

Bloordale Baseball

7U House League Rules

Updated Feb 2026

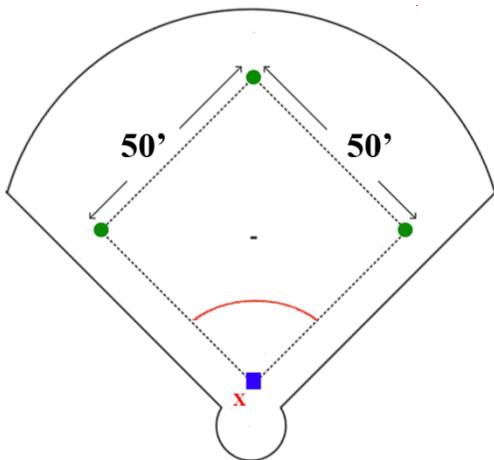


GENERAL BLOORDALE PRINCIPLES

The goal at Bloordale is to provide young people with an opportunity to enjoy the game of baseball and to develop their athletic, social and interpersonal skills. It is our goal to be fair to all players, fellow coaches, umpires and parents. As coaches and parents, we should always be good role models by promoting sportsmanship and fair play and adhere to the Bloordale Code of Conduct, found on the website: www.bloordalebaseball.com. All players are entitled to equal playing time and should be encouraged to play all positions.

The rules of baseball, and exceptions as approved by the Ontario Baseball Association, apply to Bloordale House League Baseball. This document highlights the Bloordale Baseball modifications to these rules. No rules will be changed, deleted or altered in any way without consultation from the Umpire in Chief.

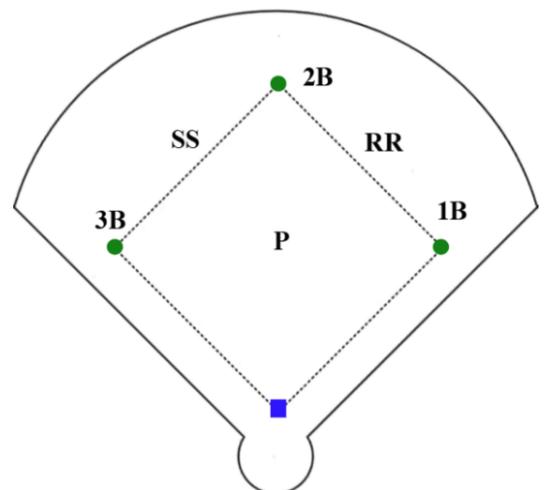
FIELD SETUP



- The field will be set up by the coaches prior to the game as a shared responsibility.
- Hammer in bases (green circles) at ~50 feet between the bases – this is an approximate distance that coaches should agree on.
- A double safety base is used at 1st. The orange side sits in foul territory and is for the runners. The white side sits in fair territory and is for the fielders.
- Place a tee at home plate (blue square), and a safety plate (red X) adjacent to the tee, as per the diagram.
- The safety plate is where runners coming from third base touch to score a run – to prevent collisions at the tee.
- Using a bat, draw a curved 'dead ball' line, approximately halfway to the pitcher (red line).

FIELDING / DEFENCE POSITIONS

- Defensive positions are Pitcher (P), First Base (1B), Right Rover (RR), Second Base (2B), Shortstop (SS), and Third Base (3B).
- Pitchers are required to wear a batting helmet.
- There is no catcher and there are no outfield positions.
- Additional players cannot be added to the field – a maximum of 6 defensive players are allowed.
- All players must be rotated through positions each new inning. No player should ever play the same position twice in the same game.
- The pitcher must be in the middle of the diamond if there is no rubber.
- Fielding players should not stand in the base paths for safety reasons.



BATTING / OFFENCE

- Coaches will set a batting order at the beginning of the game, and the order is not to change.
- Batters will proceed in order, six batters will bat in one inning.
- Every inning, the batting order picks up where it left off in the previous inning.
 - In the case of 4 players, teams forfeit the game for the purpose of standings (wins/losses), but a friendly game should be played.
 - In the case of 5 players, one batter will bat twice per inning, but the batting order should not change.
 - In the case of 6 players, coaches should start the next inning, batter 'number 1' should start the first inning, batter 'number 2' should start the second inning and so on – to prevent the same player from being first and the same player being last each inning.
 - In the case of 7-9 players, some batters won't bat in any given inning.
- All hitters hit off a tee.
- The batting team has a coach behind the plate to help instruct and set the batter for hitting. This coach is also the umpire for that half of the inning. The batting coach places the ball on the tee and play commences only after he/she checks that all fielders are paying attention and yells, "Play ball," loud enough for all fielders to hear and which then allows the batter to swing.
- Each hitter is permitted 5 swings (strikes) to hit the ball. After that an out is recorded.
- No player will be permitted more than 5 swings to keep the game moving.
- In the case that the ball stops before the 'dead ball line', the batting coach yells 'Dead ball'. Play is stopped, the coach retrieves the ball and the hit is counted as a strike.
- 'Dead balls' and foul balls are strikes, and count against the 5 swing maximum.
- Hits that stay in the infield are a single - the batter and each runner on base may only advance a maximum of one base.
- Hits first touching the infield and rolling to the outfield are automatic doubles. The batter and each runner advance two bases.
- Hits first touching the outfield (grass) are automatic home runs and all runners and the batter advance to home (safety) plate.
- **There is no advancement on an overthrow in T-ball.**
- There is no stealing in T-ball. All runners must have one foot on their base until the ball is hit.
- Runners advance at peril of being out on singles, as detailed in the defense section below. Doubles and homeruns are automatic and players cannot be out on these hits.

