



Objective

The objective of BlastBall is to provide a fun, rewarding and exciting introduction to the game of baseball with a focus on basic fundamentals (throwing, catching, hitting and running). This objective should be prioritized during game play and coaches should be flexible to ensure they can be achieved each game. The following rules are provided for guidance but can be modified to suit the playing conditions, player/team skill set, etc.

Playing Rules and Guidelines

- Diamond set up and positioning – see diagram below.
- The first 15-20 minutes of each game are spent as separate teams. Coaches will lead players through a dynamic warm up and practice drills focusing on basic fundamentals. Once completed, teams will convene for a game.
- The home team will play in the field first.
- Game play will last 30-40 minutes, depending on player engagement. During the game, teams take turns switching between hitting and fielding positions. All players hit in each half inning. Depending on game flow, coaches may agree to allow their players to hit twice in each half inning before switching to the field.
- There are no umpires, no scores, no outs. However, defensive players are encouraged to complete a play to first base on every hit (i.e. field the ball and throw it to a team mate positioned near first base, who will then step on the base while holding the ball). The ball will then be returned to the coach situated near the tee for the next batter.
- Batters will hit from a tee or a pylon placed at “home base”. First base will be placed 40-45 feet from home base in the same orientation as a standard field. There are no additional bases.
- All players will hit off the tee and should be given as many opportunities to hit the ball as required. If it is evident the player is struggling to make contact, a coach should intervene to keep the game moving (i.e. help the player make contact with the ball).
- There are no foul lines and all batted balls can be considered in play. However, coaches may use their discretion to call a ball foul if it is clearly and significantly outside the typical in-play area (i.e. between 3rd base and 1st base). The player will immediately be provided another opportunity to hit a fair ball.
- There is no distance required for a batted ball to be considered in play but 10 feet is a general guideline. Again, coaches should use their discretion in this regard. A less skilled player who hits a ball 5 feet off the tee should be allowed to consider that ball in play. All batted ball judgment is the responsibility of the batting team’s coach.



Field Set Up

Typical set up is illustrated below. *Important: the foul lines and distance lines are guidelines only. They do not need to be strictly enforced and they are not physically marked on the field.*

Suggested player and coach positioning is provided below but can be adjusted at the coach's discretion. Defensive player positioning should be frequently rotated (i.e. every half inning).

