

# BLASTBALL RULES

## Objective

BlastBall is played with a maximum of 6 players on the field. Positions can be numbered with cones to make positioning easier. The defensive players (other team) take an outfield position. The BlastBase is audible, emitting a loud “HONK” that the kids love whenever the runner stomps on the base.

A BlastBall is placed on the BlastTee and the first batter hits the ball and runs to the BlastBase (Squeak base). 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”, he/she scores a run. If the ball is caught or fielded and “**BLAST**” is yelled before the runner gets to the BlastBase, then the runner is out.

You may end the (half) inning by batting once around the line-up. It is recommended that everyone bat every inning and score is not kept. When fielded, the defensive player can throw the BlastBall back to the coach who is positioned near home plate (safety away from the Tee)

Gloves/mitts are not required but are suggested as a way to get used to the traditional game of baseball. The fear factor of being hit is eliminated from the game with the size and softness of the ball.

While batting helmets are not needed because the BlastBall is not being pitched or thrown to make the out, for optimum safety, helmets are recommended.

The first 3 weeks of the season will be practice-heavy, getting the kids used to hitting and running to the proper base.

**Beginning in week 3 or 4, the rest of the bases will be added to include running around the complete set of bases, advancing one base after each hit**

We want to progress towards the game aspect of this, i.e. retrieving the balls.

## Filed Set-Up

Position your BlastTee/home plate so that hitting allows you a safe area of play. Like a regular ball diamond, from the Tee pace 40 feet to the right and position your BlastBase (note: recommended base distance). This establishes your fair/foul line to the right.

To the left of the Tee and perpendicular to your BlastBase line, pace off an equal distance and position your cone. This establishes your fair/foul line to the left.

Now pace off 15 feet directly on front of the Tee and lay out your line marker running between the (hypothetical) first and third base lines, this becomes the fair/foul line for play. If a ball is hit inside of that line, it is foul and should be re-teed another try. If it goes beyond the line, in the air or on a roll, it is considered in play.

## **Game Tips**

BLASBALL is an excellent introductory game for a bat and ball sport. It allows for more touches and constant action for young people's short attention spans. More kids get to be involved and retain interest in a bat and ball concept. The game is safe with a foam bat and ball with no gloves required.

All you need is a game set and backyard, grassy area or athletic field.

## **Key**

Keep the game moving, with little or no standing around. As soon as the last batter has completed batting, hustle in and out.

It is extra motivation for offensive players when changing innings, to have to touch the base on their way to their defensive positions in the field. Test leagues have found that kids love to "hon" the base.

Basic Drills – 15-20 minutes initially could be spent on basic fundamental work

- Toss ball in air and catch with 2 hands (thumbs or pinkies together)
- Short catch with a partner (close at first, gradually get farther apart)
- Grip on throwing ball, two or three fingers along with thumb
- When throwing, stepping in opposition with proper leg
- Pointing shoulder when throwing to a target
- Overrunning the base
- Proper positioning next to batting-tee while hitting (HINT: Most kids have a tendency to stand too close to the tee when batting. Keep them back to allow arms to extend).
- Fielding ground balls with "Palms up"
- Fielding from the "ground up" one motion (hands start on ground)

**\*\*Keep the fundamentals fun, basic and simple\*\***

## **Filed Rules**

- No dogs/pets permitted on the fields
- Please clean up all drinks and snack wrappers after each game
- Spectators are to remain on the sidelines at all times
- Use of abusive or inappropriate language is prohibited and will result in immediate dismissal out of the field
- All spectator children are to be supervised by an adult (age 18 and up)