



BLAST BALL

RULE BOOK

Revised 2010

Council Bluffs Parks, Recreation & Public Property
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*****RULES OF CONDUCT – For Players, Parents, Spectators, Coaches, and Officials:**

All participants in Parks and Recreation programs, including players, parents, spectators, coaches, and officials, will treat each other with courtesy and respect at all times.

Unsportsmanlike behavior, including (but not limited to) vulgar language, derogatory comments, threatening words or actions, or physical violence of any kind will not be tolerated. Disciplinary action can and will be taken, if warranted.

Officials have the right to eject players, parents, spectators or coaches from the game or game area. Depending on the severity of the incident, other Parks and Recreation sanctions may apply.

- I. Coaching Expectations
 - A. Each coach must sign and return the attached “Pledge of Ethics.”
 1. All coaches will be held to all Pledge standards for the duration of the season.

- II. Coaches’ Meeting
 - A. At least one representative from each team **MUST** attend the pre-season coaches’ meeting. If you are unavailable that evening please contact the Recreation Superintendent to make other arrangements.

- III. Rosters, Waivers, Payment**
 - A. A complete team roster is due at the coaches’ meeting.**
 - B. Signed waivers for every child are due no later than the coaches’ meeting.**
 - C. Full payment is due no later than the coaches’ meeting.**

- IV. Eligibility
 - A. Age Limits
 1. Players must be 4 years old by June 1 but not 6 years old before August 1.
 - B. Maximum Players per Team
 1. A maximum of 7 players per team is strongly recommended.
 2. Games can be played with as few as 3 players.
 - C. Players may be added to the roster after the season begins.
 1. Waiver must be received in the Parks and Recreation office before the child is allowed to play.

- V. Scoring and Make-ups
 - A. This is an instructional league.
 1. No official scores are kept.
 2. Rainouts may be rescheduled at the request of both teams.

VI. Field Measurements and Equipment

- A. Uniforms – Each player will receive one (1) blue and one (1) grey Parks & Recreation Youth Sports t-shirt. Shirts will be given to the coaches at the Coach’s Meeting or can be picked up prior to the first game at the Park & Rec office. Your league schedule will display which shirt to wear at each game. If you choose to get your own team t-shirts that is acceptable, just notify the Park & Rec office when you register your team.
- B. Field dimensions will be decided by the teams during the practice period before each game.
 - 1. Standard distance for fair ball line: 15 feet straight out from tee
 - 2. Standard distance for first base and fair ball cone: 25 feet diagonally from tee
- C. Blast Ball equipment will be provided by the Parks and Recreation Department. Equipment includes the following:
 - 1. Tee Ball tee
 - 2. Blast Ball ball (10” foam ball)
 - 3. Blast Ball bat (Tee Ball-sized foam covered bat)
 - 4. Two Blast Ball bases (white, 3” thick base that honks when stepped on)
 - 5. Fair ball marker (purple canvas strip with an attached bean bag weight at each end)
 - 6. Fair ball cone (small yellow cone that marks left field foul line)
 - 7. Gloves, helmets, and other personal equipment are not required.

VII. Length of Games

- A. Games are 45 minutes in length, including 10-15 minute practice time prior to game.
- B. Additional practices are not required and are not recommended.
- C. Games will be played two nights each week during the month of June.

VIII. Player Participation and Other Rules

- A. Blast Ball was developed as a precursor to Tee Ball.
- B. Batting order includes the entire lineup, every inning.
 - 1. Each player will receive as many attempts as needed in order to hit a fair ball.
 - 2. If one team has more players than the other team, each still bats their entire lineup each inning.
- C. The entire team should be in the outfield for each inning.
 - 1. The defensive team stands just past the fair ball marker in a line.
 - 2. When the ball comes across the fair ball marker, the defensive team should try to catch or grab the ball.
 - 3. The player who catches or grabs the ball holds the ball in the air and yells “Blast!”
 - 4. If the batter honks the base before the defense yells “Blast,” the batter is safe.
 - a. The batter advances to the next base when the next batter hits.
 - b. After the next fair ball is hit, the player advances to the next base and then goes back to the bench.
 - 5. If the defense yells “Blast!” before the batter honks the base, the batter is out.

IX. Officials

- A. An official will be provided for each game.

1. The official's job is to make sure that the teams have the necessary equipment and to help set up the playing field.
2. If, for some reason, an official cannot be present, teams will be notified in advance, and one team will be asked to pick up and return equipment to/from the Parks and Recreation Department.

- X. Uniforms and Sponsorship
 - A. Team uniforms are not required.
 - B. Sponsors are permitted (no adult businesses, please) but not required.

- XI. Awards
 - A. All players will receive a participation award from the Parks and Recreation Department at the end of the season.
 - B. Trophies will be available for pick-up before the teams' last games.

***Parks and Recreation Youth Sports
Roster***

League: _____ Team Name: _____

Coach: _____ Asst. Coach: _____

Address: _____ Addresses: _____

Home Phone: _____ Wk Ph: _____ Home Phone: _____ Wk. Ph: _____

Email: _____ Email: _____

Signature: _____ Signature: _____

Player's Name Address Phone Birth Date Age

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Council Bluffs Youth Sports

COACH'S PLEDGE

1. I will, at all times, make the physical, mental and emotional health of my players my top priority.
2. I will emphasize helping my players grow and develop as people more than winning.
3. I will recognize the individual needs and talents of each of my players.
4. I will be respectful at all times in my dealings with players, parents, spectators, and officials.
5. I will strive to make fun and learning the primary goals for my team.
6. I will abide by all safety considerations, including equipment, facilities, and weather conditions.
7. I will abstain from using profane language in front of my players.
8. I will abstain from using alcohol, tobacco products, or any kind of controlled substances around my players.
9. I will communicate all information about the team to my parents in a timely fashion, including my coaching philosophy, practice times and locations, game times and locations, rainout information, and any other relevant details.
10. I will be a positive role model for all aspects of the game.
11. I will follow all local, state, and association rules for my sport.

Team Name: _____

League: _____

SIGNATURE

DATE

