



# Sports Camp Handbook

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# I. INTRODUCTION

## WELCOME

Firstly, thank you for serving JESUS! You are joining the many that took Christ at His word to go and make disciples of all the nations. Preparation for the mission trip starts in your heart long before you arrive at your destination, and carries on long after you return home. Get ready! God is going to minister both to you and through you, for His glory.

## QUICK START

**Fundraising:** Quick start your fundraising process by following the suggested list below.

1. Send in your trip deposit/balances to Breakaway Outreach (or your sending church) by the set due dates.
2. Start a prayer group (ask others to start praying for you).
3. Make a list of potential donor/sponsor contacts.
4. Create your trip fundraising letter.\*
5. Mail out 75 to 100 letters.
6. Make an appointment with your Pastor to discuss your mission trip.
7. Share your trip plans with your Sunday School class, Bible study, or small group.
8. Use social media to tell people about your mission trip and ways to support you.
9. Create a blog for your trip.
10. Do a mission presentation in church or at home meetings.\*

\*Contact us for tools and resources such as links, letterheads, PowerPoint files, or media.

**Paperwork:** Quick start the preparation for your trip:

1. Notarize Minor Travel Form (if under 18). (see [Appendix A](#))
2. Complete Application/Medical Release. (see [Appendix B](#))
3. Apply for a Passport (immediately).

A passport is necessary for international travel. Obtaining a passport can take up to two months, so apply for your passport as soon as possible.

1. You can apply for a passport at many post offices around the country.

Go to <https://www.usps.com/shop/apply-for-a-passport.htm> then select the passport application form (.pdf) to download and complete prior to going to the post office. You will need two identical 2-by-2-inch (5-by-5-cm) passport photos. You can get passport photos at many local locations or at some post offices.

2. If you want to expedite it, you will need to pay additional fees. Express mail should be used when you are not sure you have time for regular passport processing.

3. Make a copy of the passport's identification page in case you need to apply for an emergency passport replacement while traveling. If you lose your passport, visit the nearest U.S. consulate as soon as possible for a replacement.

## **OUR MISSION PHILOSOPHY**

Breakaway Outreach is committed to glorifying Jesus Christ through missions in obedience to the Great Commission (Matthew 28:19-20). We believe that cross-cultural missions prepare Christian youth and adults to live a dedicated life of service to the Lord. By going to an area of the world that is unfamiliar, Christ-followers are given the opportunity to share the gospel through their talents and abilities while being challenged with the needs of the world.

## GOALS

Our goal is to **make disciples** of Jesus Christ by developing those who are being sent into the mission field, bring gospel engagement to those we are sent to serve, and strengthen the local church and missionaries where we serve.

### 1. Developing Servant Leaders

Through serving in a cross-cultural context, team members must sacrifice their own comforts for the sake of the gospel—learning to make God’s kingdom and Christ’s glory their chief aim.

### 2. Sharing the Gospel

Through relationship building, recreation-based discipleship, and servant evangelism (2 Corinthians 4:5), team members bring a witness to the gospel by giving fresh perspectives to faith, sharing encouraging testimonies, and demonstrating the Good News of Jesus in the cross-cultural context. This results in sharing Christ with the lost, helping young believers grow in their faith, and oftentimes re-presenting the gospel to the dechurched or those who have “deconstructed” their beliefs.

### 3. Strengthening the Local Church

By supporting the local church and local missionaries, the missions partnership brings strength, encouragement, and spiritual momentum to the community—leading to sustained disciple-making movements long after the mission team has left. Some of the benefits of a sports camp for the local host church have been:

- The catalyst for effective and sustained evangelism movements
- Inroads for congregations to reach unreached families in their communities

- Youth and children being empowered by gospel transformation
- Parents hearing and responding to the gospel
- Increased baptism celebrations and church membership growth
- Spiritual growth and leadership development among those serving at camp
- Increased missional enthusiasm among nominal believers
- Opportunities to serve the marginalized (orphans, refugees, street kids)
- Fresh expressions of the gospel in post-Christian societies
- A “level playing field” where the poor and well-to-do celebrate God equally
- Unity and reconciliation where there has been strife and division

## II. ORIENTATION

### POLICIES FOR PARTICIPATION

We must work closely together in harmony with our brothers and sisters in Christ and before the world. The exhortation over and over again in the Word of God is to show love and brotherly kindness and is a necessary part of team effort. 1 Peter 1:22 goes a step further. We are to “love one another with a pure heart fervently,” which means that we are to work at it continually.

**Important: Please, remember this is a mission trip. There will be some uncomfortable moments or challenges that arise. There will be some inconveniences and you will be called upon to work. So, you must have a servant’s heart. Though constructive feedback is always welcome, make every effort to avoid complaining or murmuring.**

The old proverb “one bad apple can spoil the whole barrel” applies here. While living in a team situation, your attitude can either affect others for better or for worse. Maintaining a positive and humble attitude is, therefore, needful. This is best accomplished through spending time alone with the Lord in His Word and talking honestly with Him in prayer.

I agree to:

- Remember that I am a guest working at the invitation of the local church or missions partner in the host country.
- Remember that I have come to serve and learn, not necessarily to teach. I may run across procedures that I feel are inefficient, or attitudes that I find close-minded. I’ll resist the temptation to inform our hosts about “how we do things.” I’ll be open to learning about other persons’ methods and ideas.
- Respect my team leader and his or her decisions. I’ll cooperate at all times with the team leader(s) concerning

work assignments, the food, the lodging, and the accommodations provided for the team.

- Refrain from gossip. I may be surprised at how each person will blossom when freed from the concern that others may be passing judgment.
- Refrain from complaining. I know that travel can present numerous unexpected and undesired circumstances, but the rewards of conquering such circumstances are innumerable. Instead of whining and complaining, I'll be creative, flexible and supportive.
- Respect the work that is going on in the country with the partner church/missionaries and persons with whom we are working. I realize that our team is here for just a short while, but that local church is there for the long term, and I will refrain from doing anything that could jeopardize the ongoing and sustained work of the local. I will respect their knowledge, insights and instructions, and honor their leadership.
- Remember not to be exclusive in my relationships. If my good friend, sweetheart, or spouse is on the team, we will make every effort to interact with all members of the team, not just one another. If I am attracted to a teammate or any of the hosting friends I will not attempt to pursue an exclusive, romantic, or special relationship (even if "God tells me that this is my future spouse!").
- I will not make any promises that I am not willing or able to keep. I understand that if I make promises and I do not follow through it may damage the work that God is doing in the long run.

### **SCRIPTURAL PASSAGES TO REMEMBER**

1 Peter 4:10 Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God



provides, so that in all things God may be praised through Jesus Christ

2 Corinthians 1:12 Now this is our boast: Our conscience testifies that we have conducted ourselves in the world, and especially in our relations with you, in the holiness and sincerity that are from God. We have done so not according to worldly wisdom but according to God's grace.

Ephesians 4:2 Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.

Philippians 2:1 If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus:

Philippians 2:14 Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe

Philippians 4:11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.

James 1:2 Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance.

## DOs and DON'Ts

### Do:

1. Keep contact info with you at all times. Stay calm if you get separated from the group.
2. Try to get alone to pray daily.
3. Know your travel itinerary well.
4. Pursue a servant's heart and attitude.
5. Let the field and local leadership establish the strategies and plan for ministry.
6. Have a long-term perspective; this impacts the way decisions are made and the direction of those decisions. Don't risk long-term relationships or the rise of a spiritual movement for the sake of expediency, or the "big splash" that only helps the mission team feel good.
7. Learn as much as you can about the language, people and culture.
8. Be open to what the local believers can teach the team about faith, life, their culture, and the world.

### Don't:

1. Gossip.
2. Criticize your host's culture or your own culture. Avoid political debates.
3. Create dependency.
4. Make promises that you cannot keep or are unwilling to keep.

5. Have a “messiah” complex—you’re not the savior!
6. Complain about anything. Maintain a sacrificial attitude and servant’s heart.

Prepare your mind for flexibility. Rarely does a mission trip always go according to plans. “Flexibility is the tenth fruit of the Spirit,” we like to say. **The more flexible you are, the greater your capacity to be used by God in unexpected ways, and bolster the team’s mission.**

## FOOD PREFERENCES

It is very likely that the food you will be eating on your mission trip is not within your usual eating routine. An important aspect of the mission trip is to respect and honor your host families by eating the food that they provide. In cases of food allergies or specific problems with diet, the host homes should be notified prior to the mission trip in order to accommodate the special dietary needs within the group.

## AIR TRAVEL

Your international flight may be a long one. Consider the following suggestions to ease the travel stress:

1. Wear loose, comfortable clothing. Dressing in layers will help regulate body temperature. Keep in mind that some people get cold on airplanes.
2. Pack a small carry-on with things you will need for the flight (check with the airline for the latest carry-on allowances). Portable electronic devices with headphones can help with the boredom. Also pack reading materials and an empty water bottle. Bring a change of clothes, toiletries and at least a couple of days of prescriptions in case your luggage is temporarily lost or delayed.
3. Try to stretch and do light exercise in your seat. Get up and move around occasionally.

4. Drink more water than you normally would to stay hydrated.
5. Carry lotion to help with dry conditions during the flight.
6. Chew gum to help with ear problems.
7. Take medication before the flight if you are prone to motion sickness.
8. Try to sleep some to help with jet lag.

## **CURRENCY**

Make sure you have the proper currency for the international country. Many banks in the United States now offer the opportunity to order currency before your trip at better exchange rates and with better fees. This will typically beat rates at most airport currency exchanges.

## **WHAT TO BRING**

- Passport
- Personal Insurance Card, Group Insurance Form (team leader)
- Mission Trip Information (curriculum, schedules, agendas)
- Bible, Pen and Journal/Notebook
- Money, Credit Card
- Copies of all your important cards and documents
- Jacket/Rain Gear
- Snacks
- Contacts/Glasses
- Camera/Batteries
- Medications
- Power Converters/Adapters (do an online search of the correct type)
- If Bringing a Blow Dryer (must use transformers in most countries – not converter only)
- Language/Phrase Book, Translator App

- Sunscreen, Bug Spray
- Equipment Bag (if assigned to you)
- Bath towel, Toiletries
- Airplane Carry-On with essential items
- Host Home Gift
- Translator Gift
- Personal sports equipment
- Casual clothes for evening worship services/ Sunday service
- Sports camp (athletic) clothes (shorts, team t-shirts and cap, etc)
- Tennis Shoes (No Cleats)
- Lanyard w/laminated schedule
- Sports Camp Handbook (printed or digital copy on your device)

### III. SPORTS CAMP OVERVIEW

#### WHY SPORTS CAMP?

Here are some keys of success discovered with the Sports Camp model:

- Sport is a universal language
- Sport opens doors for the gospel to engage people in any cultural context
- Kids of all different backgrounds/beliefs come to sports camps
- Families come to watch their kids play sports
- Team building during a sports camp fosters an environment for coaches and translators from the partnership churches to develop relationships with kids and then share the gospel of Christ
- The local church has opportunities to connect with the unchurched in their community and talk with people who visit camp throughout the week
- Many people that attend camp as a player or spectator also come to church gatherings when invited
- Sports camps build goodwill between the local church and their community, giving the church a strong witness in their city
- Camp provides a safe community and a group identity, which foster a sense of belonging for those seeking answers to questions about faith

#### SAFETY FIRST

**It is very important that safety issues be defined prior to camp and fully understood by all team members leading any camp activity.** It is also very important that the campers fully understand the safety rules as well in order to prevent unnecessary risk of injury to all involved. Safety must be emphasized early and be a focus throughout the entirety of camp.

Sports Camp safety issues can be grouped into three primary areas:

### **1. Warm-Ups and Stretching: (Appendix D)**

All participants warm up and stretch before beginning camp each day.

