

Official OptiHealth Baseball Play Book

Field: OptiHealth Baseball is played on a regular baseball field.

Equipment: 1 home plate, 3 bases, 2 bats, 1 ball, 15 markers, pitching screen, and an **optional** pitching mechanism (Mechanical Pitcher or Batting-Sling). **Note: Players bring their own mitt.**

Player Positions: OptiHealth Baseball games are played by 16 players. Each player is assigned to a specific starting position and rotates through all the positions each inning.

10 DEFENSIVE POSITIONS	6 OFFENSIVE POSITIONS
Fielder in Next – off field Right Field Center Field Left Field 3 rd Base Short Stop 2 nd Base 1 st Base Pitcher Catcher	Batter in Line – off field Batter Up Next – off field Batter Base Runner on 1 st Base Runner on 2 nd Base Runner on 3 rd

Object of the Game: Players hit, catch, and throw the baseball and run the bases in order to score individual points on each play.

Play Time: Each game consists of 2 innings. Each inning consists of 1 play in each of the 16 positions for a total of 32 plays per game. An average of 28 seconds is allowed for each play. Each play involves a pitch and a hit attempt, plus the fielding of the baseball. Each full game takes 15 minutes to complete. Players sign-up to play games scheduled at 15-minute intervals.

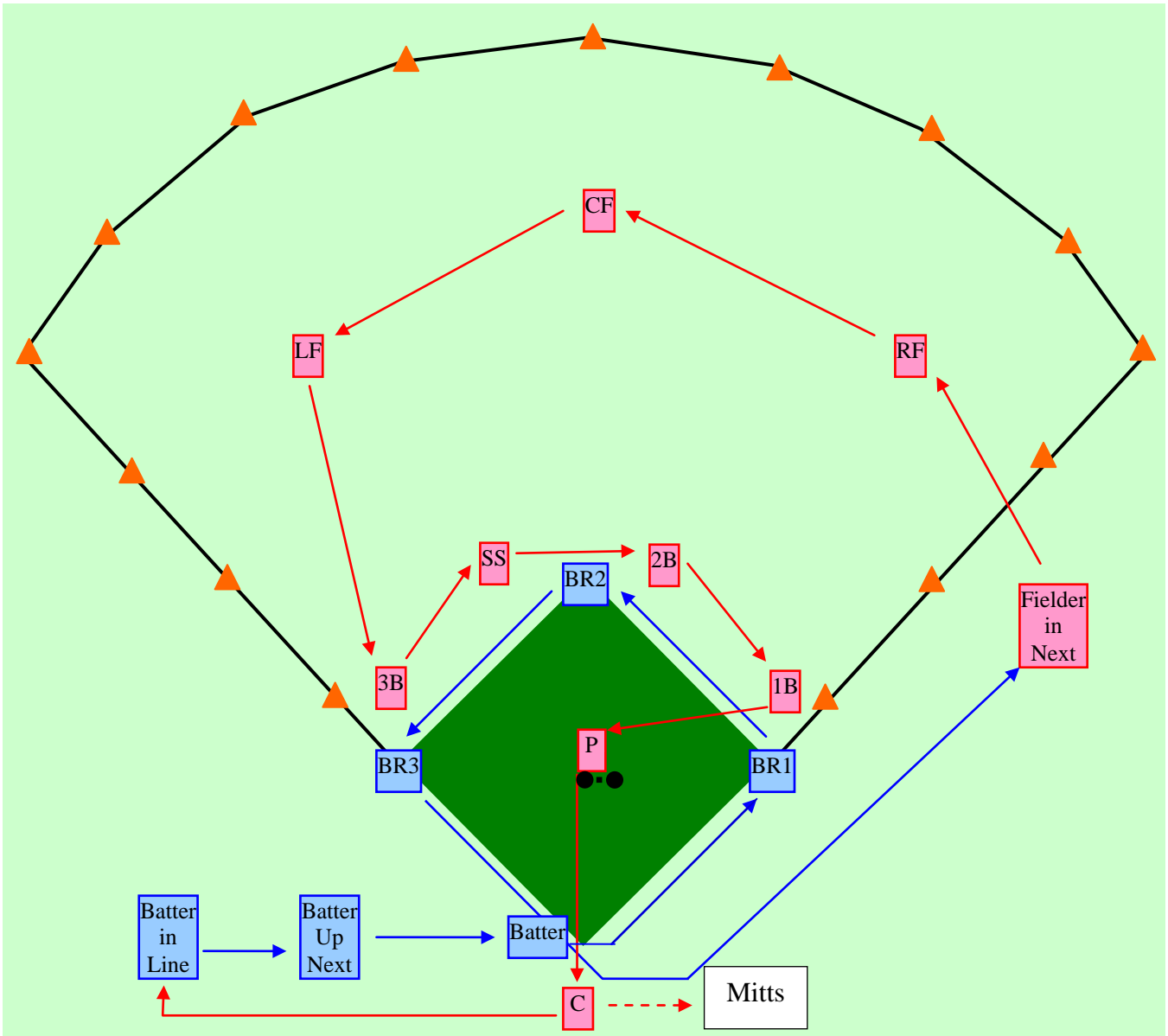
Position Rotation: A complete rotation through all 16 positions constitutes 1 inning. Players rotate in the following order:

Offensive Players simultaneously move to their next position **during** each play: the Batter in Line picks up the bat that was dropped by the previous Batter and moves to Batter Up Next, the Batter Up Next moves to Batter, the Batter swings at the pitch, drops the bat, and runs to 1st Base to become the Base Runner at 1st, the Base Runner at 1st becomes the Base Runner at 2nd, the Base Runner at 2nd becomes the Base Runner at 3rd, and the Base Runner at 3rd crosses home plate, picks up his/her mitt, and proceeds to the Fielder in Next position.

