first baseman Shall be permitted to wear a trapper mitt (glove). (c) All other members of the fielding team must wear fielder's gloves (fingered).

**HELMETS:** **Must be supplied by the players. They must be worn by the players while at bat and while running the bases. Chin straps must be used and fastened properly at all times.**

**CLOTHING:** (a) Shoes with metal cleats are prohibited. Shoes with rubber cleats may be used. **Totally enclosed footwear must be worn.** (b) Sun-glasses are prohibited. (c) **Long pants must be worn.** (Capri's are acceptable) Shorts, dresses etc. are prohibited.

**CATCHER'S EQUIPMENT:** Shall consist of a chest protector, shin guards and a face mask; which must be worn during practices, game warm-ups and during the game.

**PITCHER'S EQUIPMENT:** Wearing a facemask is optional.

**BALL, BATS ETC:** Will be provided by the **Optimist Club of Southwest Kitchener.**

## **SECTION 3: RULES**

### **LINE-UPS:**

All players with the exception of the Pitcher must **ROTATE** every inning. **There will be No playing the same position twice in the same game.** (Unless you are playing with only 9 players.) No player shall sit out a second time before everyone has sat out at least once and no player will sit out 2 consecutive innings. A coin is tossed to decide which team is home. The score keepers get the opposing teams list for scoring. A player must be listed to bat in the same position for each inning they play. All line-up changes must be reported to the score keeper of the opposing team and umpire. Late arrival players will be allowed to play at their arrival.

### **DEFENSIVE TEAM:**

- Only the offensive team can have Coaches on 1<sup>st</sup> and 3<sup>rd</sup> base. The Defensive Coach must stay in their bench area.

- Shall have a catcher who shall play a position normally taken by the catcher behind the home plate, far enough back to not interfere with the batter while batting.
- The pitcher shall be the coach of the same team up to bat. The Offensive pitcher is to position themselves next to the coach who is pitching.
- 5 reasonable pitches to each batter. If batter misses all 5 they are out.
- Outfielders cannot make the “**OUT**” themselves on any base; the base person must make it.
- Players must be reminded not to play the baseline, because it belongs to the runner. “**This is a Safety Issue**”
- In 3-Pitch, the pitcher must move themselves completely out of the play area as soon as the ball is hit. Otherwise the run will stand.
- A ball is in play until it is returned to the pitcher. Runners can run while the ball is being thrown around or held by another player.
- All players must make a good attempt to throw the ball overhand.

#### **OFFENSIVE TEAM:**

- Shall have a manager and two coaches in the area. The coaches may coach at first and third bases and must stay in the coaches box at all times.
- A ball is in play until it is returned to the pitcher. Runners can run while the ball is being thrown around or held by another player.
- **No** Lead offs or Stealing.
- If a player is injured during a play, “**TIME**” will be called immediately and runners will only get “**One**” base errand.
- If a fly ball is interrupted by a defensive player or team member before hitting the ground it is a fair play and remains in play.
- On a fly ball, the base runners must remain on the base until after the ball is caught and then they can attempt to run.
- **Bunting is not allowed**
- When the runner crosses the no return line between 3<sup>rd</sup> and home they cannot go back to 3<sup>rd</sup>, but must continue to cross the home plate line. The catcher touching home plate can only put them out. A tag cannot put them out. A runner will be automatically out if they touch home plate.
- When the runner is not allowed the base line by an opposing player who is not attempting to make a play on the ball, the umpire will award the number of bases he/she decides the runner would have achieved.
- If a player has to miss their turn at bat for any reason, it will automatically be counted as an out.
- Batter who hits the pitcher is awarded a strike. If the pitcher is called for interference the umpire will award bases or home plate as they see fit.

Foul language **WILL NOT** be tolerated. A warning will be given first, followed by a removal from the game.

**Mercy Rule:** Seven runs over the score line but the 7<sup>th</sup> inning is Open.

If a player arrives at a game with a more serious injury, they WILL NOT be able to play. However, with a minor injury they will be allowed to play with a note from a parent/guardian absolving the Optimist of all legal responsibilities. If need be a pinch runner can be used for the batter. This person must be the last person struck out. In the case of injury while playing the game, it will be at the discretion of the Coach whether the player should play or not for his or her own safety.

3-Pitch field—bases should be 60ft apart. Must have a scoring line. Determine where the no return line is.

Coaches will be asked to sign a Morality Contract with the Optimist Club, which they will be expected to abide with.

Please remember the UMPIRERS ARE VOLUNTEERS doing their best to make the ball season go well. Mistakes sometimes happen in all sports. Suck it up and enjoy the game, no one is getting paid and....

**IT'S FOR THE KIDS!!!!**

**PLEASE ENCOURAGE YOUR PLAYERS TO SIT TOGETHER ON THE BENCH DURING A GAME, RATHER THEN WITH PARENTS OR RUNNING AROUND. THIS WILL INSTILL TEAM WORK AND SPIRIT!!!**

**THIS WILL ALSO ENCOURAGE THEM TO CHEER EACH OTHER ON AND LEARN FROM EACH OTHER.**

**We encourage YOU to take time to Enjoy what we have all Volunteered for,  
FUN!!!**