

Dracut Baseball Association

Farm League Format & Guidelines

7 Year Old Division

Season Format

10 game season, divided in two halves

1st Half

- All batters will use a pitching machine for 5 pitches. The batter will hit off of a tee after the fifth pitch.
- Outs are recognized, however players will stay on base.
- Base-runners are limited too one base advancement, except for the last batter of the inning when the bases are cleared.
- An offensive inning will consist of 6 batters.
- A game is complete at the end of the 4th inning or after 1½ hours of play.
- All players play defense.
- Score is not kept.

2nd Half

- All batters will use a pitching machine for 5 pitches. The batter will hit off of a tee after the fifth pitch.
- **Outs are recognized and players are to be removed from the bases.**
- **Base runners are not limited to one base. Coaches are to instruct and should use reasonable discretion on advancing players. No extra bases on overthrows.**
- An offensive inning will consist of 6 batters. When the last (sixth) batter of the inning puts the ball in play, the inning is over once the first out is made.
- A game is complete at the end of the 4th inning or after 1½ hours of play.
- 10 players play defense. No player should sit more than 1 inning.
- **Scoring will be internal. Coaches should count outs plus runs scored, with the objective to be focused on game by game improvement. For example, in game 6 your team made 3 outs and scored 10 runs. Your team score is 13. For game 7, your goal is 14 points. Team vs Team scoring is prohibited.**

Skill & Knowledge Development

At the end of the season, our goal is to have instructed the children on the fundamentals of baseball. Development in the 7 year old division should be focused on the following:

Throwing Skills: Aim-Step-Throw, learning to play catch

Catching Skills: Correct positioning of the glove, stopping the ball (grounders), proper body positioning.

Batting Skills: Level swing and contact, batting stance, bat grip and body balance.

Game Skills: Base advancement
 Tag play vs force out
 Where to throw the ball and when.
 Basic positional knowledge

General Coaching Information

Be prepared! Have line-ups and player rotations set before the game. This will give you more time to work with the kids at the field as well as allowing for more baseball to be played.

All weekday games should start at 5:45. Please ensure that players arrive at 5:30.

When setting up the field, bases should be set at 60 feet.

Try to encourage as much parental support as YOU can manage. The more help you can get the easier your job will be. The more coaches you have will allow you to provide special instruction to those who need it. Its very important to have an adult on the bench at all times to maintain order.

Always have a coach behind the catcher when coach is pitching, this will allow you to get more than one inning completed.

It is recommended that you rotate your batting order each game. Remember your 6th batter will be allowed to circle the bases, ALL players will want to bat 6th.

Rainouts will be posted on the website at 4:30. Typically rained-out games are not made up.

Finally, we should all keep in mind why we are here: to teach these kids the basic fundamentals of baseball and more importantly for all to have a fun and safe time.