### **2. Practice, Drills, and Play:**

- a. Do safety drills where applicable
- b. Enforce the rule about not letting campers pick up and play with sports equipment during unsupervised times
- c. Never throw a ball unless someone is looking to receive it
- d. Keep inactive players out of the designated playing areas
- e. Wear any required safety gear
- f. Make sure everyone stays hydrated (regular water breaks)
- g. \*Have a weather policy (lightning) and always adhere to it
- h. \*Have an injury policy and always adhere to it

\*Typically determined by the local/host church/community

### **3. Spectators:**

- a. Manage spectators; keep away from the field of play and areas of risk such as overthrow or foul ball areas (especially on "Parent Day" or "Community Day" when you have many participants who haven't attended throughout the week and haven't heard all the safety chats)
- b. Constantly remind everyone to "keep their eyes on the playing field."

## **CAMP STRUCTURE**

Sports Camps are more successful and fun when the teams are formed in a way to have the most equally matched and competitive environment possible. A typical morning schedule is to have a staff and leadership prayer meeting to begin the day,

followed by field set-up, team prep, and warm-ups. A typical camp model may consist of morning practice drills, team times (the Bible discussions), and game play. After a lunch break, the afternoon is often a mirror of the AM schedule or is reserved for playing games if the mornings are reserved primarily for training.

The mission team leader will provide modules, resources, templates, training drills, and a schedule for the camp. Team sizes at camp may range from five to eight players when featuring flag football, ultimate frisbee, and Baseball5, but may be between 8-12 for a traditional baseball camp.

In many contexts, teams utilize licensed professional American team names and authentic uniform logos for the team t-shirts and/or caps. The players really like to play in the uniforms that look like pro teams. Using team uniforms (shirts/caps) helps to generate good team spirit because the kids on the team are excited about their uniforms and the team identity it creates. Other ways to create team spirit are to teach the players team cheers which can be performed before/after games (every team will also perform their team cheer for parents on the last day of camp), give inspiring speeches, and constantly encourage good play and sportsmanship. Of course, winning games produces its own excitement, but how a team handles defeat is also vital for building or tearing down team spirit.

**Remember to emphasize character and sportsmanship throughout the week! Win or lose, we can always “grow” and emerge “better” from the competitive gameplay. Look for the “wins” even in the losses and emphasize that the scoreboard isn’t the only thing that reveals what was accomplished through the team effort and participation.**



Teams are one of the great joys of a Sports Camp. Through teams, relationships are built, sport is coached, but most importantly, kids become more responsive to the gospel message. For the youth attending the camp, being a part of a team is an important part of the whole experience—especially when the “group identity” helps young people feel more like a part of God's family.

## IV. MISSION TEAM MEMBER PREPARATION

### SPIRITUAL PREPARATION

Spiritual preparation of the team is the most important aspect of the training effort for the mission field. This is a very emphatic statement. Here are a few principles of why this statement is true:

- **Nothing of spiritual or eternal significance can ever happen without God.**
- God uses His children in His plan to reconcile the world to Himself through Jesus Christ and the working of His Spirit.
- There are 2 eternal realities here on earth: People's souls and God's Word. So that is what believers need to invest in.
- Believers need to do the best they can to have God equip them for His work.
- God blesses "sweat more than sloth."
- Why else go on this trip and in this fashion if not for spiritual purposes?

### KEYS FOR SPIRITUAL PREPARATION

- Get your church or small group praying for you.
- Write out your personal testimony and be prepared to share it.
- Recruit a church member who is not going on the trip to be your prayer partner.
- Start a focus on the trip 40 days from departure.
- Learn some of the language and culture.
- Create a music playlist with missions/worship emphasis.
- Spend some time fasting.
- Work through a mission trip devotional guide.
- Search out a Bible theme or scriptural passage specific to the trip.
- Obtain a list of children attending the sports camp and pray for them by name.

- Prayerfully prepare and get acclimated to the curriculum and worship service components.

## **AXIOMS OF MISSIONS**

1. Courage is the fruit of faith.
2. 3 Approaches to Missions: 1. Flexibility 2. Flexibility 3. Flexibility.
3. Learn the culture, language, and context as much as possible.
4. Ministry and strategy is based on needs of the mission field, not needs of those going.
5. Acceptance opens minds and doors.
6. 3 Rules of Missions: 1. Prayer 2. Prayer 3. Prayer.
7. 3 Expressions of Missions: 1. Love 2. Love 3. Love.
8. Follow the leadership of the Holy Spirit and respond accordingly to opportunities.
9. The Missional Mandate: Point to Jesus—sharing His story is the purpose for going.
10. Strength comes from abiding in Jesus.
11. All aspects of missions movements are dependent upon God.
12. Respect cannot be faked.
13. My actions, attitude, and words matter. They create a culture good or bad.
14. Just because something is different doesn't make it wrong.
15. You don't know everything, learn from others—especially those you are serving.

16. Wherever you are is 'mission'—the trip is an extension of missionally focused lives.
17. People are at the center of the heart of God.
18. Be mindful of what God has rescued you from and be prepared to share a testimony when called upon.
19. You are a guest in someone else's culture. It is your job to adjust to their culture, not for the whole culture and population to adjust to you.
22. Listen and observe more than talk and avoid making judgments.
23. Humility is the catalyst for relationship.
24. Ambassador—you represent Jesus, the local church, and the sending church.
25. Abide in Christ → Fruit of the Spirit → God working through you to those you meet.
26. Scatter seeds—the power is in the Seed (Gospel/God's Word). It will not return void.

## V. TEAM ASSIGNMENTS

Training for a Sports Camp begins with the assignment of team members to specific camp roles. There are many supplemental serve opportunities throughout a camp week (leading worship, facilitating Bible discussions, working with food/hospitality, doing the grunt work of setup/teardown, etc.), but the primary roles for the American team members are:

- **Team Captains.** Team Captains serve as a coach for one particular team all week long and accompany their players during training, team times, and gameplay
  
- **Field Trainers.** Field Trainers teach/train/coach a select sport at a specific field (flag football, ultimate frisbee, Baseball5) and stay at that field while teams rotate to them for training/gameplay
  
- **Station Leaders.** Station Leaders are similar to Field Trainers but serve at a particular station to train a specific skill or component of a sport throughout the week (quarterbacks, receivers, batting, throwing, catching, pitching, tackling, etc.) and stay at that station while teams/players rotate to them

\*Field Trainers and Station Leaders will also double as umpires/referees during gameplay. All three roles above are considered to be “coaches” within the overarching camp structure. **We are all “Coaches” with a common GOAL!**

Once you know your role for the mission trip, spend adequate time getting acclimated to your responsibilities, training materials, Team Time curriculum (for Bible discussion times), station sequences, game roles, etc.

## ***Roles: “TEAM CAPTAINS”***

Team Captains have the best opportunity to develop relationships with the players on their team. Reinforcing athletic skills, teaching sports strategy, creating a team spirit, and building God-centered relationships are all essential parts of the sport camp experience. Being a Team Captain is so rewarding and challenging due to all the roles and responsibilities that come the Captain's way during the week. Don't be overwhelmed or intimidated because God is with you. You have the Holy Spirit assisting you moment by moment. You have team members and translators who will support you.

***To this end I labor, struggling with all his energy which so powerfully works in me. (Colossians 1:29)***

### **BASIC ROLES FOR TEAM CAPTAINS**

- Sharing Christ with each player as opportunities abound
  - One-to-one or during small groups (a.k.a. “Team Times”, “Huddles” at flag football camps, or “Home Bases” at baseball camps)
  - Encouraging your team(s) to participate in the spiritual activities as well as sport
- Brother's Keeper—Safety for each player, other leaders, and camp spectators
- Be organized (especially for the Team Times and for games)
- Administration and positioning—Assign player positions for gameplay
- Team building—Lead with character, Christ-likeness, composure, and excellence
- Assist Field Trainers and Station Leaders and reinforce the skills taught at each station
- Build God-centered relationships with the kids and their families
- Utilize the team translator as an integral part of coaching
- Create a great team spirit and have fun

## GAME RESPONSIBILITIES

- **Monitoring of safety policies**

- Managing team/field equipment
- Assigning positions and roles
- Pitch to your team(s) during coach pitch situations (baseball)
- Lead/encourage your team's huddles on the field
- Being on mission all the time
- Rightly handling conflict and dealing with problems/distractions

A Team Captain needs to have at least a basic knowledge of the rules and strategy of the sport being played. The key is that the leadership of each team has enough sport knowledge and spiritual depth to take the team where it needs to go.

### TEAM TIMES (a.k.a. "Huddles" or "Home Bases")

Sharing Christ through positive relationships is the primary role of a Team Captain. The power for sharing Christ stems from God's Word (sow the 'Seed' and trust God to grow it). The Team Time is designed to open up the Bible to your team through carefully prepared curriculum (\*in the case of smaller camps the entire camp might meet together for the gospel sharing times instead of breaking out into individual Team Times). You will be provided with all the training and tools that you need to make this crucial part of each day the most effective it can be. However, even with the best training and tools, the success of team time is directly proportional to the time, focus, and effort that each Team Captain employs in spiritual readiness, preparation, and personal investment. The team time is also a group effort. The incorporation of other staff/leaders/translators is vital and will ensure that the discussion is all that it can be. Meeting and pre-planning with your team leaders/translators is a must. In some camps, the host church is responsible for leading the Team Times and the Americans provide supplemental leadership roles. Field Trainers and Station Leaders will

also have the opportunity to participate in Team Times with multiple teams throughout the week, sharing testimonies, and offering input.

**There are typically two segments to the Team Times:**

1. Team-Building – 5-10 minutes
2. Spiritual Focus – 20-25 minutes

**Team-Building**

Every team needs time to break the ice, build relationships, promote teamwork, and have fun. This is accomplished in the first 5-10 minutes of Team Time. Other break or gap times during camp also may be utilized. This is especially true of weather delays. The activities for team-building time are outlined in the Team Time curriculum. Many times the activities will tie into the spiritual focus for that day. Make sure you are prepared by understanding the activity and have all the supplies needed.

You will also have resources for many back-up games and mixers that you can employ to engage and encourage your team. This is a time of fun and friendship.

**KEYS FOR TEAM-BUILDING ACTIVITIES**

- Be the energy that you want the activity to possess!
- If host church leaders are leading the Team Times, be ready to assist where needed
- Safety is always a priority.
- Be in firm but friendly control of the activity so that the goals of the activity are accomplished and everyone has a positive experience
- Be prepared with knowledge of the activity or game and supplies needed



- Be prepared to make adjustments or changes to meet your team's needs
- Anticipate modifications of the game that may make it more/less challenging
- Be prepared with a backup activity
- Always tie in the activity with a teamwork or life lesson to be learned
- Pounce on teachable moments
- All Coaches and translators are active participants
- Have fun! Have fun! Have fun!

Team Time can be combined with a team break to allow the players an opportunity to rest and have refreshments. The break should be structured after Team Time in order to keep the attention of the players and to stay on schedule.

### **Spiritual Focus**

The spiritual time to focus on God and His relationship with each person is the most important time of the day. Everything is designed to lead up to and prepare each team for these powerful life-changing experiences. The spiritual themes, materials, and curriculum for Team Times will be provided by your US team leader or host church.

### **KEYS FOR POWERFUL TEAM TIMES**

- Bathe in prayer
- Work closely and share the load with translators and other Coaches
- Meet and prepare before each team time with translators and other Coaches
- Explain to the kids what team time is on the first day
- Know all the materials so that you can utilize tools and resources
- Customize for the team's needs

- Know the materials so that sharing is natural and is not reading. This can't be emphasized enough.
- Strive for discussion more than lecture (create an atmosphere of conversation)
- Keep upbeat, positive, and fun
- Jump in with confidence when you see God working
- Find a location with minimal distractions
- Emphasize the scriptures because it is God's Word
- Be sensitive to opportunities to follow-up with players individually
- Coaches who are not directly leading the Team Time at any particular moment need to be engaged, encouraging, and to help the team to focus
- Give positive affirmation about how good your team time is going to be through the day and for the whole week
- Smile during team time
- Have your testimony ready
- Successful team times are built by all the positive actions and interactions of the Coaches and translators with your team throughout the whole day

Basically,

- Pray, Pray, Pray
- Prepare, Prepare, Prepare

Molding the team(s) begins the moment players arrive on the first day. These first moments can set the tone for the rest of the week, so make this first impression count. Try to learn the players' names immediately and help them learn the names of the Coaches and translators. In most cases name tags will be utilized. Make sure the players understand the concept of "sport as a team" and that they are going to have to work as a team. Be sure and introduce your Translator to the team during this initial meeting – remember to involve the Translator as an important part of the Coaching staff (\*note that some host churches will have their own Team Leaders

facilitating the teams and the US coaches will serve as supplemental/assistant leaders). If the English language skills of the players are weak, the translator will be the only true link for communication throughout camp.

