



REC COACH PITCH LEAGUE RULES | 7U

FALL 2025 & SPRING 2026

LEAGUE STRUCTURE

AGE DIVISIONS

The league is split by age group into divisions. Most divisions will be 'pure age' (all players with a birthday during the same 1-year span), but some will be 'combined age' when necessary, due to lower participation. A player's age grouping will be determined by age on April 30, 2026. Players may 'play up' one division if requested by the parent. [See Age Chart for more details](#)

TEAM COMPOSITION

Each team will have a minimum of 10 and a maximum of 13 players on the roster. All players must be registered with FBSA and assigned to a team roster to be eligible to play. Teams will be formed by a League Director, who will consider school zone, parent requests and prior team assignment when building rosters. Coaches are not allowed to 'recruit' players through tryouts or other means, and the League Director has final say on roster assignments.

EQUIPMENT

BATS

All bats must have a permanent USSSA, USA, or BBCOR mark and a max drop of 12 (-12)

HELMETS AND SAFETY GEAR

Players must wear all appropriate protective equipment when on the field. All batters and base runners must wear a protective helmet. The catcher must wear all assigned equipment during games, practices, or while warming up a pitcher. This includes protective catcher's helmet with face mask, chest protector, shin guards, protective cup.

FOOTWEAR

Players may not wear metal cleats/spikes – molded cleats only. Pitchers must wear turf shoes or tennis shoes when pitching from a portable/turf mound.

UNIFORMS

All players must wear a team-provided uniform during all games, consisting of a jersey, cap, baseball pants, and socks, matching the rest of the team. The jersey must have a unique number and may not be altered in any way. Jerseys must always be tucked in during the game and a player's legs must be fully covered by a combination of pants and socks. Any player in violation of these rules must leave the game until they are able to conform.

TRAINING TOOLS

There shall be no extra warm-up or practice gear used on the field during an official game. The on-deck batter may use a bat weight (donut).



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GENERAL RULES

CONDUCT

Coaches are responsible, and accountable, for their behavior and that of their players and fans. Umpires may eject a coach if they, their players, or their fans are acting unruly. Game forfeiture may also result if the umpire considers it necessary. If a coach is ejected from a game for any reason, the coach will also serve a mandatory one-game suspension.

BANNED SUBSTANCES

Coaches, parents, and players may not smoke/vape or use tobacco products, or use, have, or be under the influence of alcohol or illegal drugs in the presence of children. This includes games, practices, and all FBSA related events.

NOISE

No artificial noise makers (such as train/air horns) are allowed during games. Warm-up or walk-up music is allowed, and may be controlled by the offensive team only, during their turn at bat.

PROTESTS

No protest will be allowed or heard where a judgment call by an umpire is involved, only on application of a rule. A protest must be made to the head umpire, opposing coach and official scorekeeper immediately following the disputed call before any play is resumed. The protest must then be filed in writing, within twenty-four (24) hours to the League Director (via e-mail). Resolution of a protest will be made by league officials after hearing from the protesting coach, the opposing coach and the umpire. A meeting may or may not be necessary for this to occur. If a meeting is required, no more than two representatives from each team shall attend.

AMENDMENTS

No amendments to these rules may be made on-field by an umpire or coach. All rule changes must be voted on by the FBSA board and approved by the league Commissioner.

SCORES AND STANDINGS

SCOREKEEPING

The Home team is responsible for providing the official scorekeeper. The Visiting team is responsible for providing the scoreboard operator. The scorekeeper may use a paper scorebook or a digital scorebook (GameChanger), but must at minimum track hits, runs scored, and outs for each player on both teams.



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REPORTING SCORES

The Home team coach is responsible for recording the scores for both teams in TeamSideline (FBSA's league management platform) within twenty-four (24) hours of the game start time.

PLAYOFF TIE-BREAKERS

In the case of a season record tie, the following criteria (in order listed) will be used to determine end of season standings as well as tournament seeding where applicable: (1) Winning Percentage, (2) Record in Head-to-head Games (all teams involved must have played each other), (3) Average Runs Allowed, (4) Average Runs Scored, (5) Coin Toss.

