

Rules U7	
Base Path Distances	40'
Pitching Distance	25-30'
Coach Pitch	5 balls, no fouling out, no walks, must pitch from correct distance, tee after 5th pitch, two chances to hit off the tee.
	or 3 balls then tee
	Only after 5 pitches does the catcher return the balls
Safety Zone	4ft diameter circle around coach, with hash marks at half on either side - if ball hits coach or remains in the circle 1 base is awarded (only for forced runners), ball through the circle is live
	If coach is hit with a batted ball, it is dead and will count as a pitch against the batter - OSSTA rule
Ball	10" softer "COR" ball or indoor ball - Easton Incredi-Ball
Batter's Box & Ondeck Circles	Yes
Helmet	All batters with cage and strap
Masks	All infielders wear a face mask
Homeplate	Regular 17"
Safety Bag	Yes
Catcher	Player or coach - player to wear full catcher's gear, can use their own glove
Players	No forfeit rule or player minimum
	Late players added to bottom, no automatic outs
	If a player is ejected, an "out" shall be recorded each and every time the player's spot in the batting rotation comes up
Substitutions	Unlimited defensive substitutions
Catcher Courtesy Runner	Yes, two outs and replaced with last out
Courtesy Runner	Only for injury at the time of play, must be replaced by the player furthest away in the line up
Call Ups	Yes, from lower or equal divisions ONLY to replace missing players during regular season
Equal Play	All players must play an equal number of innings where possible during regular season
	A player must not sit consecutive innings
	No player will sit a second inning until every player has sat at least one inning and so forth
	No player will play more than 2 consecutive innings in the outfield during regular season

Regulation Game	No new inning after 60 min or 5 innings, whichever comes first
	In case of weather, min of 3 innings completed to count as a game or 2.5 if home team is ahead - 4 or 3.5 innings for tournament
	In case of weather or cancellation by umpire, when two innings have been completed, the score of the game will revert to the last fully completed innig
Mercy Rule	No
Run Limit	3 outs or 5 runs for all 5 innings during regular season and tournament
Scoring	Must touch homeplate
Pitcher Position	On hash marks at time of pitch, cannot enter the circle
Fielding	4 outfield, 6 infield
Player Positioning	Player Positioning 4 outfielders must have both feet on the grass prior to the ball being hit, infractions will be ruled as a "no pitch" - where does outfield start? Mark with a cone?
Coaches	Offensive and defensive coaches are permitted on the playing field
Charged Conferences	N/A
Hit by a Batted Ball	A runner is out if struck by a batted ball in fair territory while off base, and before it passes a fielder, excluding the pitcher
Intentional Walks	No
Number of Batters	All players bat, no last batter
Bunting	No
Drop 3rd Strike	No
Thrown Bat	One team warning then called out, no runner advancing
Infield Fly	No
Stealing	No
Lead Offs	No, runner may not leave until the ball is hit
Sliding	Not into first, feet first only into bag/plate, head first only back to the bag
Base Runner Advancement	After a fairly hit ball, the advancing of runners is not considered over until the ball is returned to the infield, in possession by another defensive player within the base path - umpire calls time? OR
	Runners will only advance one base at a time for a ball hit to the infield, runners may advance to second if a ball is hit to the outfield, but must stop at second base
Overthrows at 1st	No advancing, baserunners may be sent back depending on outcome of the throw, players can run on a dropped ball

Overthrows/Out of Play	All runners, including the batter, will be awarded the base they are going to at the time of the throw. NO additional bases will be awarded
Tie Break	No, regular season games end in a tie
	Tiebreaker rule ineffect for elimination games at tournament
	At the start of each extra inning, a runner is placed on second base, the runner will be the last batter scheduled to bat in that inning. At least one full inning is played, allowing each team the same chance to score. If the score remains tied, the same process is used in each inning until one team score more runs than the other at the end of a complete inning.
Cheering	Positive cheering only. The conduct of the team, its spectators and coaches are the responsibility of the coach, umpires can warn and eject
Miscellaneous	
Umpires	
Shoes	No metal cleats
Cathers Equipment	Mask, throat protector and helmet (warm up too), body protector, shin guards
Uniforms	Matching shirts with number, rosters submitted prior to first game
Jewelry	No or taped, 1 warning then called out
League Games Start Date	Saturday, May 17, 2025
Wrap Up Weekend	July 17th weekend