### **KEYS FOR MOLDING A TEAM**

- Employing excellent Team Times and the team-building exercises will have a huge impact on how your team comes together.
- Be proactive in teaching teamwork and demonstrate aspects of teamwork during stations and games.
- Good sportsmanship builds a foundation for team-building. Bad sportsmanship always promotes selfishness, individualism, and bad attitudes.
- A high energy, positive, fun environment is a greenhouse for teamwork.
- Curtail any negative comments or actions from one player to another immediately and turn in a positive direction.
- Encouragement as well as constructive critique will build up your team.
- Develop traditions, rally points, and team identifiers that are unique for your team. Ex. cheers, handshakes, slogans, mascots, nicknames, jokes, etc. Be creative.
- Emphasize the spiritual nature of camp and it will bring your team together.
- Don't embarrass a player or your team.
- Build in some relaxing down times.
- Love. Respect. Relationship.

One tool for team-building is the utilization of team awards to share with the team every day. Awards can be given for play of the day, teamwork, Christ-likeness, hustle, hitting, and fielding. Spread them around. Use notes so that you can make sure each player has received each award at least once during the week. Be creative in how you affirm your players.

## TRANSLATORS

Each translator is that vital link to the local church. This is one of the primary goals of Sports Camp. Your translator will be the one who assists in interactions of the camper with the local church during camp and for the all-important follow-up. You will be back home in a week but your translator will be there the other 51 weeks of the year, which is crucial to discipleship processes.

Your translator is your eyes and ears into the world of your camper.

The translator assigned to your team may be an extra Coach, a parent, university student, or an older player on your team, but the translator on your team will always serve as your voice on the team. Whether they are communicating skills, game instructions, or a testimony of God's love, they are so vital to helping the players. Translators also form relationships with the campers that last long after the US team leaves. Additionally, a translator may truly become another Coach as their knowledge of the games increases (this is quite common after they have been serving at camps for multiple years).

They understand so much more about the culture, their community, and the personal life of the camper than you. They will love to share these insights with you but building that positive peer relationship with your translator will be the key for this freedom of sharing.

The vibrant spiritual life of your translator will also be a rich blessing to your team and to you. There is so much to learn about God from each one. As they share their hearts with the team, you will discover so much and the campers will be influenced by the Kingdom of God on display in a harmonic way.

Start by spending time getting to know your translator when you first meet them. The better you work together, the more effective the translation will be on your team. Make sure each translator understands the goals and objectives for the team and fully involve

them in forming relationships with the players on the team. You can help the translator by not speaking too fast and by speaking in shorter phrases, making sure that the translator is comfortable with what you are trying to communicate. Always remind the team it is absolutely important to listen to what the translator says. Ask the translator to help you understand the dynamics on your team. Sometimes their mastery of the native language gives them insight into the health of the team overall and the individual players as well. This insight from the translator allows Coaches to make adjustments that help the team function better. Empower your translator to be involved with the team and not to rely solely on you to minister to the players.

### **Affirm Your Translator**

Always reinforce and support your translator in front of your team. When you show appreciation for their work, they gain the confidence they need to do a great job. At the end of camp, giving them a small gift of appreciation helps them understand how much you appreciated their hard work.

## **COACHING YOUR TEAM(s)**

### **Assigning Positions**

Determining the offensive/defensive positions for each player on your team(s) is one of the truly challenging jobs of being a Coach. Each team will have players of all different athletic abilities and backgrounds. In addition, most players will not understand the game or what each position is supposed to do. Especially during the first few days of camp, it is a good idea to try players at different positions in order to determine the skills of each one. It is often surprising how some players take hold of a certain position. It's as if they are built for it. As the week goes on, try to limit each player to a few positions. This helps them learn the skills and techniques for their primary positions. In baseball camps, the best practice is for each

player to know one infield and one outfield position very well. That way players get experience playing in both. Cross-training players in different positions also gives the Coach latitude for rotations or coverage due to injury or missing player. Remember, in the case of baseball, defensive changes should only be made between innings except for injuries.

### **Setting a Batting Lineup (baseball)**

This task is generally easier than determining a player's defensive baseball position(s). Usually you can establish the batting lineup on the first day based on your initial impression of how well each player bats. Be sure and alternate the batting order between boys and girls until you run out of players of one gender. Then, finish out the order with whoever is left over. At the end of each game, mark the next batter due up in the batting order and that player is first to hit in the next game. Employ this type of rotation in the batting stations as well. The players will notice if they don't get the same amount of opportunities to bat so it is important to keep this as equal as possible. The beginning of the tournament at the end of camp is a good time to change your batting order if players have made real improvements in their batting skills during the week.

No player sits more than one inning in a row and no player sits a second time prior to all players on the team sitting once. Rotate players between infield and outfield positions to allocate as equally as possible.

### **Game Safety**

Report any major injury to assigned medical personnel and a member of the local church at the time of the injury. Seek assistance if any doubt of need for aid. Report the injury to the family as soon as possible.

Report any minor injury to the family at the end of the camp session.

Players must wear batting helmets when batting and running the bases. (if available)

The on-deck batter must be away from the field of play – away from the batter.

Only the batter is allowed to hold a bat. On-deck hitter or any other players are prohibited to hold a bat. No practice swings on the side!

**Remind batters that they are never to throw the bat after hitting the ball** – just drop the bat. Batter will be called out.

All players on the bench and spectators must remain behind designated areas as indicated by the Coaches.

Be proactive in preventing dangerous situations. “An ounce of prevention is worth a pound of cure.”

### **Managing the Camp Day**

Many have all heard the phrase, “It is like herding cats!” Well, at times managing a day at camp may feel that way. However, with a little preparation and awareness of how camp works a Coach will navigate the perilous waters of camp in spectacular fashion. The first thing to keep in mind is that punctuality is actually a Coach’s best friend. Once a team gets out of sync with the schedule it makes everything more difficult for Coaches, teams, and others. So by being on time and in the correct location it will actually make everything easier.

## *Roles: “FIELD TRAINERS”*

Coaches who are assigned to specific playing fields throughout the week are called **Field Trainers**. Instead of being the coach of one team, they serve as a Coach at a designated field and they train all the teams how to play a particular sport (teaching rules, demonstrating mechanics, running drills, etc.). This is necessary at multisport camps to ensure that all the teams are learning the same skills and at the same pace. Field Coaches will also have the opportunity to rotate with different teams during their Team Times to share testimonies and participate in spiritual discussion. Field Trainers are also used when (a) the host church provides the primary Leaders for each team, (b) there are not enough US coaches, instructors, or trainers for each team to be afforded equal training, (c) there are not enough equipment bags for each team and the equipment must be managed more efficiently, (d) the camp is advancing in skill level and umpires are necessary for tournament play, and there are not enough US team members to serve as coaches and umpires separately, or (e) all of the above.

The Field Trainer and Station Leader axioms are:

### **Axiom 1**

*The most effective sports camps for growing the kingdom of God are those that are **run safely and professionally** so that when the time comes, **all attention is directed to Christ and His relationship with everyone involved with the camp.***

### **Axiom 2**

*Field Trainers/Station Leaders **influence all the campers, parents, and spectators for Christ. They are witnesses** for Him through relationships, words, and love to all. They are mediators (“peacekeepers”) who referee fairly and bring things back into perspective when teams get a little too competitive or edgy.*



## Roles

1. Be thoroughly knowledgeable of the sport you are assigned to
2. Manage a particular training field/station throughout the week
3. Coach/instruct both teams that are at your field for any given rotation
4. Adequately teach the rules of the sport
5. Provide skills training and run practice drills
6. Share a Bible verse, teaching principle, or motivational word of encouragement each day by tying it into the training exercises
7. Dually serve as pitcher/umpire/referee for games played at your field

## Assignments

- Set up your field at the beginning of each day, and pack up at end of the day
- Keep inventory of your Field/Station designated equipment
- Monitor your equipment and don't let campers take gear to other fields (or pick up gear when not instructed to)
- Know and implement the skill sets you are assigned to teach at your station
- Manage your station with efficiency and punctuality
- Enforce safety issues at all times (during training and games)
- Coach/Instruct for both teams during game play
- Pitch (when needed) for both teams during game play or assign another leader to this role
- Umpire/Referee the games (this is especially important as games get more competitive)
- Be a spiritual leader at your field/station: share scriptures, use teachable moments
- Pray over the teams that you have during the rotations
- Be encouraging, affirming, and enthusiastic

## *Roles: “STATION LEADERS”*

Station Leaders (primarily at baseball camps) have similar roles/assignments/responsibilities as that of Field Trainers with the difference being instead of teaching a particular sport, they train one aspect of the sport (pitching, batting, throwing, infield, outfield, etc.) They are specialty Coaches. Their behind-the-scenes dedication, hard work, organization, and professionalism provide the infrastructure for a camp’s success. Thus, Station Leaders are the ones providing the platform that enables the Gospel to be shared with efficacy and without distraction.

A Station Leader must be competent in both the skills and understanding of the game in order to be effective. A Station Leader will set up a Station at a predefined physical location and teach each team as it “rotates” to their Station for each day for instruction. Each Station will center on specific skills and will progress through a process of sequential player development throughout the week. Field Trainers/Station Leaders wear many hats as the following demonstrates:

### **Roles and Responsibilities**

- Interacting with all participants and spectators involved with camp.
- Talk to the players at your stations – involve them.
- Talk to the players during the game – have fun.
- Talk to parents before / during / after the game.
- Pitch for both teams if serving as dual Coach/Station Leader

### **Support Spiritual Opportunities**

- Invite campers to worship services.
- Share your faith.
- Pray for Team Times.

## **Game Supervision**

- Umpire the games
- Promote punctuality
- Set up the field, cones, flags, bases, equipment etc.
- Keep accurate and up to date scorecards
- Manage aspects of camp tournament
- Keep record of pool games in order to determine seeding
- Communicating game times and locations/maintaining tournament bracket

## **Equipment**

- Establish equipment room rules and organization
- Manage the equipment room
- Build the Field Bags, Team Bags, and Station Bags

## **Field Set Up & Tear Down**

- Measure and set up fields with proper distance for goals, bases, playing area, backstops, etc.
- Designate safety areas (such as batting, on-deck area)
- Be responsible for game and station equipment

## **Safety**

- Always be looking for safety issues
- Overrun base rules (wet weather)
- Only the active batter holds a bat (no one else should)
- Enforce the wearing of batting helmets when available
- Establishing safe teams locations near home Ensuring safety of spectators
- Severe weather procedures

## **Station Leading/Teaching**

- Teaching and Station progressions Station set-up
- Facilitate drills

- Fun games for skills development

*Tip: Provide the energy for the stations – keep it lively!*

### **Umpiring/Refereeing**

- Knowing and enforcing the sport camp rules
- Pre-game meeting (ground rules, pitching/catching/# players scenarios, etc.)
- Be absolute with your calls
- Be professional – organized – start on time and end on time
- Safety during a game
- Scorecards

## VI. TRADITIONAL BASEBALL

Once the number of Stations has been established for the training portion of a baseball camp, the next step is to decide which Stations will be provided. Each Station will need to be managed by a Station Leader that has the skills and athletic ability to assist the players in the development of individual and team baseball skills.

**The minimum number of Stations that are necessary for the development of baseball skills and to achieve the goals for camp are:**

1. **Batting** (sometimes two stations run simultaneously on separate fields)
2. **Fielding** (infield, outfield, and throwing/catching combined or separate stations)
3. **Rules and Base Running** (baseball theory and situational baserunning)

Considerations for stations are:

1. Field locations (proximity of baseball fields)
2. Field size(s) and auxiliary areas that may be utilized
3. Number of teams at each station during each station rotation
4. The station rotation design (number of teams and Station Leaders)

### **Batting Station**

The Batting Station consists of a Station Leader throwing batting practice to a team, hitting off a Tee, doing soft toss against a fence/net, or utilizing a batting cage.

