

**Please see the following so you are aware of how the games should progress:**

**Game Structure:**

- Warm-up will be 30 minutes long
    - Home team will practice on the infield for 15 minutes while the visiting team runs drills in the outfield, then the visiting team will practice on the infield for 15 minutes while the home team runs drills in the outfield.
- Field Setup: - 45' base lines - Batting Tee

**Team responsibilities:**

- Home team as listed on TeamLinkt
  - Field setup
  - Field Maintenance before and after game.
- Each team keeps their own batting line up.

**Rules Offence:**

- Start inning with loaded bases
- Every player bats, every inning
- 4 pitches per player from the coach - If there is no hit after 4 coach pitches, set up batting tee for player to hit from.
- Advancing runner after hit
  - Infield hit – 1 base
  - Outfield hit – 2 bases
  - Last batter runs around the bases, and the team in the field throws ball to home plate.
- No outs, every player runs the bases
- Batting team supplies home plate coach
- Batting team coach operates pitching machine.

**Rules Defence:**

- All players on the field
    - Catcher and pitcher play full inning
    - Infield positions rotate every inning
- Coach on the field with their team Practice Team.

**Baseball Canada FUNdamentals:**

**What is Rally Cap?**

The Rally Cap Program is an initiative to enhance players' and coaches' first experience with the game of baseball! The program helps teach players the five FUNdamentals of baseball (*Fundamental movement skills, throwing, receiving, hitting, base running*) in a fun and safe environment. Players have the opportunity

to learn, acquire and perform different baseball skills in order to progress through the different levels of the program.

### **Goals**

1. Create a fun environment in which children and adults are actively engaged together in the game of baseball.
2. Develop fundamental motor skills, teach baseball skills, and basic rules to our athletes.
3. Experience success with an emphasis on respect and fair play.
4. Promote increased self-esteem among Rally Cap participants.
5. Recruit new coaches, parent helpers and volunteers

<https://www.baseball.ca/rally-cap-initiation-program>, 2025

\*\*\*\* Drills will be suggested and demonstrated at the Pre-Season Coach's Meeting\*\*\*\*