



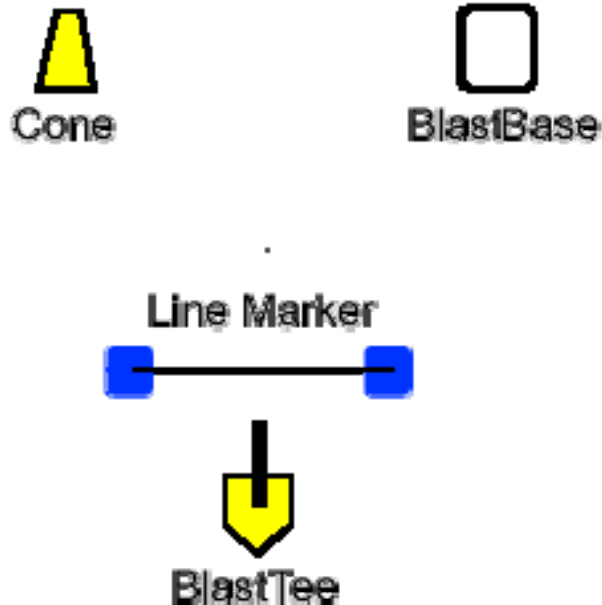
Rules of the Game

Eligible Players

For the 2011 spring season, eligible boys and girls must be ages 3 & 4 as of April 30, 2011 with birthdates between May 1, 2006 and April 30, 2008. SBA utilizes Pony™ Baseball rules for age determination.

Field Set-Up

The *BlastBall!*® field is set up with the BlastTee and the BlastBase being 40 feet apart. This line establishes the right fair/foul line. BlastBase is the only base utilized in the game. The left field fair/foul line is a cone 40 feet from the BlastTee. Approximately 10 feet from the BlastTee is a “Line Marker” that identifies a fair ball. Balls hit should go past the 10 foot line marker and be within the cone and BlastBase that defines the left and right fair/foul lines.



Equipment



SBA will provide all *BlastBall!*® equipment including: BlastBase, BlastTee, BlastBall, BlastBat, Cone and Line Marker. As the ball and bat are foam, gloves and batting helmets are optional and if desired to be provided by player.

SBA will provide each player a team baseball cap and team t-shirt to be worn during games. Additionally, each player will receive a season ending trophy!

Objective of the Game



BlastBall!® is played with two teams of approximately 5 to 9 players per team. The defensive players take positions approximately 35 feet from the BlastTee. A BlastBall is placed on the BlastTee and the first batter hits the ball and runs to the BlastBase. If the batter reaches the Base (the only base used) before a defensive player either catches the BlastBall in the air (an automatic out) or fields it and yells “BLAST”, the runner scores. If the ball is caught or fielded and “BLAST” is yelled before the runner “HONKS” the BlastBase, then the runner is out.

It's just that simple!

The BlastBase is audible, emitting a loud “HONK” that the kids love whenever the runner stomps on the base. When fielded, the defensive player throws the BlastBall back to a coach stationed by the BlastTee to set-up for the next batter. The fear factor of being hit either when batting, running or fielding is eliminated from the game altogether because of the softness and size of the BlastBall.

Playing the Game

Players should arrive at the scheduled time. For the first ten minutes, prior to the start of the game, the coach (with the parental assistance) will conduct team warm-ups and teach the proper baseball/softball fundamentals - hitting, throwing, catching, fielding and running. Following the warm-ups, the game will start and last for approximately 45 minutes.

The visiting team will bat first and the home team will take defensive positions within the Field of Play at approximately 35 feet from the BlastTee. Each player on offense takes a turn to hit and runs to the BlastBase. After hitting and running to and “honking” the base, the player returns to the dugout. *Every player gets a turn to bat every inning and no score is kept.*

There should be two coaches per team on the field at all times. Parents can assist their child if desired and/or necessary. On offense, one coach helps at the tee with the player’s stance and swing and places the ball on the tee. The other offensive coach acts as the base coach encouraging the runner to “run through” after hitting the BlastBall. A parent or coach should assist in the “dugout” to keep players away from the playing field while waiting their turn to bat.

The defensive coaches should ensure players are spread out at least 35 feet from the BlastTee and not near the BlastBase or in the base path. The defensive coaches should encourage players “not to fight over the ball” and when fielded to hold-up the ball and yell “Blast”. Afterwards, the defensive coaches should instruct the player who fielded the ball to throw it to the offensive coach near the BlastTee.

Keep the game moving with little or no standing around; hustle the runner out and hustle the next batter in. When changing innings, have the team going out to play defense “HONK” the BlastBase on their way to their defensive positions in the field. Kids get a kick out of “HONKING” the base.



Tips and Fundamentals



Hitting Fundamentals

- Proper stance adjacent to batting tee to include balanced, athletic position (feet shoulder width apart, back straight, and bent slightly at waist with butt out). Hands holding the bat should be together (not spaced) and above shoulder. Be sure to have players stand back to be able to extend arms as the tendency at this age is to stand too close to the tee.
- Swing in balance without spinning around, starting with the weight back. Follow through over opposite shoulder. Do not let the bat go.
- The use of a timing step is too advanced at this age and players do better if they learn to swing in balance.



Catching and Fielding Fundamentals

- Play catch having player catch with 2 hands preferably with thumbs together.
- Throw fly balls and have player catch with hands above head with thumbs together.
- Throw grounder and have player field with 2 hands either in the “alligator” position or with pinkies together with palms up starting with hand(s) on the ground.
- Teach player to hold ball above head and yell “BLAST” after fielding!

Throwing Fundamentals

- Grip ball with fingers on top and thumb on bottom.
- Point shoulder to target when setting up to throw.
- Throwing arm should be even or above the height of the shoulder.
- Step with opposite leg toward target when throwing.
- Follow-through to opposite pocket when throwing.
- Remember in *Blastball!*® all throws go to the coach near the BlastTee. No throws are made on the runner or to the BlastBase!



Base Running Fundamentals

- **After hitting the ball, lay bat down – do not throw bat!**
- **Run directly to the base.**
- **Step on the BlastBase and make it Honk!**
- **Run through – teach player to not stop at the base.**

FUN!

Remember to keep the fundamentals fun, basic and simple after all the key to *BlastBall!*® is learning by doing!