

Please see the following so you are aware of how the games should be progressing:

Game Structure:

- There are 2 teams per diamond for Jr Rally Cap games.
- Teams will rotate through game play and practicing. Sessions will be approximately 75 minutes long. Upon arrival, all teams will warm up for 15 minutes.
 - Two teams will then play one inning of a game while the third team moves to the outfield to practice drills.
 - After each inning played (both teams have batted), teams will rotate.
 - The rotation will be as follows:
 - Team on 1st base dugout side moved to 3rd base dugout
 - Team on 3rd base dugout moves to the outfield
 - The outfield team moves to the 1st base dugout.

Field Setup: - 45' base lines - 40' pitching machine - Batting Tee

Team responsibilities:

- **Home team** as listed on TeamLink
 - Field setup o 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 pitching machine - If no hit after 4 pitching machine 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**
- **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:

- **While in the outfield area**, each team will practice different drills with respect to the following FUNDamentals:
 - Fundamental movement skills
 - Throwing
 - Receiving

- Hitting
- Base Running

***** Drills will be suggested and demonstrated at the Coach's Meeting**

at Elite Performance for the 2022 Season ***