

**QUINCY PARK DISTRICT  
PARK LEAGUE BASEBALL RULES**

**Age 7 & 8**

- Will play 3 outs or score 5 runs per inning.
- Games will have a 1 hour and 5-minute time limit, and will not exceed 6 innings, unless tied after 6 and not having met the hour and 5-minute limit.
- No lead offs and no stealing.
- Play 10 in the field.
- We will use machine pitch for this league. Each batter will receive a maximum of 5 quality pitches, unless they foul off the 5<sup>th</sup> pitch, in which case they can continue to bat, until they swing and miss or put the ball in play. Batters can strike out.
- Staff will notify player and coach when the batter is on his last pitch. A quality pitch is any ball that is from the knees to the shoulders. If a pitch is deemed a “bad pitch” then the umpire working the pitching machine will notify the player and coach that the pitch does not count towards the player’s five quality pitches. A “bad pitch” will be up to the discretion of the umpire working the pitching machine.
- Only the umpire controlling the pitching machine can adjust the machine. If a coach believes the machine is off-line and not throwing accurately, they can notify the umpire and he/she can decide to adjust if necessary. Umpires may adjust the positioning of the machine, but once the game has started, the speed will not be adjusted.
- The machine will be set up 40 feet from the mound at a speed of 30-35 mph. If need be, this can be adjusted during the season, but will not be adjusted once a game has started. If a coach has concerns about the speed of the machine, they should notify the Supervisor on duty or Recreation Program Manager.
- No on deck batter allowed anywhere (on or off the field). The leadoff batter in each half-inning will be permitted to warm up outside the dugout, on the field between half innings.
- Batting order will include all players in your line up (bat everybody).
- On defense each player must play at least 3 consecutive outs. We expect each player to play more than that. This is the minimum required. Free substitution on defense.
- **NO SUNFLOWER SEEDS ARE ALLOWED IN THE DUGOUTS OR ON THE FIELD AT PEPSI, AVENUE OF LIGHTS, OR BLESSING HEALTH SYSTEM FIELDS.**

- **NO METAL SPIKES ARE ALLOWED.**
- **Refer to the USA Bat Standards.**
- **Teams must wear Park District Assigned shirts.**
- Catcher must have a throat guard attached to his mask and wear a protective cup.
- There is not a “must slide” rule. However, runners are required to avoid contact with the defensive player. Any attempt to cause a collision will result in the runner being out and possible ejection from the game.
- Umpires will have full authority during all games. While you may not agree with every call they make, unless you would like to work some games behind the plate, please show them the respect that they deserve. Remember, this is still a kid’s game and as a coach your responsibility in this league is to teach your players character, respect, and sportsmanship. All issues should be brought to the attention of the Quincy Park District staff.
- One base on an over throw that lands in foul territory. If a fielder fields the ball and throws to the umpire, the ball is dead and no advancement by the runners at that point.