**QuickBall League Rules**

**(Revised November 2018)**

1. What is QuickBall?

QuickBall is “Quick Baseball”. It is a great way to learn on the diamond!

“Where’s first base? What’s a double? What’s the right way to throw a ball or field a grounder?” Welcome to entry-level baseball. Those questions and many more are asked each season by anxious youngsters who are taking the field for the very first time. As a parent, you watch nervously, hoping your child will “get it” before the season begins. But more than anything, you want them to enjoy the sport and thrive, not to be bored or intimidated.

1. What will QuickBall teach a 4 or 5 year old?
	1. Fundamentals
		1. “Enjoyable fundamentals.” That is the easiest way to describe USA Quickball 4-5U, an official Babe Ruth Baseball program created for children who are just beginning to explore the games of baseball and softball. Each time a player steps onto the field, he or she will learn about the game and then play a game. Skills stations focus on the proper way to execute all essential diamond skills!
	2. Hustle
		1. Quickball literally turns our pastime into fastime! Up-tempo skills stations and high-speed game action increase player movement and keeps everyone on their toes. Each batter learns the correct way to hustle out a single, double, triple and home run. Fielders stay active by rotating positions and handling specific fielding assignments. Team success — on offense and defense — revolves around hustle!
	3. Active Teamwork
		1. With today’s kids getting involved in sports programs earlier than ever, it’s easy for them to become bored and uninterested when practices and games are slow and stagnant. USA Quickball 4-5U solves that problem through the use of revolutionary concepts such as rapid rotation, two-way scoring and timed stations that introduce something new each week. These concepts teach the game in a whole new way.
	4. Fun
		1. There is no reason to participate in a youth sports program if you’re not having fun. In Quickball, fun is the top priority. Kids of all skill levels contribute and the focus of each game is enjoyment — for the players and their parents!
2. Format
	1. 1 hour of engagement per event
		1. 30 minutes of practice time via stations
		2. 30 minutes of game time
	2. Teams meet 2 times per week - once during the week and once on a Saturday
3. Cost
	1. $100 for spring season
	2. Each player in the spring season will receive a QuickBall Bat playing cards to keep and use at home to practice.