

STLWAA Girl's Training League rules

- Sportsmanship and fair play are to be encouraged at all times.
- Every team member present for a game and able to play must be allowed to participate.
- Offensively, only 3 coaches should be on the field. One coach will pitch and a first and third base coach to typically assist the runners is advised.
- Defensively, as many coaches as necessary may be used throughout the field to assist the fielders. Fielding coaches shall not touch a ball in play or do anything to distract or obstruct an offensive play.
- Coaches of both teams while on the field will act as umpires.
- See individual age group rules for more information.
- The importance of winning or losing should be minimized and emphasis placed on instruction. Keeping score is discouraged.

For additional information contact Training League Coordinators.

EAA/PAA/BAA GIRL'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. If possible rainouts are made up.
 2. Each team will have 11 players minimum (Coach option for additional players)
 3. Each home team must provide NEW balls per game.
 4. Only STLWAA issued training league balls are to be used.
 5. Pitching machines are not to be used. If left on field from previous game please move out of play.
 6. Players should run base to base. If batted ball is still in outfield, runners may advance 1 extra base.
 7. All players bat each inning.
 8. Last batter may clear the bases (Attempt to keep defensive players in position while last batter runs).
 9. All batters and runners must wear helmets.
 10. Each batter to receive 7 pitches (At this point batter to hit off batting tee).
 11. Defensively all players are to play in the field. One player per position in the infield, all others in the outfield.
 12. No Catchers should be used at 5U.
 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.

EAA/PAA GIRL'S TRAINING LEAGUE RULES 6U DIVISION

- PITCHING DISTANCE: 28 FEET (COACH PITCH) / 31 FEET (MACHINE PITCH)
 - BASE DISTANCE: 40 FEET
1. Season begins early May and continues thru mid July. If possible rainouts are made up.
 2. Each home team must provide NEW ball per game.
 3. Only STLWAA issued training league balls are to be used.
 4. Pitching machine is to be turned off when not in use during the game. Managers using pitching machines are responsible for making adjustments prior to game time.
 5. All players bat each inning.
 6. Last batter may clear the bases (Attempt to keep defensive players in position while last batter runs).
 7. All batters and runners must wear helmets.
 8. Each batter to receive 7 pitches (At this point batter to hit off batting tee).
 9. Batting team coaches choice to play outs or continue to run bases.
 10. Defensively all players are to play in the field. One player per position in the infield, all others in the outfield.
 11. Catchers must wear all equipment (NOTE: If catcher is used a defensive coach should be used to ensure safety).
 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 is 60 minutes.
 15. Each manager should evaluate his own players and team to determine what rules to enforce that will enhance fun, learning and skills.