First of all, let's discuss safety issues. This station has the highest degree of inherent risk and must be managed with no tolerance for any action that introduces more risk. Batting helmets must be worn at all times by the batter (if available). All other camp participants must be behind the batter and away from the potential flight of the baseball or on the playing field to further develop fielding skills as instructed by the Station Leader or Coach. The players must be taught to drop their bat after hitting the ball (swinging drills can be implemented for this, using bats and invisible balls).

The Batting Station Leader must be able to consistently pitch strikes to the batters during this station in order for the station to be effective.

Due to the length of time available for the batting station, each player should only be allowed 5-10 swings before changing batters in order to make sure all players on the team will have the opportunity to bat each day.

**On the last hit for each batter it is a good idea to have the batter run the bases after hitting the ball to help develop base running skills and to verify that they have learned to drop their bat.** The Station Leader should remind the batter to run the bases prior to the last pitch being thrown.

The Batting Station can be run solely as such or combined with fielders (same team or another team) playing defense while players are hitting. The two primary benefits of having fielders play defense while players are batting are (1) the defense is provided the opportunity to practice "real time" with batted balls, and (2) the balls used during batting practice can be returned to the Station Leader by the defense. The Coaches must be very involved if this approach is used, or the defensive could become distracted during this station.

Coaches should have players who are not taking batting practice to be throwing and catching the baseball on the side while others are batting. This allows all players on the team to be involved in skills development.

## **Fielding Station**

This station is designed to teach the correct technique of throwing and catching the baseball, as well as playing infield and outfield positions. It can be structured as an independent station or combined within other stations, depending upon the camp design.

Throwing the baseball is one of the most important skills to develop with the players because it is involved in nearly every defensive play. The easiest way to teach the proper technique of throwing the baseball is to have the camp participants play catch.

Start by having the players watch as the Station Leader demonstrates the throwing technique. The two main keys to throwing the baseball accurately are (1) align with the shoulder of your glove hand aimed at the target (looking 90 degrees over your shoulder) and (2) step and pivot the hips while you throw the ball, releasing with the hand pointing at the target.

Once the camp participants have seen this demonstration, pair them up and have them space apart in two rows. Begin with a short distance and have them practice throwing and catching the baseball. The Station Leader and team Coaches should walk up and down the rows and make comments and suggestions regarding each player's technique.

The infield station is designed to teach the players three primary skills: (1) how to field ground balls, (2) base coverage requirements for various defensive situations, and (3) what to do with the baseball when it has been fielded.

Begin the infield station by defining the defensive infield positions:

- Pitcher
- Catcher
- First Base
- Second Base
- Shortstop
- Third Base

Explain that the infielder covers an area around their position and that they should aggressively attempt to make a defensive play on any baseball they can reach. Also explain the need for the infielder playing first base to have one foot on first base prior to receiving the throw from another player.

An important first step is to have the Station Leader demonstrate the proper technique for fielding a ground ball. Emphasize (1) knees are bent, (2) the glove should be all the way down to the ground, and (3) the ball should be played between the feet, moving from side to side to get in front of the ball.

It is also important to teach the correct technique of throwing to a base after fielding the ground ball – in fact, much of the development of throwing a baseball will occur at this station. To teach the proper throwing technique emphasize (1) square up 90 degrees to the target that you want to throw to and (2) rotate your hips while throwing the baseball.

One way to teach the skill of fielding a ground ball is to begin by having the Station Leader throw ground balls to the camp participants – slowly introducing more difficulty until the Station Leader is comfortable in hitting ground balls with a bat to the players in their defensive positions.

As the skill level and understanding of baseball rules advances during camp, the infield station should introduce other infield baseball situations, including (1) force plays vs. tag plays and (2) double plays.



The outfield station is designed to teach players two primary skills: (1) how to catch the baseball, and (2) what to do with the baseball when they do catch it.

Baseball Camp should be structured in a way to allow as many players to play as many innings as possible during the baseball games. This is why we suggest Coaches utilize four outfielders in their defensive rotation whenever possible.

Begin the outfield station by defining the four outfield positions:

1. Left Field
2. Left Center Field
3. Right Center Field
4. Right Field

Explain that each outfielder covers an area in the outfield that stretches (1) front to back from the infielder(s) in front of them to the outfield fence and (2) side to side to the outfielder(s) and/or the foul line and beyond the foul line on either side of their outfield position.

Teach the skill of catching a fly ball by having the Station Leader throw pop fly balls to the players – slowly introducing more difficulty as skills begin to develop. Eventually the Station Leader should hit fly balls with a bat to the players during the development of this skill.

If the players are ready, this is the Station to teach the “Cut Off” play.

### **Rules and Base Running Station**

It is important to remember that while maintaining a quality baseball experience is a primary goal of the camp, it is not the main reason you are there. The reason for Baseball Camp is first and foremost a ministry and if there are situations where adhering to official baseball

rules conflict with maintaining a quality Christian relationship, the rules issue must give way to the ministry concerns.

Keep in mind (at least in the first year of European camps) that most players enrolled at a Baseball Camp will have no idea of the rules, theory, or even the rhythms of the game. This lack of a core understanding of the game of baseball becomes a big issue in regards to the time constraints of camp. In the weeklong experience, the elementary aspects of baseball will typically be all that the players will grasp. Fortunately, most of the technical rules will either not come into play or may be essentially ignored while still affording kids a high quality baseball experience. While the basic game rules should be followed as closely as possible, allowances/adjustments should be made due to ministry concerns, safety, special circumstances, and simplicity.

One of the most confusing aspects of baseball for new learners is the concept of base running (when to run, when not to run). This station is ideal for teaching base running drills and situational game play (fly balls vs. ground balls).

### ***Don't Throw the Bat***

**Safety is always a primary concern.** As a result, several baseball rules need to be modified in order to create the safest possible environment. The most important safety rule is: DON'T THROW THE BAT!). If the batter throws the bat, the ball is declared dead, and the umpire stops play immediately. The umpire then clearly explains that the batter is out because of throwing the bat. IMPORTANT: Even if the batter would have been out because, say, a fly ball is caught, the umpire should emphasize that the reason the batter is being called out is because of the thrown bat. Runners must return to their original bases.

### ***Ground Rules***

Depending on the dimensions and layout of the available playing area, ground rules should be established beforehand for situations involving ground rule doubles, home runs, overthrows out of play, etc. Consideration should be given to spectator areas, possible automobile traffic, etc. with safety always the primary concern. The umpires (Station Leaders) should be well versed in these ground rules in order to have consistent umpiring during the games throughout the week.

### ***Lead Offs and Steals***

Runners may not lead off base – they must remain in contact with the base until the pitch hit by the batter. The first time a runner leaves the base early, just warn the runner, however, the second time a runner leaves the base early he is declared OUT. Base stealing is not permitted, even on a passed ball or wild pitch.

### ***Defensive Position Rules***

The catcher may be played by a Station Leader, Coach, or player, yet it is encouraged that players play catcher if possible. This allows more players to play and prevents any perceived conflict of interest involving plays near home plate. If a player is playing catcher the best practice is for them to play behind the backstop net (when available) until the pitch is hit. The catcher then enters the field of play to defend.

Although pitching is done by a Station Leader, Coach, or player of the batting team, a defensive team member fields the pitching position (remember, the Coach or Station Leader that is pitching is also responsible to protect the player playing the pitcher position). Thus, the defensive positions are: P (fielding only), C, 1B, 2B, 3B, SS, and four outfield positions (for a total of 10 players on the field).

Defensive players must play in their respective positions. The Station Leader will determine if a player is playing out of position. This prevents skilled players from moving all around the field during the

course of the same inning and from not allowing other players to develop because they are not receiving as many chances to play the ball.

### **Batting Order Rules**

Each team is required to bat the entire team roster (“roster batting”). As much as possible the batting order should alternate gender. Also, each team should use a “perpetual” batting order from one game to the next in order to equalize the number of “at bats” for each player. For example: If batting order position #6 is the last batter in game #1, position #7 is the first batter in game #2.

### **Umpiring**

One of the most overlooked elements of a successful Baseball Camp is the importance of quality umpiring (if available) and the impact that it can have on the whole atmosphere and attitude of the camp. Inconsistent and unpreparedness in umpiring can be a major distraction from the ultimate life transformation goals of the camp. If campers are frustrated, angry, and disillusioned due to poor umpiring, they will be hindered from having an open and receptive spirit to the spiritual foundation and goals of the camp. Unlike umpiring in other venues the Baseball Camp umpire has to maintain the balance between strict rule implementation and the need for flexibility due to:

- Spiritual goals and nature of camp
- Need for emphasis of sportsmanship and positive environment
- Uniqueness of the Station Leader’s relationship to each camper to be personally involved and a friend for the purposes of the spiritual goals of camp. Still must maintain objectivity and neutrality.
- Value of safety over rule interpretations
- Value of each individual camper’s development of self esteem, spirit, and as a player

- Variable field and weather conditions
- Variance in each teams' progression and goals

The best Baseball Camp umpires develop and maintain this balance. The art comes in finessing this balance without over emphasis on one extreme or the other. If an umpire is not strict enough on rule enforcement then the integrity of the umpire and the game come into question, while inflexibility inhibits some aspects of what makes Baseball Camp so unique and effective for God's work.

### ***The Art of Baseball Camp Umpiring Best Practices***

- Be a spiritual leader and model
- Know the rules. Don't just assume that you know them! Know standard baseball rules and the modifications found in camp rules.
- Enforce all safety rules and procedures
- Demonstrate professionalism
- Punctuality
- Equipment and field ready
- Dress appropriately, and in uniform
- Neutrality
- Make audible, clear, and decisive calls
- Be in the correct position to make calls
- Pre-game meeting with Coaches
- Ground rules
- Safety concerns
- Encourage both teams in good sportsmanship. Address sportsmanship issues as soon as possible with both Coaches and players.
- Exhibit high energy and engagement
- Interact with campers and Coaches during the game. Give praise and affirmation. Make sure you do this for as many players as possible on both teams.

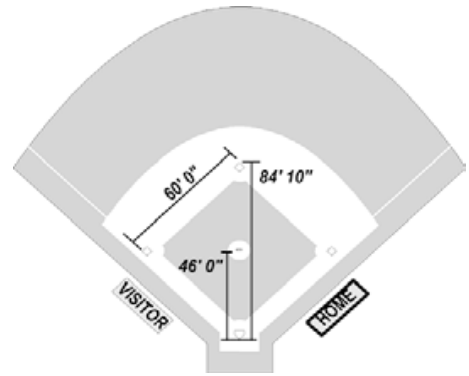
- Teach campers and Coaches rules and skills during the game. Make sure you do this for as many players as possible on both teams.
- Be mindful of safety of spectators
- Be a proactive umpire. If you see situations brewing with competition, sportsmanship, game play, or rule infractions, address as soon as possible in a positive fashion. If you see a negative situation in the making, remember prevention and not just reacting will prevent conflict and potential damage to campers and the spirit of the camp.
- Work with other umpires as a team
- Support judgment calls of other umpires
- Communicate on field duties and assignments with other umpires
- Discuss differences after the game away from players and Coaches with other umpires
- Work together to get the call right with other umpires; OK to ask for help
- Maintain a clear and accurate record of score, inning, outs, and count
- Communicate continually a clear and accurate record of score, inning, outs, and count. Settle discrepancies as soon as possible.

# Section 1: Baseball Rules

## Field Dimensions

For younger teams:

For older teams: Adjust the fields to 70 feet up to 90 feet depending on the skill level and field space.



