

JERICO BASEBALL LEAGUE 2013

MAJORS C – IRONHEADS

Base Running

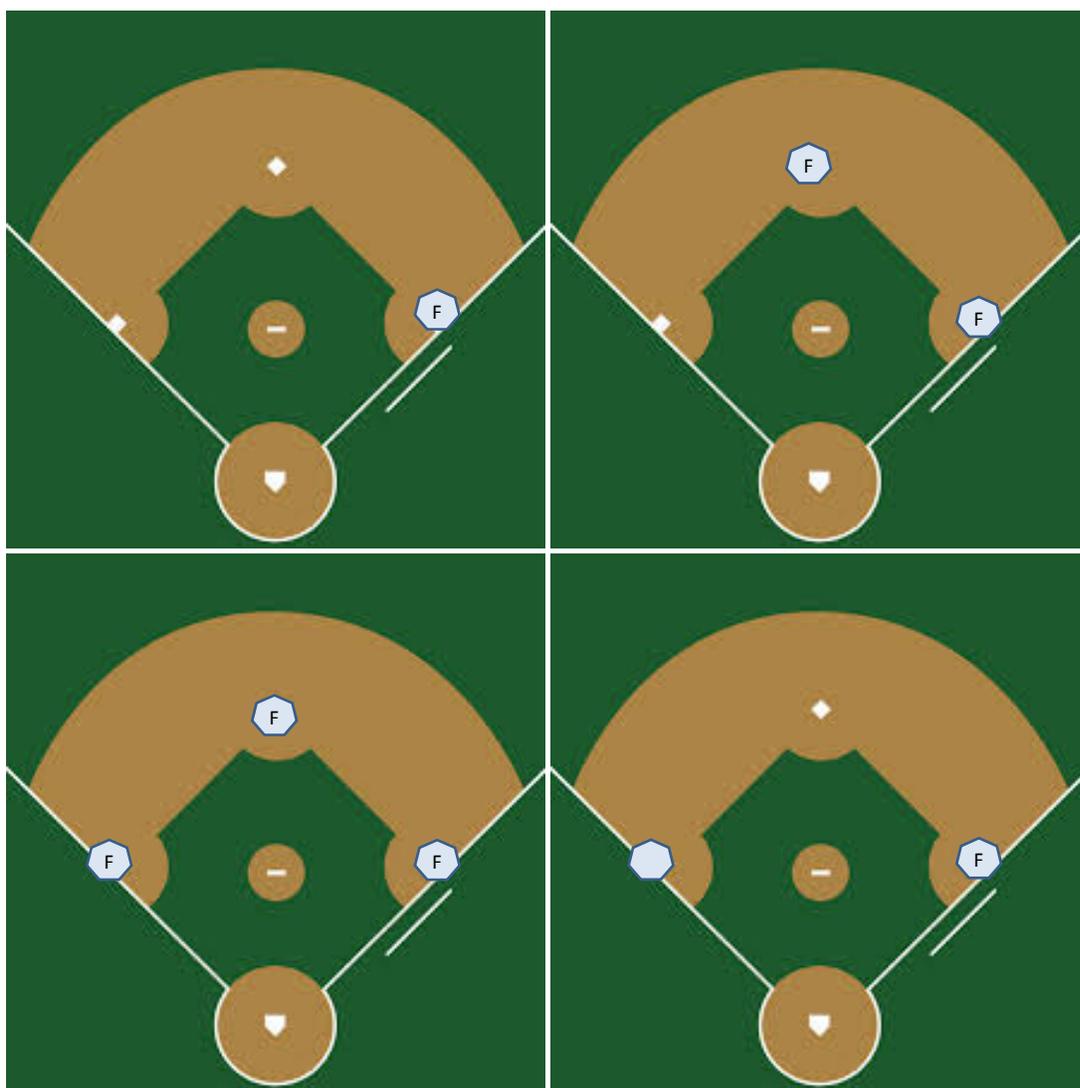
When on base, runners must be aware of 3 things:

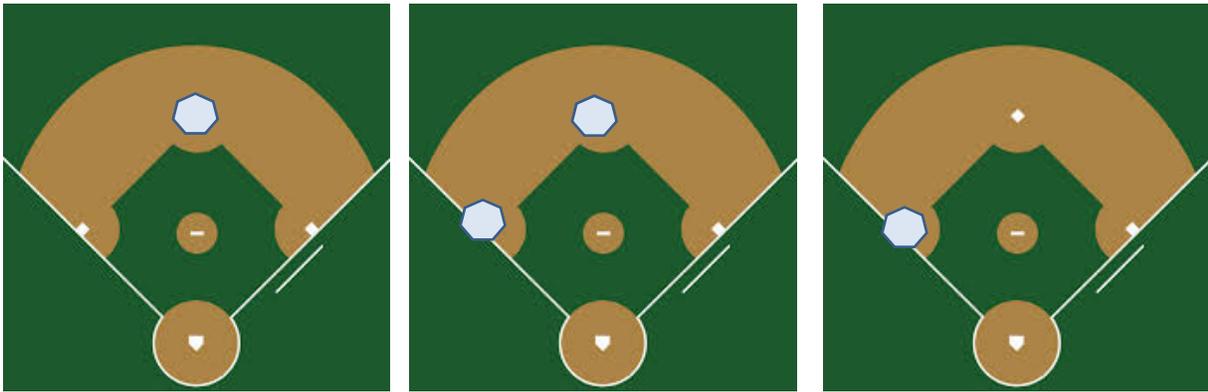
1. How many outs are there?
2. Am I being forced to run?
3. Has the ball hit the ground, or is it in the air (groundball or flyball)?

The importance of groundball vs. flyball, is that runners can NOT advance to the next base until the ball has either touched the ground, or has been caught in the air. When a runner takes off after the ball has been caught in the air, this is called 'tagging', more on this later. If the runner is off the base when a flyball is caught, he must return to touch his base, and either remain there, or tag.

On being forced to run, if ALL bases behind the runner are occupied, then he is being forced.

In the next diagrams, runners with an **F** are being forced.





Groundballs:

Regardless of number of outs:

If you are being forced:

RUN! You have to 'make room' for the runners advancing behind you, so you must run.

If you are NOT being forced:

You do not HAVE to run. A *Rule-of-Thumb* is that if the ball has been caught by an infielder on your path (for example, you're on 2nd base and the ball was fielded by the shortstop), or by the pitcher, you should not run. *Optional:* It is a good idea to take a few steps away from your base, not stay on the base. This will often distract the fielder allowing the batter to reach first (this is called protecting the runner); however, make sure that you do NOT put yourself at risk of being thrown out, just a few steps, no more.

Flyballs:

Running with ZERO or ONE outs:

If you are being forced:

Stay on (or near) your base, and look at the ball to decide what to do... If the ball is dropped, RUN. If the ball is caught you can choose to advance to the next base (tagging). The runner must make contact with the (starting) base after the ball is caught, so often it is best just to stay on base. *Rule-of-thumb:* if the ball is caught by an outfielder, it is usually OK to tag from 3rd to home (if you're fast enough!). If the ball is caught by the right-fielder, it is usually OK to tag from 2nd to 3rd. When tagging from 2nd base and 3rd is occupied, be aware of the runner in front of you, if he's not tagging, neither should you. *Optional:* It is usually never OK to tag from 1st to 2nd; because of this, it is OK for the runner on 1st to take a few steps away from 1st base when the ball is in the air (to get a head start in case the ball is dropped), if the ball is caught, return to 1st.

If you are NOT being forced:

Stay on (or near) your base, and look at the ball to decide what to do... If the ball is dropped, you can choose to run if you think you can beat the throw. If you're on 2nd and 3rd is occupied, and you choose to run on a dropped flyball, make sure that the runner from 3rd is running too; if he's not, then neither should you. If the ball is caught you can choose to advance to the next base (tagging). Same tagging rules as before.

Running with TWO outs:

Regardless of being forced or not:

RUN!