

Palmer Ball Rules and Expectations

T-Ball (recommended ages 5-7)

1. Rotate player's positions.
2. There will be a sportsmanship handshake at the end of each game.
3. Use boy-girl batting orders.
4. Kids must stay seated, away from the batter when waiting to bat.
5. End of the season goals will be to 1) know how to run bases, 2) know how to hit off a tee, 3) know correct batting stance, using footprints, 4) know what is infield and outfield, 5) know how to throw to first base.
6. One-hour limit (weather and conditions allowing).
7. Flip coin for first bats.
8. No bats or metal bats from home are allowed.
9. Player must be 4 years old by May 1st.

Please use the bats provided by the program only.

Pitchball (recommended ages 8-9)

1. Rotate player's positions.
2. There will be a sportsmanship handshake at the end of each game.
3. Use boy-girl batting orders.
4. Adult coaches will pitch, a fielder stands next to the pitcher to make plays.
5. Coaches will tell the kids what the next play is.
6. Coaches will help kids learn to bat and improve batting skills.
7. Player will practice throwing and catching prior to the game and coaches need to match up kids with equal skill levels.
8. Catchers must wear masks.
9. Helmets, with baseball caps underneath, must be worn.
10. Each team will go through the entire line up per inning.
11. 35 minute time limit.
12. First team listed on schedule is Home team.

Softball Monday (recommended ages 10-14)

1. Rotate player's positions, based on ability level.
2. There will be a sportsmanship handshake at the end of each game.
3. Use boy-girl batting orders.
4. Coaches will help the kids know what the next play is and teach them to play as a team.
5. Coaches will help improve batting skills. Older, advanced players may be asked to bat "lefthanded" at umpire's discretion to protect younger players
6. Pitchers must pitch from the rubber. There is pitching mask for each pitcher at the concession stand.
7. Player will practice throwing and catching prior to the game.
8. Catchers must wear masks.
9. Helmets, with baseball caps underneath, must be worn.
10. Games will last 7 innings or 60 minutes, whichever comes first.
11. 5-run inning rule.
12. 60 minute time limit.
13. First team listed on schedule is Home team.
14. Players cannot turn 15 years old after May 1st to register for this league.

OTHER: Rain outs will be called by 5 pm.

Check website www.palmerball.com or WJON www.wjon.com

Laura 320-250-7510 email: palmerballprogram@gmail.com

We will email or text also if cancelled – please be sure your email is current and correct cell # to text

Please let your other coach know if you are going to be gone or let Amanda or Laura to find a sub if needed