## Games:

- **\*Refer to additional “RULES SHEET” customized for each camp, which will always override these basic rules**
- For less experienced camps, we bat through the entire lineup without recording outs. For advanced camps: 5 runs per inning or 3 outs, whichever comes first
- No walks, no hit-by-pitch (counts as ball in advanced camps)
- You must bat full roster (all players are in the batting order)
- No stealing—base runners must have one foot on base until ball is in play
- If a batter throws the bat, they are ruled “out” by the umpire – This is an automatic out and NO RUNNERS ADVANCE
- No inning can start after time limit expires (you can finish the inning if necessary)
- No player can sit more than 1 inning at a time (rotate players)
- All teams will use equal amount of defensive positions
- No changing of defensive positions during an inning
- All defensive players will play the area of his/her position – Umpires will regulate
- If “safety rules” are in effect for games due to wet conditions, overrunning the bases will not result in an out – if a player is overrunning bases excessively in a “safety rules” situation or in any instance where “safety rules” are not in effect the runner can be tagged out.

- If the pitching Coach is hit with the ball, play is dead, no runners advance (redo the play)
- Strikeouts are only recorded at advanced camps
- For advanced camps only, infield fly rule will be enforced, but the ball will be deemed “dead” – no advancing bases

\*Tournament Play:

- Seeds for the tournament will be determined by win/loss record throughout the week, with total points scored as a tiebreaker (second tiebreaker can be points allowed)
- Visitor is listed first and Home team is listed second for all tournament games
- Home team for tournament games is always highest seed
- Umpire will keep the scorecard and verify score with Coaches (Coach responsibility)

Coaches—while team is batting

- One base Coach at 1st base
- One base Coach at 3rd base
- One bench Coach with batting order (managing batter and on-deck batter, safety)

Coaches—while team is fielding

- Coach team defense from sideline
- Coaches can be in left-center and right-center field to protect outfielders from stray balls from other playing fields, if necessary



## *Section 2: Training Station Mechanics*

### **HITTING MECHANICS**

#### **Selection of Bat**

Easy to swing, correct weight, comfortable handle

#### **Grip of Bat**

Middle knuckles aligned. Bat positioned in fingers. Top hand loose. Right hand on top if right-handed batter, opposite for left-handed batter

#### **Starting Position**

Relaxed Stance – emphasize weight on balls of feet, with knees slightly bent. Feet positioned parallel to home plate within reach of the outer edge of home plate

#### **Start Swing**

Front shoulder turns in as the hands go back. Front foot steps forward, weight shifts back

#### **Swing**

Hands lead, head stays still  
Throw belly, pivot hips. Weight shifts forward

#### **Follow Through**

Hand and wrist roll over. Two hands on bat  
Stiff front knee stops weight transfer

#### **After Completion of Swing**

Drop bat by home plate (do not throw bat)

## THROWING MECHANICS

### Grip

Fingers on top of ball and thumb under ball  
Firm, but not too tight, pressure

### Hand Position

Directly behind ball  
Throw the “top” of the ball with wrist snap upon release

### Alignment

Align shoulders and hips to target  
Weight on balls of feet  
Hand brought to center of body

### Separation and Extension

Step and separate hands with thumbs under  
Front shoulder and elbow aligned  
Back elbow at shoulder height, palm facing away

### Drive to Target

Push off back leg  
Hips and shoulders rotate  
Upper body pulls down with head over bent front leg  
Weight on ball of front foot

## INFIELD MECHANICS

### Before the Pitch

Expect the ball  
Watch the swing  
Move “into” pitch (towards batter)

## **Stance**

Shoulder width with glove side foot slightly forward  
Weight on balls of feet, knees flexed comfortably.  
Glove down, hands relaxed, head up

## **Receiving the Ball**

Move to ball Keep ball in front  
Glove all the way down to ground  
Watch ball into glove  
Use two hands  
Staggered stance  
Receive ball between feet

## **Throws**

Chest high throws  
Underhand ball if close

## **Base Coverage**

Move quickly to base  
Get body under control  
Face thrower with knees slightly bent  
Give target with glove to thrower

## **OUTFIELD MECHANICS**

### **Before the Pitch**

Know situation (number of outs and base runners)  
Know environment situations (sun, fence, other players)  
Watch the batter's swing

## **After the Ball is Hit**

Communicate with other players

Call the ball if attempting to catch the ball, "I got it!"

Always keep ball in sight

Glide (run without bouncing) to the ball

Keep head still

## **Catching the Ball**

Never take your eyes off the ball

Catch ball in front and above the area between the shoulders

Use two hands

## **BASERUNNING MECHANICS**

### **Play Smart**

Know the situation

Hustle at all times

Listen to and watch your base Coaches

### **From Home**

Lead with correct foot

Short quick steps to start, then lengthen

Run straight with eyes on 1st base

### **First Base (when play at first base)**

Run through the base after touching with foot

Turn right into foul territory

### **First Base (without play at first base)**

Run with angle through inside front corner of first base  
Turn toward second base and be prepared to advance  
Listen to your base Coach

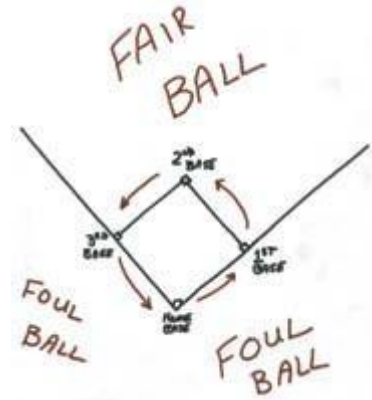
### **Starting Position From Base After Batting**

Feet shoulder width, right foot slightly open  
Weight on balls of feet, knees flexed  
Hands in front, head up  
Relax

## Section 3: Rules Station Sequence

### Rules to Cover, SESSION 1:

- **DON'T THROW THE BAT**
- Describe the Field of Play (a diagram helps here)
  - The bases – run counter-clockwise
  - Foul lines – emphasize fair and foul balls
- Share the Object of the Game
  - Soccer: points are “goals”, baseball: points are called “runs”
- Introduce the Play of the Game
  - Team at bat is offense, team in field is defense
  - Pitcher throws the ball, batter hits the ball – **it's a race to the base!**



**When the ball is hit: It's a “race” to 1st base. The fielder has two options (on groundballs): TAG THE RUNNER or THROW TO THE BASE.**

1. TAGGING THE RUNNER: If any fielder tags the runner with the hand that is holding the ball the runner is out. Illustrate that fielder may use glove hand or free hand, but it must be holding the ball. An empty hand or glove is not out. (Emphasize you cannot throw the ball at a runner!!!)
2. STAYING ON THE BASEPATH: Runner must run DIRECTLY to the base. If runner leaves the base path (with one meter either side of a direct line between the bases), called “out”, and needn't be tagged.
3. THROWING TO 1<sup>st</sup> BASE: If the fielder throws the ball to 1st base and it gets there before the batter, out. Discuss various scenarios, “out”, “not out”).

4. ILLUSTRATE SAFETY at 1<sup>st</sup> BASE: correct defensive posture (leaving space for the runner) and correct way for runner to touch/overrun the base. Emphasize that you may overrun 1st and home, but NOT 2nd and 3rd.
5. FLY BALLS and OUTS: Briefly say there is another way to get the batter out and that is to catch the ball in the air. Give an example and then explain that you will discuss fly balls in the next session.

### Rules to Cover, SESSION 2:

- REVIEW rules from SESSION 1 or cover any elements you didn't have time to finish.
- Explain when "FORCED TO RUN" versus when you don't have to run to a base. Illustrate runners on 1st and 2nd, 1st and 3rd, bases loaded, etc. Emphasize "must run" versus "may run". Explain force out at bases other than 1<sup>st</sup> Base. Emphasize that when a base runner overruns 2<sup>nd</sup> or 3<sup>rd</sup> base, the fielder must tag the runner (not the base).
- Explain base running technique (especially if one base runner passes another runner then the runner who made the pass is out). Emphasize listening to your base Coaches (they can see the whole field when you can't).
- Discuss more about FLY BALLS and how runners must stay on base (or return to a base) when the ball is hit in the air. Discuss various scenarios, "out" or "not out" with fly balls, and how base runners should react to fly balls, or tagging up and running after the catch. **The rules are different if the ball is hit in the air or on the ground.**

### Rules to Cover, SESSION 3:

- REVIEW rules from earlier SESSIONS. Cover elements you didn't have time to finish.

- Distinguish more about those scenarios between when a runner MUST run and when a runner MAY run (this requires LOTS of reinforcement!) Make it interactive. Put runners on bases, give them game situations, then quiz them on what their reaction should be based upon certain scenarios: groundballs, fly balls, etc.
- What to do when the ball is hit in the air: Runners must stay on the base until AFTER the ball is caught. Then the runner MAY run if chooses, but not required to – listen to base Coaches. If the runner leaves when the ball is hit in the air and the fielder catches, the runner MUST return to the base. It is, again, a race. If the runner is tagged, or if the base is tagged with the ball before runner returns, out. (Illustrate various scenarios with slow-mo – leaves too soon and is put out – leaves too soon but gets back – stays on base as should, etc.) If the fielder does NOT catch the ball in the air, it is the same as if the ball was hit on the ground. **Again, the rules are different if the ball is hit in the air or on the ground.**
- What to do when the ball is hit on the ground: Start with runner on first. Now, race to 2nd base. The same tag runner or tag base scenarios apply as previous sessions. Illustrate the scenarios. POINT OUT: if there are 2 runners on one base, the lead runner is out [note: not necessarily an official baseball rule, but for this context it makes the point].

### Rules to Cover, remaining SESSIONS:

- Review and expound on what has been taught in previous sessions.
- Address situations that have come up during gameplay (There will be plenty of material!).
- Do some base running drills.



## VII. Baseball5™ (Urban Baseball)

### Overview

Baseball5™ is or B5 is an urban version of the classic games of baseball and softball. It is a fast, young and dynamic discipline that follows the same founding principles of its parent disciplines. Baseball5™ can be played everywhere and requires only a rubber ball.



This faster paced street discipline of the sport has been designed to appeal to youngsters and other fans across the world. The variant eliminates the need for traditional baseball equipment such as bats, gloves, helmets, etc. No pitcher is needed as hitting is done by hand. By eliminating these traditional structural complexities of the sport, it means the game can be played anywhere. Baseball5™ has seen explosive international growth since its launch by the WBSC in 2017, and will make its debut in the Youth Olympic Games in 2026.



**Baseball5™ will make its debut in the Youth Olympic Games in 2026.**

## Baseball5™ Basics

- Fast-paced team sport
- Individual skills and hand-eye coordination are highlighted
- Utilizes four vital athletic skills: Hitting, Throwing, Catching, Running
- No construction or dedicated venue needed
- A rubber ball (or tennis ball) is the only equipment needed

## Benefits of Baseball5™

- Adapts to any environment, indoor or outdoor
- Can be played on any surface, turf or pavement
- All you need is a ball
- Skills also transfer to traditional baseball/softball
- Promotes inclusion—a game for all demographics
- Social contribution—its accessibility makes it invaluable particularly to the most underserved communities

**THE FIELD:** The infield has a square shape, with a base in every corner. The distance in between bases is 13 meters or 42,5 feet (black in picture 1). Starting from the batter's box, behind home plate, the bases are numbered counterclockwise (first, second and third). Fair territory has a square shape of 18 meters (59 ft) per side, in which one of the corners coincides with the home plate. The

no-hit zone in front of the home plate is not part of fair territory.

**NO-HIT ZONE:** A straight line shall be drawn starting from 4.5 meters (15 ft) from home plate on the first base foul line to its equivalent on



the third base foul line. In any case the minimum distance of the line from home plate shall be 3 m (10 ft).

**BATTER'S BOX:** The batter's box has a square shape of 3 meters (10 ft) per side. It is placed outside of fair territory and is built on the extension of the two foul lines crossing each other at the home plate corner. The home plate can also be shaped like the baseball/softball home plate.

**BASES:** Ideal shape and size of all bases is a square of 50 (1,6 ft.) centimeters per side. First base and third base shall be placed completely in fair territory, with one side tangent to the foul line. Bases shall be marked on the ground, there are not physical cushions like in baseball/softball.

**FIRST BASE:** In order to avoid collisions, the first base is "doubled", so that while the defensive play is made on the base in fair territory, the batter/runner's goal is to touch the base in foul territory. The batter in the action of running towards first base, after putting the ball in play, has to touch the base and, in order to stay safe, has to remain in the area included within the base and the 1.5 meter-safe-area (5 ft) attached to it. Should the runner fail to remain in the safe area with at least one foot, he/she can be ruled out by a tag.



