



**Clarksville Parks and Recreation
Game Rules and Regulations
BlastBall!®
Ages 3-4**

1. Players Age

All players must be 3 years old before June 1.

2. Playing Field

The playing field will consist of first base loaded with a horn and home plate where the batter will hit from a "Tee."

All defensive players will line up at least 38 feet away from home plate.

The Blast Base distance from home plate is 40 feet.

Any ball hit ten feet from home plate or past the fair ball arc will be considered a fair ball and the batter shall advance to first base.

3. Equipment

All players must wear team baseball cap and team t-shirt supplied by CPRD. Cap and shirt must be worn during all games. Players can wear either shorts or pants. Baseball pants and cleats are not required.

No player shall wear a baseball/softball glove. The game ball is foam rubber and will be safe for kids to play without gloves.

All equipment for BlastBall!® will be furnished. The coach is responsible for the care and upkeep of the equipment. The balls, bat, and batting helmets will be available for check out in the press box.

Players can use their own batting helmets, if desired.

No wood or aluminum bats will be allowed. Only the provided soft bat will be used.

No player shall wear jewelry during a game; medical alert and religious bracelets or necklaces are not considered jewelry.

No cleats shall be worn. Rubber-soled shoes, such as sneakers, only.

4. General Rules

Each BlastBall!® team may have two coaches on the field of play at all times. Teams will consist of 5-7 players.

No offensive player will be allowed on the field unless he/she is wearing a batting helmet.

Each team will bat its entire roster of players present in each inning one complete time, which will constitute a half-inning of play. Each turn at bat the batting order will be reversed. (Example: if a player bats last in the first inning, he/she will bat first in the next inning).

An official game will consist of three or four innings, or 45 minutes, whichever comes first.

When at-bat, the object is to hit a fair ball, reach the base and sound the horn before the defensive team fields the ball, holds it above their head, and yells "Blast!" If the batter does not make it to the base before the defensive player yells "Blast", it is an out. If the ball is caught in the air it is considered an automatic out. Each batter will return to the dugout after running to first base.

Each batter will receive a maximum of six swings in which to hit a fair ball. A fair ball is any ball between the foul lines and past the 10-foot fair ball arc in front of the home plate.

When on defense, all players will play a defensive position at least 38 feet from home plate. No player shall play catcher.

The home team will be responsible for setting up the field for the game.

Coaches will also serve as umpires while on the field.

5. **Conduct and Sportsmanship**

The Coach/Team Manager is responsible for exemplifying and maintaining good sportsmanship at practices and games.

The Coach/Team Manager is responsible for the conduct of his/her coaches, his/her players and their parents.

6. **Recommended Drills**

- a. Toss the ball in the air and catch with **2 hands**(thumbs or pinkies together).
- b. The short catch with a partner (close at first, gradually get farther apart).
- c. The grip on throwing the ball, two or three fingers along with the thumb.
- d. When throwing, stepping in opposition with the proper leg.
- e. Pointing shoulder when throwing to a target.
- f. Overrunning the base.
- g. Proper positioning next to batting-tee while hitting.

HINT: Most kids have a tendency to want to stand too close to the tee when batting. Keep them back to allow arms to extend.

- h. Fielding ground balls with "**Palms Up**".
- i. Fielding from the "**ground up**" one motion (hands start on the ground).

Keep the fundamentals fun, basic, and simple! The KEY to BlastBall!® is Learning by Doing!