

2023 U7/U9 Adapted Rules

1. Measure out a 90ft home run/automatic double line from the point of home plate. Mark the line with cones and white spray paint for the lock boxes. If a ball is hit in the air and lands over the line, it is a home run and the batter is given the opportunity to run the whole bases. If the ball rolls through the line, the batter is awarded an automatic double. A coach or team parent will be in the outfield to corral balls. This will allow for the game to immediately move onto the next hitter. All other hits in the infield will result in one base.
2. There will be no outfield positions, all 7 players will be in the infield.
3. Batter is to be given SEVEN pitches from the machine by a parent pitcher. If the player has not hit a fair ball after 7 tries, she is to hit off the tee and take her base. There should be NO "live pitches" from any adult or child pitchers, as this can lead to injury and slows the game down.
4. There are NO STRIKE-OUTS at any time during the season. Players NEED to learn base-running and achieve as much success during adapted game play as possible.
5. Outs at base may occur, but ONLY after the team has played FIVE games. Players need to understand the urgency of gaining bases, but only after they have learned the concept of base-running and outs. In the case of one team achieving five games ahead of another team, it is the team with the least number of games that this rule applies to. This is a conversation that needs to take place BEFORE the game starts.
6. Fielder's masks are required for all infielders. These can be masks (i.e. Game Face) or helmets with cages. Masks or cages for outfielders are optional. Although not mandatory, Jills are highly recommended.
7. Player at back-catcher positions IS NOT responsible for corralling the balls coming from the pitching machine. A coach or team parent, should be to the back of the hitter for safety reasons, and they will corral the balls and put in a bucket. The catcher does not need to return the ball to the pitcher. This will allow the next pitch sequence to happen immediately and speed up the game accordingly.

8. Coaches should remember, that these early years, need to be about fun and safety. The Learn-to-play system has been developed by Softball Canada to allow children to develop skills while focusing on the fun aspect, not on game results.
9. Please use a reverse batting line up, every other inning. For example 1-7 will bat in the first inning, then 7-1 for the second inning. This will allow the kids batting in the first or last the opportunity to run the bases appropriately.
10. Players should arrive a 30-45 minutes before the start of the game to warm up, and coaches should use this time as a pre-game practice.
11. Game length will be 45 minutes, ideally 2-3 times through BOTH batting orders.
12. End each game with a Dragon Race/Base Race. One team starts at Second base, the other at Home Plate. Use a ball for transferring from one teammate to the other.