**FENCES:** The ideal height of the fences is 100 centimeters or 3 feet. However, every league/tournament organization may decide on other ways of limiting the field of play, such as using existing walls or marking the ground. In these cases, specific ground rules shall be established and communicated to all participants.

**INNING:** An inning consists of a turn at bat for each team. A Baseball5 game is made up of 5 innings.

**TEAM PLAYERS:** The number of active players per team during a game is 5 at all times. In official tournaments, the maximum number of players on the roster is 8 (5 in play and 3 reserves).

## **Baseball5™ GAME RULES**

The Home team starts the game in defense and the Visitor team starts in offense.

The goal of the defensive team is to eliminate (make “outs”) three offensive team players in order to end the innings. Following the end of innings, the teams switch sides with the defensive team becoming the offensive team and vice-versa.

The goal of the offensive team is to score runs (make points).

The 5 players of the defensive team shall all be in fair territory when the batter hits the ball. The Positions are :

- 1st Base
- 2nd Base
- 3rd Base
- Shortstop
- Mid Fielder.

**HITTING/BATTING:** The act of hitting takes place while a batter is entirely in the batter's box and shall remain within the lines until the hit ball leaves the batter's hand. The ball has to be hit/slapped either with a fist or a palm.

**ILLEGAL HITTING:** The first bounce has to be after the no-hit zone line marked diagonally at 4.5 m from home plate. Players will have a second chance at bat in the event of an illegal hit or foul-ball.

**POINTS/RUNS:** A point (run) is scored when a player reaches home plate having passed all the bases during an offensive session of

his/her team, therefore, after having touched in order 1st base, 2nd base, 3rd base and home plate in this order.

**OUTS:** The defensive team needs to eliminate 3 opponents in an inning in order to switch sides and become the offensive team.

How the defense makes “outs”:

- By touching the base (while in possession of the ball) in which a runner is “forced” to run to;
- By catching a hit ball before it touches the ground;
- By tagging a runner when he/she is not on a base; Tagging = touching the runner with the ball in hand;
- If a batter reaches first base safely but fails to remain in the safe area and is tagged by a defender while outside the safe area.

How the offensive players eliminate themselves due to illegal behaviour/action:

- By touching (stepping) on one of the batter's box lines while hitting the ball;
- By hitting the ball into foul territory\*;
- By hitting the ball into themselves;
- By completely missing the ball in the attempt of hitting;
- By intentionally faking to hit the ball;
- By not making a hit ball touch the fairground at least once before touching the fences or going over the fences;
- By not respecting the batting order and hitting in place of a teammate\*\*;
- By a runner leaving the base before the batter hits the ball;
- By passing a teammate while in the action of running the bases;
- By being tagged while two or more runners are on the same base. The one behind in the batting order shall be called “out”.

NOTE: Runners must do everything possible to avoid a collision with the defenders. Should an umpire decide that a runner could have avoided a collision, the runner shall be ruled "out".

**DEAD BALL:** If, after a valid hit, the ball leaves the court and is no longer playable by the defense, the game stops. In such cases, one of the following will be applied:

- If no defender touches the ball, each runner advances to the next base (no extra base is awarded);
- If the hit ball touches a defender (no error) and leaves the court, each runner advances to the next base (no extra base is awarded);
- If the ball leaves the court due to a defensive error (missed throw or missed catch), each runner is awarded an extra base (batter goes to 2nd base, runner on 1st base goes to 3rd base and so on...). It is discretion of the Game Official to call the error and award the extra base to the offense.
- The ball is dead also if the Game Official calls an obstruction (each runner advances 1 base).

**BASES LOADED, 2 OUTS – SPECIAL CASE:** In a situation with bases loaded and 2 outs where the runner at 3rd base is up (according to the batting order) each runner advances 1 base with the runner on third base going to hit and a pinch runner placed on first base. In teams with only 5 players, the first player called out in that inning becomes a pinch runner on first base. The batting order shall always be respected.

**INTERFERENCE:** Should a Game Official deem that a runner has interfered with the defensive play, the runner shall be ruled out.

**OBSTRUCTION:** Should a Game Official deem that the batter-runner is obstructed while running to the next base, the ball is dead, and all runners advance to the bases they would have reached had there been no obstruction.

**TIME:** A player can request time when a play is over. The ball is alive until the Game Official grants it.

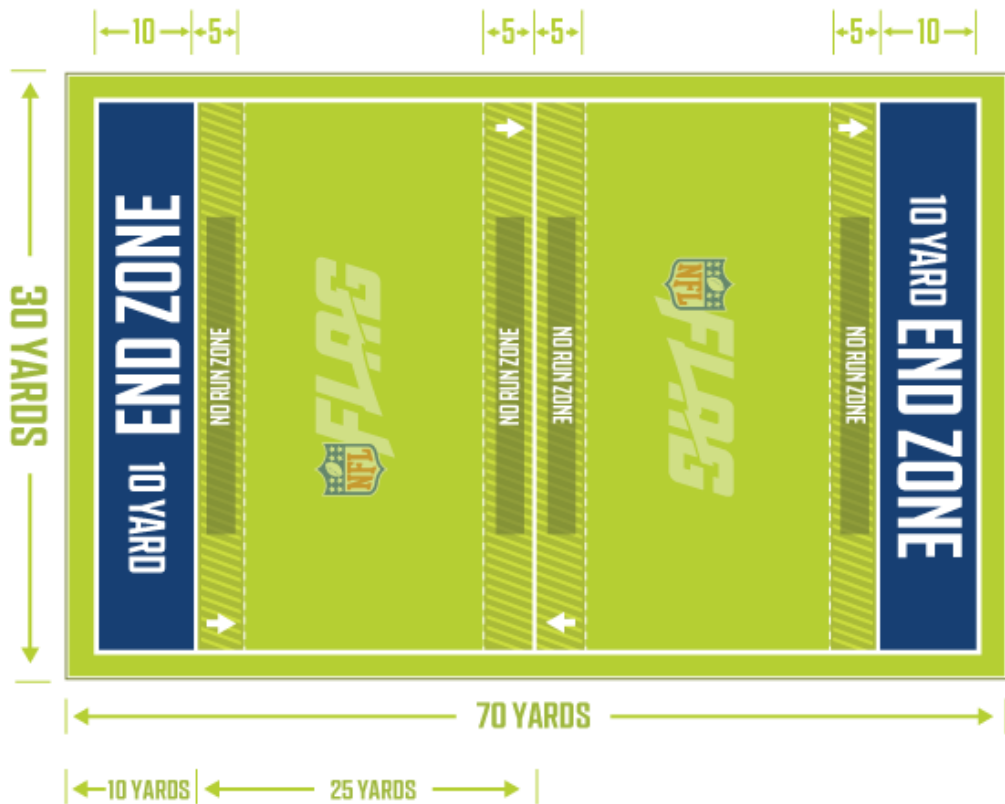
**END OF GAME:** The game ends at the end of the fifth inning if one team has scored more runs than the opponent. In case of a tied game, the teams shall play and complete extra inning(s) until one team scores more runs than the opponent.

- The first extra inning will start with a runner on first base.
- The second extra inning will begin with runners on first and second base.
- Runners will start on all bases from the third extra inning onwards
- Runners must be placed on base(s) without modifying the batting order.

## VIII. FLAG FOOTBALL

While youth participation in U.S. sports has declined 13 percent over the last decade, flag football has become one of the fastest growing youth sports in the country. In fact, the number of 6-to-12-year-olds playing has increased by 38 percent, to more than 1.5 million, since 2015. And NFL FLAG is leading the way as the largest flag football league in the U.S., with more than 1,600 leagues in 50 states.

Flag football is also trending internationally with young people making it a very effective outreach platform at sports camps. It is inclusive in that it accommodates for different skill levels, can be played by boys and girls together, and is flexible enough to be modified for varying playing fields/surfaces.





## THE FLAG FOOTBALL FIELD

A standard flag football field is shorter than a standard tackle field at 30 yards wide and 70 yards long, with two 10-yard end zones and a midfield line-to-gain. To prevent power football in tight spaces, no run zones are located 5 yards before the end zone and on each side of the midfield line-to-gain. If the ball is spotted on or inside the no run zone, the offense must use a pass play to get a first down or touchdown.

## FLAG FOOTBALL RULES (Basic)

When learning how to play flag football, it's best to start with the basics. In NFL FLAG football leagues, teams play 5 on 5 and each game consists of two halves, usually 15 to 25 minutes long. Tournament games are typically shorter with two, 10 to 12 minute halves. The clock only stops for halftime, timeouts (each team has 3), or injury, making games quick and competitive. Each player has a specific role on the field and every play counts.

**The most important rule in flag football is that there's no contact allowed**, including tackling, diving, blocking, screening or fumbles. Instead of physically tackling an opponent to the ground, players wear flags that hang along their sides by a belt. Defenders "tackle" the ball-carrier by removing one or both of their flags. While this rule is designed to keep players safe, there are several other rules that limit contact among players, including:

- The quarterback isn't allowed to run with the ball, unless it was handed off first. They can run behind the line of scrimmage, but they can't gain yardage.
- All passes must go forward and be received beyond the line of scrimmage.

- Laterals and pitches aren't allowed—only direct handoffs are permitted.
- Center sneak plays aren't allowed.
- There are no fumbles. Instead, the ball stays in possession of the offense and is spotted where the ball-carrier's feet were when the fumble occurred.
- The ball is dead when: the ball-carrier's flag is pulled, the ball-carrier steps out of bounds, a touchdown or safety is scored, the ball-carrier's knee hits the ground, or the ball-carrier's flag falls off.
- Any defensive player lined up seven yards off the line of scrimmage is eligible to rush
- If the ball is handed off, any defender may rush from anywhere
- Offensive players must steer clear of the rusher and may not get in his/her way
- Players can't obstruct or guard their flags.
- All offensive flag football penalties result in a loss of down and yardage
- All defensive flag football penalties result in an automatic first down and some are associated with yardage

## **SCORING**

Every game starts with a coin toss (there are no kickoffs). The starting team begins on its own 5-yard line and has four downs—essentially four plays—to cross midfield for a first down.

If the offense fails to advance after three attempts, they can “punt,” meaning they turn over the ball to the opposing team, which then starts from its own 5-yard line. Or they can go for a first down, but if they fail, the opposing team takes over possession from the spot of the ball.

Once midfield is crossed, the offense has three downs to score a touchdown. A touchdown is 6 points and a safety is 2 points (1-point conversion from the 5-yard line; 2-point conversion from the 10-yard line).

A touchdown is 6 points and a safety is 2 points (1-point conversion from the 5-yard line; 2-point conversion from the 10-yard line). A safety occurs when the ball-carrier is declared down in their own end zone. This happens when their flag is pulled by a defensive player, their flag falls out, their knee or arm touches the ground, or if a snapped ball lands in the end zone.

As a general rule of thumb, if a team is winning by a 28 or greater point margin, the game is over and the team doesn't attempt an extra point.

## **RUNNING**

When players run with the ball, their feet can't leave the ground to avoid a defensive player. In other words, players can spin to avoid their opponent, but they can't leap or dive.

Only direct handoffs are permitted—there are no laterals or pitches. Once the ball has been handed off, all defensive players are eligible to rush. And the person who takes the handoff is allowed to throw the ball from behind the line of scrimmage. So while you'll see a designated quarterback on the field, several plays actually rely on other teammates to pass the ball. This changes up plays, keeps the defense on their toes, and makes the game even more exciting.

Also, under flag football rules, the quarterback can't run with the ball unless it has been handed to him/her in the backfield. And all players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.

Flag football rules aim to prevent power plays and avoid short-yardage situations, so you'll find no run zones located 5 yards

from each end zone and on either side of the midfield. In this designated area, the offensive team must complete a pass play.

If an offensive player's flag is pulled when they're running with the ball, their feet determine where the ball is spotted, not the flag.

