



2023 - 7U CMBA Rally Cap Schedule

Days: Tuesdays & Thursdays

Times: 6:00pm running for 75-80 min (approximately)

Season Start: May 2nd (weather permitting)

Season End: June 29th (weather permitting)

Equipment Required: Helmet, Baseball Glove, Running Shoes or Cleats, Protective Cup (Male and female), Bat

Structure of the Rally Cap Program

- Each team will consist of appr. 5-8 players only.
- The objective is to have 3 teams sharing one diamond at the same time
- Two teams will be playing a game while one will be practicing in the outfield.
- The 3 teams would rotate throughout the time slot for equal playing and practicing time (approximately 20 minutes per station).

The Game Format

- Each game will consist of a minimum of 1 inning (each team bats through the lineup once). **But we recommend playing as many innings as you can in a 20-minute time limit**
- At each turn batting, all players will come to bat. The ½ inning will end when all players have completed their turn. The batting order should change each time a team comes to bat (first hitter becomes last, etc.)
- Defensive positioning should also change each time a team enters the field.
 - **POSSIBLE VARIATIONS: You can use the volleyball rotation style and proceed with defensive rotation with each opposing batter.**
- Teams will score runs the way they would in a normal game.
- There are no walks, no strikeouts, no base stealing, and runners can only advance 1 base on batted balls.
- 2 Formats of hitting that can be used: (each player has the choice of which format they would like to use)
 - Tee-ball / Parent-pitcher
- Each hitter gets a maximum of 5 pitches. If the fifth ball is not hit, a tee will be used by the batter.
- When the last hitter hits the ball, the defense must throw the ball to home plate to get the final out.

The Practice Format

- While in the outfield each team will practice the FUNdamentals:
 - Throwing, Receiving, Hitting, Base Running, General Knowledge
- We strongly recommend that you set up your equipment before the start of the session.
- A Coach's Guide displaying drills are included to help prepare sessions.

New for 2023 Season – CMBA Additions

- The first two weeks of the season will be broken down into 3 different practice areas 2 teams will be in the outfield working on catching, throwing, flyballs, and batting, while 1 team gets the infield and backstop to work on baserunning, fielding and basic knowledge of the game ie: positions on the field, different bases, where to throw the ball when its hit to them.
- **When you are the batting team you will start with a runner on every base**
- **When a child hits a ball, they still only advance 1 base at a time.**
- **Once a team has had everyone bat you will then switch with the fielding team, try and play as many innings as possible until the 20 minutes are up.**
- An airhorn will be used to inform teams of when the 20 minutes are up, and teams need to rotate
- Sessions will be run according to this 75-minute time frame
 - 10min warmup explanation of practice
 - 20min game play/practice
 - 20min game play/practice
 - 20min game play/practice
 - 5min team meeting

CAMROSE MINOR BALL ASSOCIATION – 2023 - 7U RALLY CAP SCHEDULE

Team	Team Contacts	Email	Phone #
Team 1 Red	Spencer Zimmer	spencerzimmer@hotmail.ca	(780) 608-0248
Team 2 Blue	David Jacobsen	djacobsen27@gmail.com	(780) 660-6340
Team 3 Green	Matt Suchodolski	mattsuchodolski@gmail.com	(780) 781-5065
Team 4 Green	Jeff Badry	jeffbadry23@hotmail.com	(780) 678-6324
Team 5 Black	Paul Ofrim	pofrim@hotmail.com	(780) 679-4363
Team 6 Grey	Paul Zuccato	paul.zuccato@astrazeneca.com	(604) 378-3745

Date		Time	Diamond	First 2 weeks is practice only			
Tues.	2-May-23	6-7:15pm	JS North	T1 Red		T2 Blue	T3 Green
			JS South	T4 Green		T5 Black	T6 Grey
Thurs.	4-May-23	6-7:15pm	JS North	T1 Red		T2 Blue	T3 Green
			JS South	T4 Green		T5 Black	T6 Grey
Tues.	9-May-23	6-7:15pm	JS North	T1 Red		T2 Blue	T3 Green
			JS South	T4 Green		T5 Black	T6 Grey
Thurs.	11-May-23	6-7:15pm	JS North	T1 Red		T2 Blue	T3 Green
			JS South	T4 Green		T5 Black	T6 Grey

Date		Time	Diamond	Practicing 1st		Fielding First		Batting First
Tues.	16-May-23	6-7:15pm	JS North	T1 Red	vs	T2 Blue	vs	T3 Green
			JS South	T4 Green	vs	T5 Black	vs	T6 Grey
Thurs.	18-May-23	6-7:15pm	JS North	T2 Blue	vs	T3 Green	vs	T1 Red
			JS South	T5 Black	vs	T6 Grey	vs	T4 Green
Tues.	23-May-23	6-7:15pm	JS North	T3 Green	vs	T1 Red	vs	T2 Blue
			JS South	T6 Grey	vs	T4 Green	vs	T5 Black
Thurs.	25-May-23	6-7:15pm	JS North	T1 Red	vs	T2 Blue	vs	T3 Green
			JS South	T4 Green	vs	T5 Black	vs	T6 Grey
Tues.	30-May-23	6-7:15pm	JS North	T2 Blue	vs	T3 Green	vs	T1 Red
			JS South	T5 Black	vs	T6 Grey	vs	T4 Green
Thurs.	1-Jun-23	6-7:15pm	JS North	T3 Green	vs	T1 Red	vs	T2 Blue
			JS South	T6 Grey	vs	T4 Green	vs	T5 Black

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Date		Time	Diamond	Practicing 1st		Fielding First		Batting First
Tues.	6-Jun-23	6-7:15pm	JS North	T1 Red	vs	T2 Blue	vs	T3 Green
			JS South	T4 Green	vs	T5 Black	vs	T6 Grey
Thurs.	8-Jun-23	6-7:15pm	JS North	T2 Blue	vs	T3 Green	vs	T1 Red
			JS South	T5 Black	vs	T6 Grey	vs	T4 Green
Tues.	13-Jun-23	6-7:15pm	JS North	T3 Green	vs	T1 Red	vs	T2 Blue
			JS South	T6 Grey	vs	T4 Green	vs	T5 Black
Thurs.	15-Jun-23	6-7:15pm	JS North	T1 Red	vs	T2 Blue	vs	T3 Green
			JS South	T4 Green	vs	T5 Black	vs	T6 Grey
Tues.	20-Jun-23	6-7:15pm	JS North	T2 Blue	vs	T3 Green	vs	T1 Red
			JS South	T5 Black	vs	T6 Grey	vs	T4 Green
Thurs.	22-Jun-23	6-7:15pm	JS North	T3 Green	vs	T1 Red	vs	T2 Blue
			JS South	T6 Grey	vs	T4 Green	vs	T5 Black
Tues.	27-Jun-23	6-7:15pm	JS North	T1 Red	vs	T2 Blue	vs	T3 Green
			JS South	T4 Green	vs	T5 Black	vs	T6 Grey
Thurs.	29-Jun-23	6-7:15pm	JS North	T2 Blue	vs	T3 Green	vs	T1 Red
			JS South	T5 Black	vs	T6 Grey	vs	T4 Green