

# HIGHLANDS LITTLE LEAGUE “BLASTBALL”

## RULES AND GUIDELINES

VERSION DATE 2026-01



### BLASTBALL – GENERAL OVERVIEW

Blastball is a fun introduction to baseball for players baseball age 4 (Pre-K). The focus is on very basic game concepts and encourages fun, participation, confidence, and movement, providing a safe introduction to baseball. There is no competition, scoring or standings.

Throughout each session, coaches will aim to introduce:

- Basic field layout and direction of play
- How to stand at the tee and safely hold a bat
- Swinging the bat (and not throwing it)
- Making contact off a tee
- Running in the correct direction after hitting
- Introduction to fielding a rolling ball
- Introduction to throwing

Reminder: most blastball players cannot catch a baseball. Activities and expectations should reflect this.

### BEHAVIOUR, COACHING AND UNIFORMS

1. Coaches must consistently role model sportsmanship and respect and create a positive, fun, and safe environment for young athletes to learn and develop.
2. Coaches must not smoke, chew tobacco, vape or consume alcoholic beverages while on the field or in the dugouts during practice, warm up or games.
3. Coaches must maintain control over the players at all times.
4. Team Coaches shall not be permitted to participate in any practice or game until they have delivered their Police Information Check to Highlands Little League.
5. Each team will ideally have a Coach, Assistant Coach (max 2) and Manager. Parent participation is strongly encouraged with direction from the coach.
6. A baseball hat and a t-shirt are supplied to all players.
7. Players will wear running shoes, comfortable pants (no denim), team shirts and team hats. Team shirts and hats are provided by the league for players to keep.
8. Helmets must be worn at all times by batters and baserunners.
9. Players must supply their own batting helmet and glove.

### FIELD SET-UP

10. Home team is responsible for setting up equipment before the session and for returning the equipment to the lockbox at the end of the game. If a team is at the field and playing after you, that home team
11. The “defensive line” should be 15-20 feet from home plate, where the fielding players must remain behind until the ball is hit.

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12. It is important to arrive at least 30 minutes before game time to have the field properly set-up including practice equipment (bow nets).
13. No equipment on field. Bags, etc should be along the park fence or back from the field of play. Exception for a bucket of balls for coaches.

## GAME STRUCTURE

14. Home team will occupy the third base side of the field. Visiting team will occupy the first base side of the field.
15. There is no minimum number of players required. If one team is short, consider borrowing players from the opposing team to allow for balanced play.
16. A game should consist of a maximum of three innings.
17. The time limit for games shall be 60 minutes of play before the next game begins.
18. Both teams will have an opportunity to hit (offense) and field (defence) once each inning. In each inning all players have a turn at bat.
19. All offensive players, whether at bat, waiting to bat or have batted, must wear a helmet.
20. Offensive players will hit the ball off the tee and then run to first base. Once they touch first base they will return to their “dugout”.
21. Once everyone on the offensive team has batted, they will switch with the defensive team.
22. There are no outs in Blastball. The defensive players will attempt to either tag the player running to first base, or throw the ball to one of the coaches/parents standing at first base. As the season goes on, based on comfort level, the Coach may choose to have a player stand at first base and catch the ball.
23. There will be a “defensive line” 15-20 feet from home plate where the players must remain until the ball is hit.
24. Defensive players will rotate fielding positions throughout the three innings.
25. At the end of the game, each team will cheer for the other and complete a base race.
26. Coaches need to have their team clear the field at the end of the game to allow the next group to prepare.

## POSTPONED GAMES

27. Opposing coaches will decide if a game cannot be played due to weather; however, unless the game is called off early teams must be at the field ready to play.
28. Rained out games will not be rescheduled.