

Lakeview Playground – Girls 7/8 Cabbageball Rules

General

1. All players will both bat and play in the field. A team must have at least seven (7) players to begin a game.
2. Coaches on the field: Offense – maximum of three (3) coaches (pitcher, 1st, 3rd base). Defense – up to two (2) coaches behind outfielders; one must remain in the dugout.
3. The home team keeps the official scorebook; the visiting team operates the scoreboard.
4. Coaches must remain behind designated lines at 1st and 3rd base.
5. Coaches may not push, pull, stop, or touch players. First offense = warning; subsequent = runner out.
6. Pitching coach may not coach from the mound after pitching.
7. Lineup rules: players listed but not playing are outs; injured players are skipped; late arrivals added to bottom of the lineup; early departures other than for medical reasons = one out then skipped.
8. Infield = 7 players (including 1 short short). First base, 2nd base, 3rd base, pitcher, catcher, and 1 short short.
9. Short short: stand 8 ft behind plate. Bases = 27 ft. Pitcher line = 27 ft, one foot contact.

Gameplay

10. A batter hit by her own batted ball in the box is a foul ball; outside the box with the runner or batter first to come into contact with the ball is an out and a dead ball.
11. Any ball touching home plate is fair. Umpire signals fair silently. If a ball hits fair and then rolls foul, it is still a fair ball.
12. Coach-pitcher must start and stay on pitcher's line; may not obstruct play.

Game Format

13. Games are 5 innings or 1-hour limit. No new inning after time expires.
14. 10-run rule after 3 innings; 7-run rule per inning applies the whole game. Once mathematically out of the game, the game will end.
15. In the event of rain or lightning a game is official after 3 innings; if before 3, resume from stoppage with same lineup.
16. Thrown bat: one team warning, second offense by the team makes the batter out; dead ball, no runners may advance.
17. Players are not allowed to get off the base before the ball is hit, if a player leaves the base before the ball is hit a team warning will be issued. The second incident makes the base runner out.

Frozen/Checked Runner Rule

18. A runner is frozen when fielder calls 'Check' in front of the lead runner and umpire confirms.
19. Once the lead runner is frozen, all base runners are frozen.

20. If a runner is more than halfway, they will be awarded that base; if the runner is not halfway they must return to the prior base.
21. If a player throws to the pitcher while runners are moving the ball remains live, if the runners are stationary, it is a dead ball.

Additional Rules

22. Running outside baseline to avoid a tag, the runner is out.
23. Obstruction = award next base.
24. If a player is hit in the head with the ball, play stops immediately and runners advance one base.
25. Teams failing to notify players of a game = forfeit next game.
26. League director handles reschedules; no-shows forfeit.

Playoffs

27. Championship: full 5 innings, no time limit. 10-run rule after 3 innings.
28. If only 8 players: one out after lineup; 7 players: two outs.

Conduct & Equipment

29. No alcohol before/during practice or games.
30. Rules adapted from CSAL Indoor Rules.
31. Pitcher may play left/right of adult pitcher.
32. Tee ball/softball bats only; baseball bats not allowed.
33. Umpire has full authority.

Lakeview Code of Conduct and Discipline Plan for Players, Coaches, Parents, and Spectators

This Code of Conduct and Discipline Plan applies to all Lakeview players, coaches, parents, and spectators.

1. Purpose

The Code of Conduct emphasizes maintaining respect, sportsmanship, and safety. Everyone is expected to uphold the ideals of fair play and positive conduct. Remember: this is a youth sports organization—the game is for children, not adults.

2. Core Expectations

Six Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring, Good Citizenship.

Players: respect others, avoid profanity or taunting, attend regularly, accept decisions, follow rules, no bullying.

Coaches: model sportsmanship, encourage effort, refrain from yelling, communicate respectfully, no abuse, only head coach questions calls.

Parents: respect everyone, no profanity or arguing, model sportsmanship, support coaches, avoid drugs/alcohol, emphasize fun and learning.

3. Discipline Framework

Only head coaches may question calls. Arguing or misconduct can result in ejection and suspension. Offenses are cumulative per season.

Rule violations (illegal bats, batting out of order, improper fielding) may result in warnings or suspensions.

Disciplinary Steps:

- First Offense: Verbal warning, documented.
- Second Offense: 1-game suspension (players/coaches), removal from next game (parents). Formal written warning.
- Third Offense: 2–3 game suspension, probation for season.
- Fourth or Severe Violation: Immediate suspension or expulsion after committee review.

4. Automatic Disqualifiers

- Fighting or physical assault
- Threats or intimidation
- Discriminatory language
- Drugs/alcohol use at events
- Arguing calls by anyone but head coach
- Failure to leave park after ejection

5. Appeals Process

Individuals may file a written appeal within 5 days. The committee will review within 7 days and issue a decision.

6. League Responsibilities

Train coaches, require signed Codes of Conduct, enforce consistently, and maintain records.

7. Board Discretion

The Board of Directors may impose additional or immediate discipline depending on severity.

8. Reminders

- Do not block driveways or exits.
- Keep the park clean.
- Only coaches, dugout parents, league directors, and umpires in dugouts or on field.
- Batting helmets required in cages and on the field.

9. Acknowledgment

All players, parents, and coaches must sign an acknowledgment form confirming receipt and understanding before participation.