PLAYER SAFETY

BLOOD RULE

Any player with visible bleeding must leave the game until the bleeding stops or the blood is covered. Free substitution is allowed, and there will be no automatic out if the player is due to bat.

INJURIES

An accident report for all injuries to FBSA participants, including members or other organizations, must be reported to the Board by the FBSA manager or coach or official responsible within 24 hours of the incident.

THROWN EQUIPMENT

Bats or helmets thrown during a game may result in ejection of the offending player (or coach), at the umpires' discretion. If a thrown bat strikes the catcher or umpire, regardless of intent, the umpire will call the batter out, without warning.

NO CONTACT RULE

Base runners must avoid contact with a defensive player, even if the defensive player is out of position and obstructing the runners' path. If a base runner initiates contact with a defensive player, and the umpire believes it to be *intentional*, the runner will be ruled 'out' and ejected from the game. If the umpire believes it to be *unintentional*, the runner will only be ruled 'out'.

FIELD SETUP

PITCHING DISTANCE

The distance between home plate and the pitching area is thirty to forty-two (30-42) feet.

BASE DISTANCE

The distance between each base is 60 feet.



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FAIR BALL ARC

There is a twenty (20) foot arc drawn between the First Baseline and Third Baseline, in front of home plate. A batted ball must go past this line to be considered fair.

SAFETY ARC

There is a thirty (30) foot arc drawn between the First Baseline and Third Baseline, in front of home plate. Infielders must stay behind this line until the ball is hit.

PITCHING CIRCLE

There is a ten (10) foot diameter circle with the front edge at forty-two (42) feet from the rear point of home plate.

PITCHER'S LINE

There is a line drawn from the Pitching Circle to the Safety Arc. The pitching coach must keep one foot on or straddle this line. The coach may deliver the pitch from anywhere along this line (between 30 and 42 feet) and must remain inside the Pitching Circle throughout the entire pitching motion, including follow-through.

DUGOUTS

The Home team will use the dugout on the First Baseline and the Visiting team will use the dugout on the Third Baseline. During play, all offensive players must remain in their dugout except the batter, on-deck hitter and base runners.

LINEUPS

PLAYER ELIGIBILITY

All players must be registered with FBSA and rostered to play in an official game. Teams with fewer than ten (10) eligible players, present and ready to play at the scheduled start time must forfeit the game. Teams without enough eligible players to field a full team (10) may choose to add up to two (2) 'guest players', up to 10 total players (see **GUEST PLAYERS** below).

LINEUP CARD

Coaches must exchange lineup cards (physically, or digitally through GameChanger) during the pregame plate meeting (or before). Lineup cards must include the first name, last name, jersey number, and position in the batting order, for all players present and ready to play. All players will bat in a continuous rotation, and players arriving late will be added to the end of the lineup as they arrive.



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GUEST PLAYERS

Guest players must be rostered in the same league and division or one division below. Guest players must wear the uniform from the team for which they are rostered, play an outfield position, and bat at the end of the lineup. Guest players may not be added to the lineup after the start of the game. Any player used in violation of these rules results in an immediate forfeiture of the game and a mandatory one-game suspension for the coach.

FAIR PLAY

No player may sit out 2 consecutive innings, or more than 2 total innings per game. No player may sit out a 2nd inning before every other player has sat for 1 inning (pitchers of record are exempt from this rule). Players that do not attend 50% or more of the planned team practices may sit out 2 consecutive innings, but no more than 4 innings in a game; the coach must first notify the player's parents and their League Director. Coaches who violate these rules may be subject to punishment, including game forfeiture and/or suspension.

INCLEMENT WEATHER

DELAYS OR SHORTENED GAMES

The safety of the players will be prime consideration. At the direction of the umpires or League Directors, a game may be delayed or shortened due to weather or conditions potentially harmful to the players. The umpire will first impose a 30-minute (maximum) game delay before canceling a game. In the event a game is cancelled, it is considered complete after at least 45 minutes of game play.

