



SHERWOOD PARK MINOR BASEBALL ASSOCIATION

5U BLAST BALL

Community League Rule Book

FIELD SETUP

Base Distance	1st Base: 45 feet
Arc	10 feet from home plate — foul line to foul line
Field Setup	Fields will be painted before you arrive — home team sets up

GAME GUIDELINES

Game time: 5:45 – 6:45 PM

- 1 hour includes a period of instruction followed by an action-packed game
- Teams consist of 6–7 players
- There is only 1st base — it is equipped with a horn for sound effects
- A fair ball is when the ball passes the arc — the batter shall then advance to 1st base
- Coaches will monitor to ensure an equal number of at-bats for both teams
- No umpires · No scoring · No safe or out calls

OFFENSE (BATTING)

Coach Positions

- One coach at the tee — help with stance, swing, and placing the ball
- One coach at 1st base — instruct and encourage batters to run

Batting Order & Flow

- Every player on the roster bats each inning — hit a fair ball, run to 1st base
- Each player returns to the dugout before the next batter hits
- Only the batter and the on-deck batter should be outside the waiting area



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- All other players wait in a safe area away from live swings
 - Batter hits from a tee located at home plate

DEFENSE (FIELDING)

Coach Positions

- At least two (2) coaches must be on the field with each team at all times
- One coach near 1st base — ensure no defensive players are on or in the path to 1st base
- One coach responsible for keeping all players approximately 40 feet from home plate when the ball is hit

Fielding Rules

- No defensive play is required at 1st base
- There is no catcher in 5U Blast Ball
- The coach at 1st base may receive throws on the hit

SPIRIT OF THE GAME

Blast Ball is all about fun, movement, and introducing kids to baseball basics. Every child gets to bat, run, and field in every game. Keep the energy positive, celebrate every hit and every play, and make sure every kid finishes the night with a smile.