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All about Rally Cap baseball (7-9 age group)

WHAT IS RALLY CAP?

This year, our 7-9 age group will play Rally Cap baseball. Rally Cap is designed for T-Ball and Blastball participants, their coaches, and parents. Three teams convene to share a playing time, with two teams playing a game while the third practices. Teams rotate after each inning. The program offers complete lesson plans and initiation drills that are a bonus for coaches and parents new to the game. The program includes a progressive element with up to three skill-testing opportunities for players each season.

WHY RALLY CAP?

Since 2005, participating associations have reported increases in registration. The program combines playing and drills to keep young participants interested, active, and learning, and coming back to the game season after season. Visit Baseball Canada for more details about the program and the skill levels rallycap.ca.

Learn more about Rally Cap baseball [here](http://rallycap.ca).





12U division rules overview

Field Dimensions:

- Bases: 60 feet apart
- Pitching Rubber: 46 feet from home plate
- Batter's Box: 3 x 6 feet
- Foul Lines: 180-200 feet
- Pitcher's Mound Height: 6 inches

Game Play:

- 6 innings, 120-minute time limit
- Extra Innings: One extra inning if tied after 6 innings (not in semi-finals/finals)
- Mercy Rule: 10-run lead after 5 innings or 4.5 innings if the home team is leading
- No new inning after 2 hours from the official start time

Special Rules:

- No head first slides (except diving back to a base)
- Slide or avoid rule in effect
- No infield fly rule
- No intentional walks
- No leadoffs
- Dropped third strike: Batter is out
- The runner cannot proceed home on a pass ball thrown by the pitcher

Note that rules may change as league discussions take place. For more information about rules, see last years' 9U/12U rulebook [here](#).



NEW 14U division rules overview

Field Dimensions:

- Bases: 70 feet.
- Pitching rubber: 48 feet.
- Pitcher's Mound Height: 6 inches
- Outfield fence distances:
Left and Right foul lines
(200 ft min, suggested 225 ft), Centre field (225 ft min, suggested 260 ft).

Game Play:

- Number of innings: 6 innings, or 120-minute time limit.
- Designated hitter rule: Not permitted.
- Extra Innings: One extra inning if tied after 6 innings (not in semi-finals/finals)

Special Rules:

- All runners are permitted to lead-off.
- No head first slides (except diving back to a base)
- Slide or avoid rule in effect
- Infield fly rule in effect
- No intentional walks
- Dropped third strike rule: in effect
- The runner may proceed home on a pass ball thrown by the pitcher

Note that rules may change as league discussions take place. For more information about rules, see last years' 9U/12U rulebook [here](#).



Mock 9U schedule - based on last years' registration

*Note: Hosts and host locations would alternate weekly, depending on registrants. **Teams will be able to submit their preferred hosting weekend(s).***

9U Division

| Rally Cap Starting Rotation | Week 1 (June 21st) | Week 2 (June 28th) | Week 3 (July 5th) | Week 4 (July 12th) | Week 5 (July 19th) | Week 6 (July 26th) | Week 7 (August 2nd) | Week 8 (August 9th) |
|------------------------------|--------------------|--------------------|-------------------|--------------------|--------------------|--------------------|---------------------|---------------------|
| Starting at Bat | Team 1 | Team 3 | Team 2 | Team 1 | Team 3 | Team 2 | Team 1 | Team 3 |
| Starting in the Field | Team 2 | Team 1 | Team 3 | Team 2 | Team 1 | Team 3 | Team 2 | Team 1 |
| Starting at Practice Station | Team 3 | Team 2 | Team 1 | Team 3 | Team 2 | Team 1 | Team 3 | Team 2 |



Mock league schedule - 12U/14U Division

*Note: Hosts and host locations would alternate weekly, less Week 1 and Week 8, which will be hosted by Baseball BC. **Teams will be able to submit their preferred hosting weekend(s).***

| Baseball BC-Hosted | | | Association-Hosted | | | | | | |
|--------------------|-----------------------|------------------------|--------------------|--------------------|-------------------|--------------------|--------------------|---|---------------------|
| Time | Week 1 (June 21st) | Week 8 (August 9th) | | Development | | | | Playoffs | |
| | | | Field | Week 2 (June 28th) | Week 3 (July 5th) | Week 4 (July 12th) | Week 5 (July 19th) | Week 6 (July 26th) | Week 7 (August 2nd) |
| 11am-1pm | Team 1 vs Team 2 | 3rd vs 2nd | Field 1 | Team 2 vs Team 3 | Team 3 vs Team 4 | Team 4 vs Team 1 | Team 1 vs Team 2 | During playoffs, each team will play against each other once. All teams will play a placement game in Week 8. | |
| 1pm-2pm | Opening Ceremonies | Break | Field 2 | Team 4 vs Team 1 | Team 1 vs Team 2 | Team 2 vs Team 3 | Team 3 vs Team 4 | | |
| 2pm-4pm | Team 3 vs Team 4 | Final (1st vs 2nd) | | | | | | | |
| 4pm-5pm | | Closing Ceremonies | | | | | | | |
| 5pm-7pm | | | | | | | | | |