

5U Rules

- **5U is a Developmental Baseball League designed specifically for Skill Development, Skill Mastery and Enjoyment of the players. The purpose of the 5U Rules are to support DEVELOPMENT for players to master basic skills that will help them learn how to correctly and successfully play baseball and help develop a long lasting Love for the Greatest Game.**
- A Skill Mastery Program has been established by the League.
- Practice Plans will be provided by the League.
- During each PRACTICE event, there will be THREE PHASES.
 - PHASE 1: Mobility Warm Up and Throwing and Receiving Skill Development drills worked by all players, with focus on proper warm up (functional movement skills), fundamentals of throwing and receiving the baseball. This is a critical part of each session as it develops athleticism, rhythm and timing. As many reps as possible during the allotted time. Phase 1 repeats at all team events.
 - PHASE 2: Skill Development - focus on very specific skill development and skill mastery. As many reps as possible during the allotted time. Skills change weekly and many are repeated.
 - PHASE 3: Competitive Game Situations, 6 vs 6 working on the specific skills that were introduced during Phase 2. Coaches will establish game situations and players will compete 6 vs 6 and get as many reps as possible in the allotted time in a competitive environment with points being awarded.
- Coaches must adhere to the curriculum (practice plans) provided by our Skill Development Team (which is comprised of four local high school coaches and FMYSA's Skill Mastery and Skill Development team).

GAME PLAY RULES (The Season Consists of SPLIT GAMES and REGULAR GAMES)

Updated 2/8/2023

- **REGULAR GAMES:** All players should assume a defensive position on the field as rotated by the coach. Teams are allowed 1 pitcher and 1 catcher, and each of the standard infield positions (1st, 2nd, 3rd, SS), for a total of 6 infielders. NOTE: Teams with 13+ players are allowed 7th infield position (*stationed in front of 2nd base, at least 10 feet behind the pitcher*). The child-pitcher must position themselves on either the right or left side of the 38' pitching rubber and be no more than 3' from the

rubber (floating pitching distance, but child-pitcher should remain 38' feet away {i.e., no closer than 38'}).

- **SPLIT GAMES:** Teams will play "Infield vs. Infield" vs. another team. Teams will divide their players in half with the Head Coach having half and an Assistant Coach having half and they will play vs. another team doing the same (*two teams, two fields, in an "infield vs. infield" format*). In the SPLIT GAME format each team will bat their lineup twice in a row, to minimize time lost during the "1/2 inning change." In the SPLIT GAME FORMAT, we still play 2 full innings (*see below*), so the players get twice as many "at bats" and twice as many 'infield defensive opportunities". ALL OTHER RULES APPLY, JUST 1/2 team vs. 1/2 team, for more baseball opportunities in the SPLIT GAME portion of the season.
- Each team will bat the lineup twice, playing two full innings in the allotted 55 minute time limit. All players must play at least one inning of infield per game. Coaches are encouraged to rotate players through ALL POSITIONS. Coaches are also encouraged to rotate players through the batting lineup. Coaches are to have their players ready to play and "between inning time" should be kept to a minimum.
- **5U Rule (UPDATED 9/20/21):**
Fall & Spring Seasons: There is NO "STRIKEOUT" in this Age Group. Batters will be allowed to receive 4 thrown pitches from the coach pitcher, then take two swings off the tee if needed. In the event the batter does not hit the ball off the tee on the two allotted attempts, the coach will assist on the third and final attempt off the tee. The batter/runner, regardless of the result of this third attempt, will run to first base. *Given Time Constraints, and for purposes of being consistent, League Rules are maxed at 4 thrown pitches and two attempts off the tee during game play. The third and final attempt is coach assisted and batter/runner advances to first base.*
- Coach Pitchers should bring a minimum of 2 baseballs to the pitching area (we encourage you to bring 4).
- To speed up play, teams may place someone (12 years or older) behind the catcher to retrieve pitched balls and return them to the pitcher.
- 5U is played as station to station baseball, meaning runners may only advance one base at a time. Runners may not advance on overthrows, etc.
 - The only deviation to this rule is that the last batter of each ½ inning hits a HOME RUN and all baserunners advance to home plate.

- Outs are recorded, but the runner may stay on base. In addition to the normal ways in which a batter/runner may be put out, the following rule will apply with respect to force plays at any base.
 - The Fielder is in contact with the base, and
 - The Baseball contacts the fielder's glove, prior to the runner touching the base.
 - Again, an out is recorded, but the runner remains on the base.
 - Parents, Coaches & Players are ALWAYS asked to remain positive. These are very small kids playing a game. We want them to develop and master the basic skills and have FUN doing it, so they also develop a love for the Greatest Game!