

## **BOYS STLWAA TRAINING LEAGUE OVERVIEW**

- Training League is for boy's ages 4-6 years of age.
- 12 game season runs May 1<sup>st</sup> through July 15th.
- All games are played at Ellisville AA or Pond AA (rained out games will be rescheduled).
- Games are scheduled throughout the week and weekends
- 5U is coach-pitch for 7 pitches and then a batting tee may be used.
- 6U division is optional coach-pitch or use pitching machine.

For additional information contact Training League Coordinators

## **EAA/PAA BOY'S TRAINING LEAGUE RULES 4U/5U DIVISION**

- PITCHING DISTANCE: 28 FEET (COACH PITCH)
  - BASE DISTANCE: 40 FEET
1. Season begins early May and continues thru mid July.
  2. Each team must provide NEW balls per game.
  3. Only STLWAA issued training league balls are to be used.
  4. Pitching machines are not to be used. If left on field from previous game please move out of play.
  5. Players should run base to base. If batted ball is still in outfield, runners may advance 1 extra base.
  6. All players bat each inning.
  7. Last batter may clear the bases (Attempt to keep defensive players in position while last batter runs).
  8. All batters and runners must wear helmets.
  9. Each batter to receive 7 pitches (At this point batter to hit off batting tee).
  10. Defensively all players are to play in the field. One player per position in the infield, all others in the outfield.
  11. No Catchers should be used.
  12. If both teams are present, no batting practice is allowed. Warm-up on your own side of field.
  13. Managers should teach players good sportsmanship and respect towards opposing team.
  14. Time limit per game in 60 minutes.

#### **EAA/PAA BOY'S TRAINING LEAGUE RULES 6U DIVISION**

- PITCHING DISTANCE: 31 FEET (MACHINE PITCH)
  - BASE DISTANCE: 40 FEET
1. Season begins early May and continues thru mid July.
  2. Each team will have 12 players minimum (Coach option for additional players)
  3. Each team must provide NEW game balls per game.
  4. Only STLWAA issued training league balls are to be used.
  5. Pitching machine is to be turned off when not in use during the game.
  6. Managers using pitching machines are responsible for making adjustments prior to game time. All players bat each inning.
  7. Last batter may clear the bases (Attempt to keep defensive players in position while last batter runs).
  8. All batters and runners must wear helmets.
  9. Each batter to receive 7 pitches (At this point batter to hit off batting tee).
  10. Batting team coaches choice to play outs or continue to run bases.
  11. Defensively all players are to play in the field. One player per position in the infield, all others in the outfield.
  12. Catchers must wear all equipment (NOTE: If catcher is used a defensive coach should be used to ensure safety).
  13. If both teams are present, no batting practice is allowed. Warm-up on your own side of field.
  14. Managers should teach players good sportsmanship and respect towards opposing team.
  15. Time limit per game is 60 minutes.
  16. Each manager should evaluate his own players and team to determine what rules to enforce that will enhance fun, learning and skills