At the end of each play, the baseball is given to the 1st Baseman who rotates to the Pitcher position as all the other defensive players rotate to their next positions:

Defensive Players simultaneously rotate to their next position **after** each play: the Fielder in Next moves into Right Field, the Right Fielder moves to Center Field, the Center Fielder moves to Left Field, the Left Fielder moves to 3rd Base, the 3rd Baseman moves to Short Stop, the Short Stop moves to 2nd Base, the 2nd Baseman moves to 1st Base, the 1st Baseman moves to Pitcher, the Pitcher moves to Catcher, and the Catcher drops his/her mitt and then moves to the Batter in Line.

Baseball Field



Description of Play

OptiHealth Baseball games start with 1 player in each of the 16 positions.

Pitcher

The Pitcher tosses the ball under-hand to pass over home plate as close to the Batter's waist level as possible. (Alternatively, the Pitcher may operate a mechanical pitching machine or throw the ball to the Catcher who places the ball in a Batting-Sling for the Batter to hit.) Each Pitcher gets only 1 attempt to toss a "hit-able" pitch.

Batter

Each Batter gets only 1 pitch for an attempt to hit the ball. If the pitch is not hit-able, the Batter gets to self-toss the ball for a hit attempt. The Batter attempts to hit the ball into fair territory, which includes anywhere on the field within the bases or the out-field markers.

After any hit attempt (fair, foul, or miss), the Batter drops the bat and tries to get to 1st Base before he/she is tagged or forced out. The Batter may over-run 1st Base, turn right, and return to 1st Base without the risk of being tagged out beyond 1st Base.

If the Batter misses a hit-able pitch or the self-toss hit attempt, and Batter strikes out, but the Catcher still plays the ball to get the Batter out at 1st Base or get any of the Base Runners out at their next bases.

If the Batter hits the ball into foul territory (where the ball lands outside the 1st or 3rd baselines or beyond the outfield boundary), the Batter fouls out. In this case, the Batter and all the Base Runners return to and remain on their original bases until the ball is retrieved by the closest defensive player. Play resumes when the ball is thrown into play from the boundary line to either the Pitcher or an out-fielder (whichever is closest). When the ball enters fair territory, the Batter and all the Base Runners try to advance to their next bases while the defensive players try to get them out.

Base Runners

Base Runners are not allowed to lead-off or steal bases. Since the bases are always "loaded," each Base Runner attempts to run to the next base on each hit attempt or throw-in from a foul hit. The Batter and Base Runners can start running to their next base as soon as the Batter swings at the pitch or self-toss, or as soon as the ball is thrown in after a foul hit.

When running to the next base, the Base Runners must stay within 3 feet of the direct line between the bases. The Base Runner on 1st and the Base Runner on 2nd can be tagged out if they over-run their next bases.

Base Runners may advance only 1 base on each play. Base Runners stay on their next base for the next play even if they were tagged or forced out during the previous play.

Fielders

The fielders follow the basic rules of baseball when fielding a ball hit into fair territory, or returned to play after a foul hit, in order to get the Batter and Base Runners out.

All players must remain in their specific areas and not cause interference for another player.

All players must "play the ball" and not use "unnecessary roughness" when trying to make a play.

All players are responsible for being in their correct position at the start of each play and be ready for the ball to be hit or thrown into play.

Game Change: A complete rotation through all of the positions is 1 inning. The game continues play to play and inning to inning. After each 2-inning game, all the current players exit the field, and all the players scheduled for the next game immediately take their assigned positions.

Cost of Play: OptiHealth Baseball costs each player 1 Game Ticket for each 2-inning game (32 plays).

Scoring

Each play of the game is self-officiated by the players. Each player scores individual points based on the player's role in the outcome of each play. Each player is responsible for keeping his/her own score. Players are encouraged to have a personal Score Keeper. (Refer to OptiHealth Baseball ScoreCard.)

Pitcher	+1 point if the pitch is "hit-able" 0 points for a non-hit-able pitch
Batter	+1 point if the ball is hit into fair territory 0 points if the ball is missed or hit into foul territory +1 point if the Batter gets safely to 1 st base 0 points if the Batter is tagged or forced out
Runner	+1 point if the Base Runner gets safely to the next base 0 points if the Base Runner is tagged or forced out
Fielders	+1 point per out for each player that handled the ball to get the out(s). 0 points if the Fielder does not handle the ball during the play or is unable to get the Batter or any of the Base Runners out.
Penalties	-1 point for interfering with another player in their position -2 points for using unnecessary roughness against an opponent

Scoring Example

The Short Stop catches a fly ball that gets the Batter out, and then the Short Stop throws the ball to the 2nd Baseman who catches it and forces the Base Runner from 1st out at 2nd Base.

The Short Stop earns a total of 2 points: 1 point for catching the ball to get the Batter out, and 1 point for throwing the ball to the 2nd Baseman to get the Base Runner from 1st out.

The 2nd Baseman earns 1 point for catching the ball from the Short Stop and tagging 2nd Base before the Base Runner from 1st gets there in order to force him/her out.

The Batter earns 1 point for hitting the ball into fair territory, but 0 points for not getting to 1st Base safely.

The Base Runner on 1st earns 0 points for not getting to 2nd Base safely, but the Base Runner stays on 2nd Base for the next play even though he/she was forced out.

The Base Runners on 2nd and 3rd earn 1 point each for safely advancing to their next bases.

All the other players earn 0 points for not participating directly in either of the outs.