

City of Lexington  
Recreation Department

## Indoor Hitting League League Rules

1. Only two players may participate for each team, no substitutes.
2. Each player may have ten practice pitches before each game.
3. Bats may be available at the facility, but players are encouraged to bring their own.
4. Regulation baseball/softball bats must be used.
5. Helmets will be available. Players may provide their own helmets (must have mask).
6. Balls are provided.
7. Machines will be set. No adjustments are to be made.
8. All players are responsible for helping to shag balls between batters. The pitching machines must be turned off in between batters.
9. Team members or parents are responsible for keeping the score of their teammate/child.
10. Each player will get 10 swings each inning.
11. Each game will last 4 innings.
12. Each team will get 30 minutes to complete their game. If a team had not completed the game after 30 minutes, their score will be taken as is.
13. Both scores from each team member will be added together to get a weekly score.
14. At the end of the season, the team with the highest total will be declared the league champions.
15. The following cages will be used for each age division:
  - 9 & 10 year olds –slowest cage
  - 11 & 12 and 13& 14 year olds –middle cage
  - 15 –18 year olds –fastest cage
16. The cage will be divided into three even sections, with the following scoring possibilities.
  - 0 Points –Swing and a miss.
  - 1 Points –Contact made, with the ball first making contact in the front third of the cage.
  - 2 Points - Contact made, with the ball first making contact in the middle third of the cage.
  - 3 Points –Contact made, with the ball first making contact in the back third of the cage. Or with the pitching screen or pitching machine.
  - 4 Points –Contact made, with the ball first making contact with the back panel of the cage.