

White Cap Level

- **Throwing** – Able to throw a ball 5 feet
- **Receiving** – Able to catch a ball thrown at 5 feet
- **Hitting** – Able to hit a ball off a tee
- **Base Running** – Able to run to 1st base in 12 seconds or less
- **General** – I know my team name, the name of my coach, and names of 3 teammates

Grey Cap Level

- **Throwing** – Able to throw 7 of 10 balls to partner at 10 feet
- **Receiving** – Able to field 10 of 15 ground balls from 15 feet
- **Hitting** – Able to hit 10 of 15 balls off a tee
- **Base Running** – Able to run to 1st base in 8 seconds or less (60 feet)
- **General** – Able to name all of the position numbers

Black Cap Level

- **Throwing** – Able to throw the ball 25 feet
- **Receiving** – Able to catch 10 of 20 fly balls from a height of 15 feet
- **Hitting** – Able to hit 7 of 15 balls thrown underhand
- **Base Running** – Able to run home to 2nd base in 14 seconds
- **General** – I know 3 different ways to get a player out

Green Cap Level

- **Throwing** – Able to throw 9 of 15 in the strike zone from 20 feet
- **Receiving** – Able to catch 5/5 ground balls, 5/5 fly balls, and 5/5 balls thrown from 15 feet
- **Hitting** – Able to hit 7/15 balls past the base paths, rolling or in the air
- **Base Running** – Able to run around the bases in 27 seconds
- **General** – I know where to throw the ball when I field it

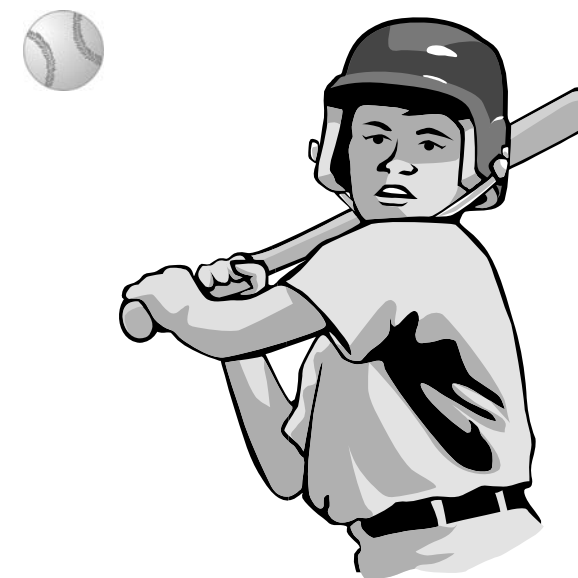
Blue Cap Level

- **Throwing** – Able to throw the ball at a distance of 50 feet
- **Receiving** – Able to catch 12/15 fly balls not directly hit to me (20 feet in front 5-10 feet left and right)
- **Hitting** – Able to hit 12/15 balls on the outfield grass
- **Base Running** – Able to run to 1st base in 5 seconds or less
- **General** – I know the difference between a hit and an error; a strike and a ball; safe and out; a single, double, triple and HR; fair and foul

Red Cap Level

- **Throwing** – From a fielding position, I can throw 10/15 balls to 1st from SS
- **Receiving** – Able to field 5/5 grounders to the left and 5/5 grounders to the right (regular distance)
- **Hitting** – Able to hit 10/15 between cones
- **Base Running** – I can run from 1st to 3rd in 11 seconds with a correct slide at 3rd base
- **General** – I know where to position myself depending on the hitter

Level testing is done mid-season and at the end of the season to earn hat levels.



The Rally Cap program was designed by Baseball Canada and was implemented in 2006. It is designed to be fun for both novice and experienced players, and to aid players of all skill levels in improving their game.

Cambridge Minor Baseball Association

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Goals of the Rally Cap Program

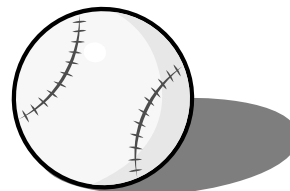
- Create an environment where children and adults can have fun with baseball
- Teach baseball skills, rules, and strategy to our players.
- Model and teach competitiveness with an emphasis on good sportsmanship.
- Promote increased self-esteem among Rally Cap players.
- Small teams of six to nine players allow for more repetitions resulting in players improving their skills faster.
- In Rally Cap baseball 3 teams will meet at the park at the same time.
- Two (2) teams will be playing while one (1) team will be practicing in the outfield.

The Practice

- While in the outfield each team will practice the *FUN*damentals:
 - Throwing
 - Receiving
 - Hitting
 - Base Running
 - General Knowledge
- Players rotate through the different Stations.
- Players work with partners at each station to develop their skills.

The Game

- Sessions will last 75 minutes.
- After each inning played teams rotate.
- At each turn batting all players will come to bat. The ½ inning will end when all players have completed their turn.
- 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 on batted balls.
- All formats of hitting can be used (Tee-ball / Parent-pitcher). Each player has the choice of the format they would like to use.
- Each hitter gets a maximum of 5 balls. If the fifth ball is not hit the coach will roll a baseball into the field to allow the hitter to run the bases and the defense to try and make plays.
- When the last hitter hits the ball the defence must throw the ball to home plate to get the final out.



T-Ball & Coach Pitch

Baseball Canada's Rally Cap program
information for players and parents

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