MAKE UP GAMES

Incomplete games or 'rainouts' will be rescheduled, if possible. The League Scheduler will make the decision to make up games, considering field availability; some games may not be rescheduled.

GAME PLAY

LENGTH OF GAME

A regulation game is 6 innings or 60 minutes, whichever comes first. When time has expired, games will continue through the end of the current inning unless the losing team cannot tie or take the lead during the inning, per the inning run rules.

INNINGS AND OUTS

Each half-inning ends after 3 outs or 7 runs, whichever comes first. A game may only go into extra innings in playoffs or championship games; regular season games may end in a tie.



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MERCY RULE

If a team is ahead by 15 runs after three (3) complete innings, 10 runs after four (4) complete innings, or 8 runs after five (5) complete innings, they are considered the winner.

PREGAME WARMUPS

No pre-game warmups will be allowed on the infield prior to the start of a game. This includes the pitcher's mound and home plate area. All warmups shall be conducted in the outfield or designated shared areas, away from the field.

MOUND VISITS

A member of the coaching staff is allowed one (1) mound visit per inning, per pitcher. If the same pitcher is visited twice in one inning, the pitcher must be removed.

COACHES

Five (5) total coaches are allowed in the dugout and/or on the field. Three (3) *offensive* coaches will be allowed on the field: one (1) coach-pitcher and two (2) base coaches. One (1) *defensive* coach will be stationed behind the catcher to retrieve balls to speed up play. The coach-pitcher and defensive coach may not participate or direct their team in any way during play. However, the coach-pitcher may coach the batter in the batter's box before the ball is pitched.

THE DEFENSE

The defense will consist of 10 players: pitcher, catcher, first basemen, second basemen, third basemen, shortstop, and four outfielders (teams playing with less than 10 players are required to have a pitcher and catcher at minimum; the remaining positions are the coach's discretion). Infielders may not advance more than ten (10) feet towards home plate before the ball is pitched. Outfielders must be no less than twenty (20) feet behind the baseline, in the outfield grass at minimum. Defensive players may not block the base lines unless they are in possession of the ball or in the process of receiving the ball.

THE COACH-PITCHER

The pitching will be done by one of the batting team's coaches. The coach-pitcher must always remain inside the Pitching Circle. The ball must be delivered overhand, and from a position that allows him/her to avoid interfering with the opposing team's defensive players. If the coach-pitcher fails to position themselves so that the fielders can make a play, or if the ball hits the coach-pitcher, the ball becomes dead, and the pitch counts as one of the six (6) total pitches the batter is allowed. The coach-pitcher may not participate or direct their team in any way after the pitch is thrown.

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THE DEFENSIVE-PITCHER

The defensive player in the pitcher position will stay even with or behind the pitching rubber, 3-4 feet to the right or left of the coach-pitcher; both feet must remain within the Pitching Circle until the ball is hit.

STOPPING PLAY

Umpires will call 'Time' when a defensive player has gained control of the ball within the baselines, and the ball will be declared dead. Base runners must return to the previous base legally touched, unless they have made a discernible turn to the next base prior to a dead ball being called. On an attempted defensive play, runners may advance at their own risk.

THE BATTER

Batters will attempt to hit pitches from their coach-pitcher and will have up to three (3) swinging strikes or up to six (6) total pitches to put the ball in play. If the sixth (6th) pitch is fouled off, the batter will continue the at-bat unless the ball is caught in the air. Batters are not permitted to bunt or swing easy; doing so will result in a dead ball and loss of one of the six (6) pitches.

THE BASE RUNNER

Base runners are not permitted to steal or leadoff bases and must remain in contact with the base until the ball is hit. If the runner leaves the base early, the result is a dead ball. On an overthrow of an infield play the base runner may attempt to advance to the next base, at risk. If the resulting play is another overthrow, the base runner must stop at the base they were going to. If an outfielder throws the ball to a cut-off (infielder) who in turn makes an overthrow, this is deemed a continuation of an outfield play and the runner may continue to advance.