Foothills Athletic Association 2026

8U Coach Pitch Baseball Rules

1. Five (5) innings or one (1) hour time limit will constitute a game. No new inning will start with five (5) minutes or less remaining on the time limit. If the game ends in a tie during the weeknight, then the game will be ruled a tie. **Exception** will be made to play extra innings if the game is played on the weekend or is the only game of the night.
    a. 3 innings will constitute a complete game in the event of inclement weather or lightning.
2. A maximum of five (5) runs per inning for the offensive team. Once a team is mathematically eliminated the game will end.
3. Teams must have eight (8) players to start a game. If a team has only eight (8) players, then the 9th spot in the batting order will be an out each time it comes up. The game will be a forfeit if a team has seven (7) or less players.
4. Ten (10) players can play in the field (4 outfielder / 4 infielders / 1 catcher / 1 pitcher position). The pitcher position player must have 1 foot inside of the circle and even to or behind the pitching rubber at the time of the pitch.
5. Each player is placed in the batting order and each team will bat a continuous lineup.
6. No player can sit the bench for two (2) consecutive innings while the team is in the field.
7. A team can have a courtesy runner for the catcher at any time. A courtesy runner is mandatory for the catcher with two (2) outs in the inning. The runner must be the player who recorded the last out.
8. No base stealing. No infield fly rule.
9. Each batter will be allowed five (5) pitches or three (3) swings per at bat. There is not a limit to the number of foul balls on the 5th pitch or 3rd swing.
10. The coach that is pitching must leave the field of play when the ball is put into play. The coach that is pitching is not allowed to talk to base runners. They will receive one (1) warning. If the coach continues to talk to players after the warning, then the ball will be called dead and the runner called out.
11. Time will be called when the lead runner has been stopped from advancing.
12. Each team will be allowed to have three (3) coaches on their staff that wear coaching Jerseys.
13. A coach who is thrown out of a game will be suspended for the following game or longer if deemed necessary. If there is a second occurrence, the coach will be suspended for the season. If a coach, physically or verbally abuses an umpire or staff – they will be dismissed from their coaching duties for the remainder of the year.
14. All other rules will be governed by the Tar Heel League Rule Book and NCHSAA.

Pitching Distance: 35’ Base Distance: 60’ Bat: MUST HAVE USA STAMP