## **RECEIVING**

One rule that makes flag football unique (and that much more competitive) is that everyone can receive a pass, including the quarterback, after the ball has been handed off behind the line of scrimmage. This allows coaches to include a variety of flag football plays into their playbooks and helps players develop fundamental offense skills. Plus, it makes the game more engaging.

Keep in mind that when making a catch, players must have one foot in bounds, just like tackle.

## **PASSING**

Flag football rules state that all passes must go forward and be received beyond the line of scrimmage. Shovel passes, which are short passes to forward receivers, are allowed, but also must be received beyond the line of scrimmage. Quarterbacks have a seven-second pass clock to get rid of the ball. And if they don't, the play is dead.

Interceptions are allowed, but look a little different in flag football. They change the possession of the ball at the point of the interception. So if an interception occurs, the referee blows the whistle and the play is dead. Interceptions are the only change of possession that don't start on the team's 5-yard line.

## **RUSHING THE PASSER**

Players who rush the passer must stand at least seven yards off the line of scrimmage when the ball is snapped, while players who aren't rushing the passer may start on the line of scrimmage. The

seven-yard rule no longer applies once the ball is handed off—all defenders are allowed to go behind the line of scrimmage at that point.

A sack occurs when a defensive player pulls off the quarterback's flag(s) behind the line of scrimmage. The quarterback, or anyone in possession of the ball, is down when their flag(s) are removed.

## **FLAG FOOTBALL TERMS**

**Boundary lines:** The outer perimeter lines around the field, including the sidelines and back of the end zone lines.

**Offense:** The team who has possession of the ball and is trying to advance to the opponent's end zone for a touchdown.

**Defense:** The team who doesn't have possession of the ball and is trying to prevent the other team from scoring by pulling the ball-carrier's flags down.

**End zone:** The two end zones, located on opposite sides of the field, are the scoring areas. The goal line, which a player must cross to score a touchdown, is the start of the end zone.

**No run zone:** The rules for flag football include no run zones that are located five yards before each goal line and the midfield. If the ball is spotted within a no run zone, the offensive team must use a pass play to earn a first down or touchdown. The objective is to prevent power football in tight spaces, limiting contact.

**Line-to-gain:** The line the offense must cross to get a first down or score.

**Line of scrimmage:** This is an imaginary line that expands the width of the field and runs through the point of the football. It indicates where teams can't cross until the play has begun.

**Backfield:** The part of the field directly behind the line of scrimmage

**Dead ball:** This refers to the period of time directly before or after a play, when the ball isn't in motion. Flag football rules are more strict about deadlines: they commonly happen when the ball touches the ground, the ball-carrier's flag is pulled from their belt, the ball-carrier steps out of bounds, the ball-carrier's body—outside of their hands or feet—touches the ground, the pass is incomplete, the ball-carrier's flag falls out or the receiver has one or no flags when catching the ball.

**Downs:** A down is the period after the ball is snapped and the team is attempting to advance down the field. In flag football rules, teams have four downs to cross midfield. If they successfully cross midfield within four downs, then they have three downs to score a touchdown.

**Flag guarding:** This flag football term happens when the ball-carrier prevents a defender from pulling down their flags. For example, they might stiff arm, cover their flag with their open hand, or lower their elbow. It is illegal and results in a penalty.

**Lateral:** A backward or sideway toss of the ball by the ball-carrier. Reminder: laterals are not permitted according to youth flag football rules.

**Live ball:** This is the period of time when the ball and play is in motion. It's generally used in regard to penalties—live ball penalties are enforced before the down is considered complete.

**Passer:** The passer is the person throwing the ball. This flag football term is more common in flag football because the passer doesn't necessarily have to be the quarterback.

**Rush line:** An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage. In

other words, any defensive player who is positioned seven yards off the line of scrimmage is eligible to rush.

**Rusher:** The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or blocking the pass. Offensive players must steer clear of the rusher. When the ball is handed off, any defender may rush.

**Shovel pass:** A pitch attempted beyond the line of scrimmage. The quarterback “shovels” the ball directly forward to a receiver. These are legal, whereas laterals and pitches are illegal plays, according to flag football rules.



## FLAG FOOTBALL POSITIONS

If you're new to 5 on 5 flag football, this football positions 5 on 5 chart will help you get a better understanding of where each player starts on the line of scrimmage and what their role is on the field.

What are the positions in flag football? In simple terms, flag football positions are essentially the same as tackle, but without the linemen. There are five players on the field in NFL FLAG football—for both offense and defense—with assigned roles. Here's a basic overview of the football positions 5 on 5.

### **Football offense positions:**

- **Quarterback:** The quarterback receives the snap and passes the ball or hands it off (they aren't allowed to run with the ball after the snap).
- **Center:** The center snaps the ball to the quarterback and then can run for a pass as a receiver.
- **Wide receiver:** Depending on the play, some 5 on 5 teams field three receivers, or a couple receivers and a running back. The receiver runs designated routes to catch a pass (usually right and left receivers).
- **Running back:** The running back takes a hand off and runs with the ball or throws it. They're also eligible to receive a pass.

### **Football defense positions:**

- **Defensive back:** The defensive back covers wide receivers, either man-to-man or zone.
- **Safety:** The safety stands further back from the line of scrimmage and is responsible for stopping opponents who get loose.
- **Rusher:** The rusher attempts to prevent the quarterback from passing the ball (must be at least seven feet off the line of scrimmage at the snap to rush the passer).

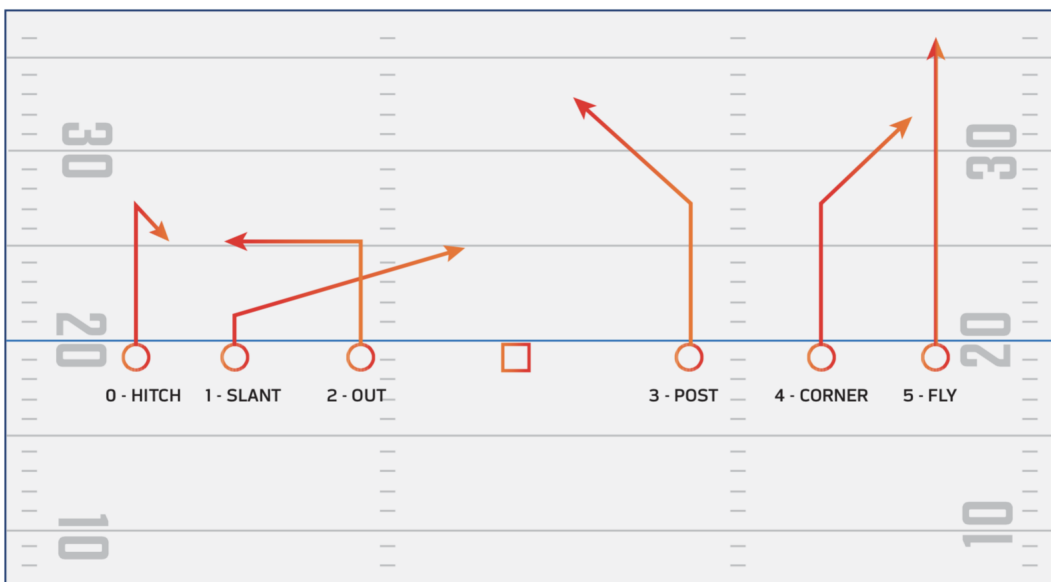
**Flag football positions 7 on 7:** There are many versions of flag football, including 6 on 6, 7 on 7, 8 on 8, and 9 on 9. So as the team size increases, so do the football positions. For example, flag football positions 7 on 7 use a combination of wide receivers, running backs and tight ends on offense, in addition to the quarterback and



center. The number of each position depends on the coach's strategy and whether limited contact is allowed on the field.

**What is a football formation?** At the beginning of all offensive plays, players on the field must create an offensive formation at the line of scrimmage. Football formations give each player a specific location on the line of scrimmage to begin their play. This prevents players from running into each other, crowding on the field, and promotes safety.

## FLAG FOOTBALL ROUTES



**0 - Hitch:** In this hitch route, the player runs straight for seven yards, then quickly pivots backwards for a couple yards. This throws off defenders running backwards to guard the player, and opens them up to a quick pass from the quarterback.

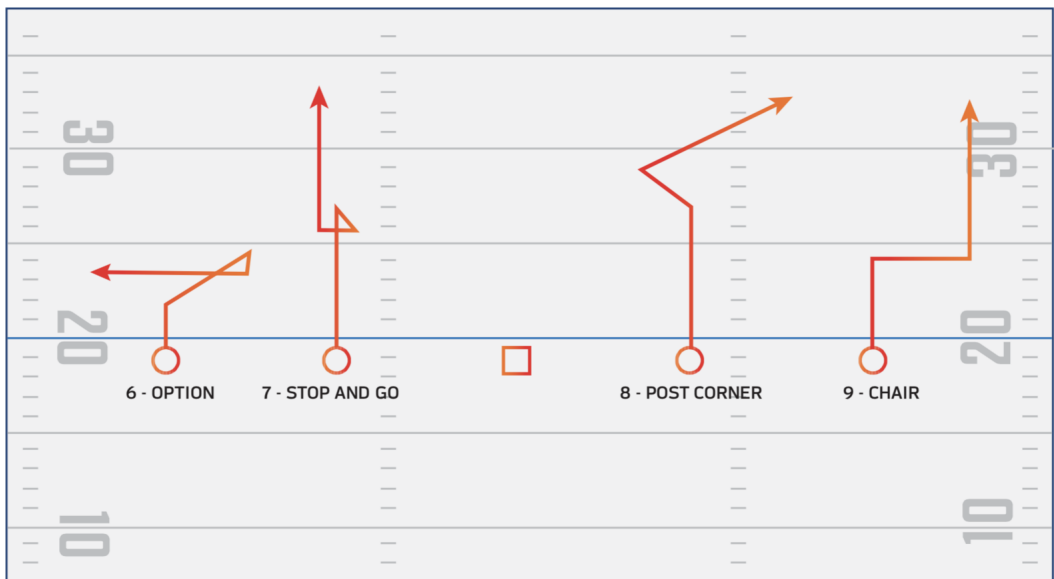
**1 - Slant:** During a slant, the player should run forward a couple yards, then cut at a near 45-degree angle forward. This play becomes more effective when combined with 2 - Out.

**2 - Out:** In an out play, the player should run forward for a designated yardage, five in this case, and then cut on a direct 90-degree angle in either direction.

**3 - Post:** The player runs forward a designated amount, in this case seven yards, then cuts at a 45-degree angle to the center of the field. This route is reliable for critical yardage gain.

**4 - Corner:** This player proceeds straight for seven yards, then runs at a 45-degree angle toward the edge of the field. This route is optimal if you need the player to catch the ball and then step out of bounds to stop the clock during a [nail-biting game](#).

**5 - Fly:** The fly is the easiest route in the book. Run straight—and fast! Give this route to the player who has some serious wheels (and hands) to gain lots of yardage. First down!



**6 - Option:** In this trick route, the player appears to begin a slant, heading toward the center of the field, but then cuts directly parallel toward the sideline. This is effective for needed short yardage.

**7 - Stop and Go:** This route is perfect for players who have a need for speed. First, they run straight about seven yards and then stop. Just when the designated defensive guard thinks they're covered, the player takes off again toward the end zone. Catch that ball and they're home free.

**8 - Post Corner:** This route mixes the magic of a post route with—you guessed it—a corner route. This player runs straight for seven yards, then cuts toward the center of the field. Once their guard is still, they break out toward the corner of the field.

**9 - Chair:** This player runs forward about four yards, then cuts parallel to the side of the field. Instead of stopping like an out route, they shoot straight up the field toward the end zone. These two back-to-back cuts leave defensive guards in the dust.

You can mix and match these routes to create your own custom flag football plays.

## **IX. ULTIMATE FRISBEE**

Ultimate Frisbee is a non-contact, self-officiated disc sport played by two teams of seven players. The object of the game is to score goals. A goal is scored when a player catches any legal pass in the end zone that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. Any time a pass is incomplete, a turnover occurs, resulting in an immediate change of the team in possession of the disc.

### **Ultimate Simple Rules**

#### **The Field**

A rectangular shape with end zones at each end. A regulation field is 70 yards long by 40 yards wide, with end zones 20 yards deep.