FIELDING / DEFENCE

- An out occurs the same way as in regular baseball except all outs are force plays (not tag outs) to prevent injury from tagging at this young age.
- A caught fly ball results in the batter being declared out. All runners return to the base they started at. There is no tagging up at this age as it's too complicated.
- Players need to be encouraged to try and make a defensive play on every live hit, regardless of whether the runners are already safe. This ensures players are developing their skills of throwing and catching. There is no advancement on overthrows and no penalty for attempting a play.
- Throws should be overhand in all circumstances except where one would expect an underhand throw, e.g. very close distance. Rolling the ball or handing the ball to another player will not result in an out and the runner will be declared safe even if the play is made.
- Players must play their position. Fielders are not allowed to run across the whole diamond to make a play. An out made by a player obviously out of position will result in the runner being safe.
- Better players are also not permitted to "steal" the ball from a teammate in order to make a play. An out made by a player who "steals" will result in the runner being declared safe.

LAST BATTER / INNING END

- On the sixth batter of the inning, prior to the first swing the batting coach will yell “Last batter”.
- After a hit, all runners will continue to run all of the bases to get home. The maximum one or two base rule does not apply.
- The inning ends when the ball is thrown to the pitcher, who places the ball on the tee. This is to avoid colliding with the runners, running towards the safety plate at home.
- Another player cannot put the ball on the tee to end the inning. If another player puts the ball on the tee, the inning continues until the pitcher touches it.
- When the pitcher places the ball on the tee, the inning is over. Any runs scored before the ball was placed on the tee count.
- Runners should be encouraged to continue to run the bases even though the inning is over.
- This is the only way to end the inning. Three outs does not end an inning. Getting the ‘last batter’ out at first does not end the inning.

COACHES

- On offence, there is a batting coach and up to two base coaches (1st and 3rd) to instruct the runners.
- On defence, coaches can stand behind the infielders to help direct/reposition the defensive players. Two or three coaches is recommended.
- Defensive coaches should not be talking to players during the at-bat, to not distract the batter.
- Coaches are not to interfere with the play or come into contact with the ball or any players on either team.

SCORING

- Each run scored by the team on offence counts as a point. Six runs scored is the maximum offensive score per inning.
- Outs made by the defensive team do not score points. They only prevent the other team from scoring runs.
- Ideally, each team should have a scorekeeper, and the teams should confirm the score each inning.
- The game lasts 4 innings.

SPORTSMANSHIP

- The main job of the coach of the team is to create a welcoming and fun atmosphere for the kids on both teams. Keep feedback positive and congratulate kids on both sides for making good plays.
- Winning and losing games means very little at this level, so emphasis should be on having fun and teaching baseball skills.
- When a rule clarification or discussion is needed, coaches should have a calm discussion away from the children. Public disagreements and parents/coaches yelling is not permitted.
- The batting coach is the umpire for the inning and is responsible for making calls. In the spirit of the game, if a call is controversial, the batting coach should confer with other coaches (even on the other team) that were closer to the play.
- Teams will shake hands after every game with no negative commentary or teasing either during the game or the handshake.
- Parents and coaches should ensure all litter is picked up and that the field left in good condition.

OTHER SAFETY CONSIDERATIONS

- There are no 'warm up swings' or 'on deck batters'. The only player holding a bat should be the batter. Bats should be stored on the inside of the cage (infield side) to discourage kids from swinging the bats.
- Each team receives one warning per game for a thrown bat. A second thrown bat results in the player being called out if the bat is thrown in a way that represents is a *safety concern*.
- **There is to be no climbing fences or playing in the equipment boxes which have very heavy lids.**
- When thunder roars, GO INDOORS! If there is thunder or lightning, don't play.

CONTACT INFORMATION

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