

School Sport SA Modified Baseball5

Modification

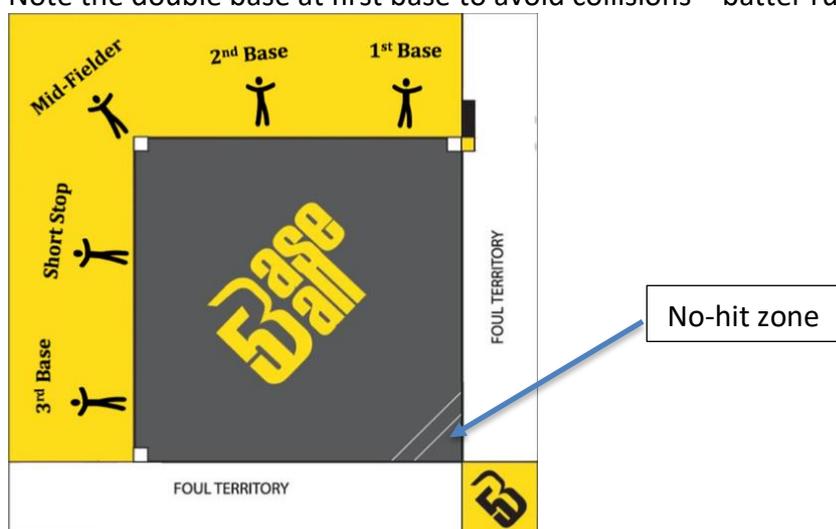
Baseball5 is a modified form of the game of baseball/softball. Competitions can be single or mixed gendered teams as the district or zone decides. The rules below are modified even more to keep it simple for schools to organise

See the following video for a quick summary of how to play the game

<https://baseball.com.au/baseball5/>

Rules

1. **The Field** — the infield has a square shape, with a base on every corner. The distance between bases is 10 metres or best fit to the space available. A line is drawn diagonally 2 metres from the home plate indicating the no-hit zone. The bases can be just drawn with chalk if playing on asphalt. Note the double base at first base to avoid collisions – batter runs to the outside base (yellow).



2. **Equipment** – Only requires a rubber (bouncy) ball (softball bases if playing on grass).
3. **Match Length** — A game consists of 5 innings (an innings consists of a turn of bat for each team) or can be played to a time limit.
4. **Players** — There are only 5 playing positions on each team. If playing mixed gender there should be a minimum of 2 athletes per gender on the field.
5. **Goal** – The goal of the game is for the fielding team to eliminate 3 batting team members in order to end the innings. The batting team's goal is to make runs.
6. **Hitting/Batting** — The ball has to be hit/slapped with the fist of palm and the first bounce has to be after the no-hit zone and not in the foul territory. The aim for the batter is to make it home via 1st, 2nd and 3rd base as for baseball/softball. If 3 fouls and/or no-hit zone are hit in a row by the batter they are out.
7. **Fielding Rules** — The five players of the fielding team must start in the fair territory (yellow section in the diagram above) when the batter hits the ball and can only move once it leaves the batter's hand. To make 'outs' it is the same as baseball/softball – touching a base in which a runner is forced to run, catching a fly ball on the full or tagging a runner when they are not on a base.
8. **Substitutions** — Can take place every time teams change between batting and fielding or if there is an injury.

Intra-school competition

Schools are encouraged to run an internal competition at their site to determine their top team/s. This could be done during lunch breaks, through a SEPEP (Sport Education in Physical Education Program) unit or another format determined by the school.

Possible district/zone carnival format

The top team/s from each school would then progress to a district/zone/region carnival day. The following is a possible structure for a district/zone/region carnival day but is flexible and would need to cater for the number of teams participating.

Example format: Games are 25 minutes in length or 5 innings completed. Central timing. 5 minutes between games.

Round	Time	Court 1	Court 2	Court 3	Court 4
1	9.30				
2	10.00				
3	10.30				
4	11.00				
5	11.30				
6	12.00				
LUNCH	12.30				
7	1.00				
8	1.30				
Semi final	2.00				
Grand Final	2.30				
	3.00	PRESENTATIONS			