#### **Starting Play**

Each point begins with both teams lining up on the front of opposite end zone lines. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.

#### **Scoring**

Each time the offense catches a pass in the defense’s end zone, the offense scores a point. The teams switch direction after every goal, and the next point begins with a new pull by the team that just scored.

#### **Movement of the Disc**

The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the

disc (“thrower”) has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count.

## **Change of Possession**

When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.

## **Substitutions**

Players not in the game may replace players in the game after a score and during an injury timeout.

## **Non-Contact**

Players must attempt to avoid physical contact during play. Picks and screens are also prohibited.

## **Fouls**

When a player initiates contact that affects the play, a foul occurs. When a foul causes a player to lose possession, the play resumes as if the possession was retained.

## Appendix A: Minor Travel Authorization Form

TO WHOM IT MAY CONCERN:

By this letter, I/we the parent(s) or legal guardian(s) of the child listed below, who is under the age of 18, do hereby give my/our permission for my/our child to travel with the Breakaway Outreach Team from \_\_\_\_\_, into \_\_\_\_\_ for the time frame of \_\_\_\_\_ thru \_\_\_\_\_.

Name of child: \_\_\_\_\_

Age of child (at time of trip): \_\_\_\_\_ Birth date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Phone No. (\_\_\_\_) \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Subscribed and sworn to me on the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

Name: \_\_\_\_\_

Notary Public-State of \_\_\_\_\_

My Commission Expires: \_\_\_\_\_

## Appendix B: Medical/Permission and Release Form

Name \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

In case of emergency contact: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Insurance: \_\_\_\_\_ Phone: \_\_\_\_\_

Last Tetanus Immunization: \_\_\_\_\_

Past Medical History (Check giving appropriate information)

Asthma \_\_\_ Sinusitis \_\_\_ Bronchitis \_\_\_ Kidney Disease \_\_\_ Heart  
Trouble \_\_\_ Dizziness \_\_\_ Stomach Upset \_\_\_ Hay Fever \_\_\_

Allergies:

Food \_\_\_\_\_

Penicillin or other drugs \_\_\_\_\_

Insect Stings/Bites \_\_\_\_\_

Poison sumac, oak \_\_\_\_\_

Previous operations or serious illness \_\_\_\_\_

Any current medications: \_\_\_\_\_

Special diet: (Name) \_\_\_\_\_

Childhood Disease: Chicken Pox \_\_\_ Measles \_\_\_ Mumps \_\_\_  
Whooping Cough \_\_\_

Other: \_\_\_\_\_

## Permission for Treatment

My permission is granted for the staff official or group leader in charge to obtain necessary medical attention in case of sickness or injury to myself, or my child (if applicable).

I, the undersigned do hereby verify that the above information is correct and I do hereby release and forever discharge Breakaway Outreach and its partners from any and all claims, demands, actions, or cause of action, past, present, or future arising out of any damage or injury while participating in Trip/ Activities/ Camps.

Dated this \_\_\_\_\_ date of \_\_\_\_\_, 20\_\_\_\_\_.

Signature of Participant \_\_\_\_\_

Signature of Parent/Guardian (if under 18) \_\_\_\_\_

Unless terminated in writing, this release shall be effective for one (1) year from the date signed.



## Appendix C: How To Write/ Share Your Testimony

We all have a unique path to God. You have your own personal faith story, and only you can tell it. Oftentimes, a faith story entails a salvation testimony about how you came to Christ. But faith stories aren't limited to just conversion testimonies. Other faith stories may involve specific seasons or significant events/experiences that have developed your faith, grown you as a Christ follower, and shaped you as a disciple.

There are two options to use in writing your faith story. Use **“Option 1”** if you have a specific turning point in your life leading to salvation (you remember what life was like before Christ). Use **“Option 2”** if you are sharing an experience about discipleship or spiritual growth.

We all have feelings of inadequacy. We may feel like our story is not as dramatic, important, or meaningful as someone else's, but nothing could be further from the truth. **Your story is God's story, which makes it a pretty big deal to Him and His redemptive purposes in the world.** Consider the discussion between God and the prophet Jeremiah when he asked: “Who am I to...?”

*The word of the Lord came to me, saying, “Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.”*

*“Alas, Sovereign Lord,” I said, “I do not know how to speak; I am too young.”*

*But the Lord said to me, “Do not say, ‘I am too young.’ You must go to everyone I send you to and say whatever I command you. Do not be afraid of them, for I am with you and will rescue you,” declares the Lord. Then the Lord reached out his hand and touched my mouth and said to me, “I have put my words in your mouth.”*

—Jeremiah 1:4-9

How might this apply to you today? Long before you were born, God chose your path back to Him, and your pilgrimage with Him. As you prepare to write and share your faith story, ask God for direction and remembrance of those details that are relevant.

## **Guidelines for Writing Your Testimony**

Stick with the K.I.S.S. principle. **KISS is an acronym for “Keep it simple, stupid”** as a design principle noted by the U.S. Navy in 1960. The KISS principle states that most systems work best if they are kept simple rather than made complicated. Here are some guidelines for keeping it simple:

1. Be a *witness*, not an *artist*; no need to paint a dramatic picture, just give your account
2. Be authentic; people connect with what is presented as genuine rather than rehearsed
3. Don't preach; this is your personal story, not your personal sermon
4. Be brief; avoid being long winded or too wordy
5. Drop the “Christianese”; try to avoid words too churchy, religious, or clichéd
6. Avoid a superiority posture; you're still on this growth journey!

## **Testimony “Option 1” Outline: Salvation Story (Coming to Christ)**

### **I. My Life Before Christ**

Although the tendency is to spend most of the time on your “before Christ” experience, only give enough information so the audience understands why you needed Christ in your life. Tell them what you needed so that the audience may identify with you.

Identify what your life was like. What did your life revolve around? What were your attitudes, needs, ambitions, and/or problems? From what did you get your security, identity, or happiness? How did those

areas begin to disappoint you? To what source did you look for security, peace of mind, or happiness? In what ways were your activities unsatisfying or unfulfilling?

## **II. How I Came to Christ (point of salvation)**

Share when and how you first heard the gospel and/or were exposed to Christianity. What brought you to the place of being willing to listen? What were your initial reactions? Who influenced you? How and when did you decide to follow Jesus? What were the final struggles that went through your mind just before you surrendered to Jesus? Describe how you felt, what truths you heard, what you thought about them, and how you felt after you made the decision.

## **III. My Life After Coming to Christ**

Your witness is not about you; it's about Jesus Who saved you! He is the main character in the story of your life and you are merely a stagehand. This is where you point the glory to God. How is your life different because of the goodness of God? What conditions in your life before Christ have now been satisfied by a relationship with Him? How is your life different now? Share some changes in your character, attitude, and perspective on life. What motivates you now? What do you live for? What does it look like in your life to have a relationship with Christ? Even though your life still isn't perfect, how does knowing Christ help you deal with that reality? Emphasize what you have learned about God's grace to you.

Briefly share a personal illustration or example that shows the wonderful difference that Christ has made in your life. As you tell your story, what is the one big idea you want everyone to walk away remembering? This is your main idea—kind of like a theme: "Jesus met me in my loneliness" or "I really didn't begin to live until I knew what life was about."

See "Option 2" Outline on the next page...

## Testimony “Option 2” Outline: Discipleship Story (Growing in Faith)

Often times those who trusted Christ early in life feel as though they “have nothing to tell” because they don't have a dramatic conversion story. Yet, that is precisely the story that every godly parent desires for his or her children—to know Christ early! This is also God's heart (Proverbs 22:6). In the case of childhood believers, there occurs a later, mature decision to follow Christ as His disciple in the midst of more challenging faith issues. Though salvation stories have their place in sharing Christ with unbelievers, discipleship stories lead others into a far greater depth of trusting Christ in the everyday stuff of life. How a believer goes through trials, struggles, and hardships can be greatly influential in helping others to become more faithful in their discipleship journey.

### **I. When I Became a Believer**

Share how you first heard the gospel and/or were exposed to Christianity. Identify when you first believed in Jesus. What was your life like as a new believer? What questions or doubts did you still struggle with? If you grew up in a Christian home, what stigmas or expectations came with that? How did others label you? What kinds of challenges did you face in your upbringing? In what ways may religion even have come between you and the Person of Jesus?

### **II. How My Faith Has Been Tested**

This is where you would share how your faith has been tested. For some it may entail ongoing battles with anxiety, depression, identity issues, insecurity, peer pressure, loneliness, addiction, or feelings of inadequacy. For others it may be a struggle with views about God—His character, His goodness, His faithfulness, etc. For some college students it may involve having their beliefs challenged by worldly dogmas in the classroom. Others may have had their faith tested by a specific event such as a personal crisis, the loss of a loved one, a financial setback, a broken relationship, or the

diagnosis of a terminal illness. There are myriad ways our faith will be tested. Be transparent about your feelings in such a crisis. The goal here isn't to protect or defend God's image in the face of human struggle, it's to emphasize that the struggle is REAL. God is perfectly capable and big enough to defend His own image. You're not going to diminish His reputation in the world by sharing honest feelings about your weakness; you're simply giving others the opportunity to identify with you in the struggle that is common to all of humanity.

### **III. How God Has Sustained Me**

This is the part of your testimony where you share how God has sustained you in your trial. In what ways has God given you His strength in weakness? A while back, my sister-in-law was diagnosed with cancer. It's been an up and down battle ever since. God hasn't fully healed her physically, but through this ongoing struggle He's given her a growing peace about facing the afterlife—a bold and powerful testimony she shared at her church recently. Her body has gotten weaker, but her faith has gotten stronger! Where has God met you in the struggle? Maybe He didn't fix it the way you wanted Him to, but you found Him in it. Paul prayed three times for God to remove a "thorn" in his life (2 Corinthians 12:8-10), but God didn't answer Paul in that way. Instead, He gave Paul grace-filled strength to boast in Jesus more boldly through his weaknesses. Peter denied Jesus after walking with Him for three years (just as Jesus had predicted in Luke 22:31-34), but Jesus never gave up on Peter. He restored him when his faith failed (John 21:15-17). How has God showed up in your weakness? How has He strengthened you? Restored you? Encouraged you? Give you different perspective? Given you peace? Shown you mercy? Been patient with you? Loved you despite yourself? Silenced the storm? Healed you? Given you grace to trust Him with the unknown, the unanswered, or the unsuspecting? This is the place where you decrease and He increases (John 3:30).

Final thoughts and things to avoid in sharing a testimony:

- Avoid inappropriate details that might take the audience somewhere in their imagination that makes it hard to bring them back
- Use discretion in naming religions, churches, or denominations which may tend to distract from the story rather than point to God in the story
- Avoid controversial issues such as doctrinal, political, or social issues
- Refrain from any derogatory remarks relating to any person, place, group, or issue
- Avoid using your testimony to promote any project, campaign, business, cause, or financial need
- If you refer to any person, especially family members, could this cause embarrassment or conflict?

## **Appendix D: Warm-Ups**

### **Basics (feel free to add your own)**

#### **Toe Touches**

Bend legs slightly, bend at waist. Slowly stretch hands toward toes and hold for 5 count. Cross legs and bend them slightly. Bend and slowly stretch hands toward toes. Relax and repeat.

#### **Groin Press**

Player sits on the ground with soles of shoes together. Grasp ankles, then use elbows to slowly press knees downward. Hold for 5 count and repeat.

#### **Thigh Stretch**

Player sets up on right knee, left leg bent and foot flat on ground. Lean forward slowly, feel a gentle stretch on the right side. After 5 reps, reverse and stretch the left side.

#### **Half Push Up**

Position player on stomach, hands flat on ground by chest. Use your arms to push your upper body only off the ground. Relax and repeat.

#### **Elbow Pull**

Position right elbow behind head, grasp with left hand. Slowly pull the elbow until a gentle stretch is felt. Do 5 reps, each with 5 count. Reverse position and repeat.

#### **Cross Your Heart**

Place right elbow in front of chest, grasp with left hand. Slowly pull the elbow across the chest until gentle stretch is felt. Reverse and repeat.