

WBSC

Baseball



HANDBOOK



#PLAYANYWHERE
#PLAYEVERYWHERE

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Baseball
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WHAT IS ^{WBSC} Baseball?

Baseball5 is an exciting new five-on-five, five-inning street version of the game of Baseball/Softball that can be played anywhere. Adapted to smaller spaces, it emphasises athleticism while maintaining the core elements of traditional baseball.

This faster urban discipline will help drive baseball and softball to new places not possible before.

Baseball5 is a mix-gender team sport where each team is composed by 5 players (+reserves). Depending on the competition format, a match can last between 20 to 40 minutes.



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RULES

TEAM COMPOSITION

Promoting inclusivity and ensuring everyone has an active role. Teams may select three (3x) reserves to bring their total roster from five (5x) to eight (8x) players.

TEAM = **5** players (3 males + 2 females)

ROSTER = **8** players (4 males + 4 females)



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Baseball RULES

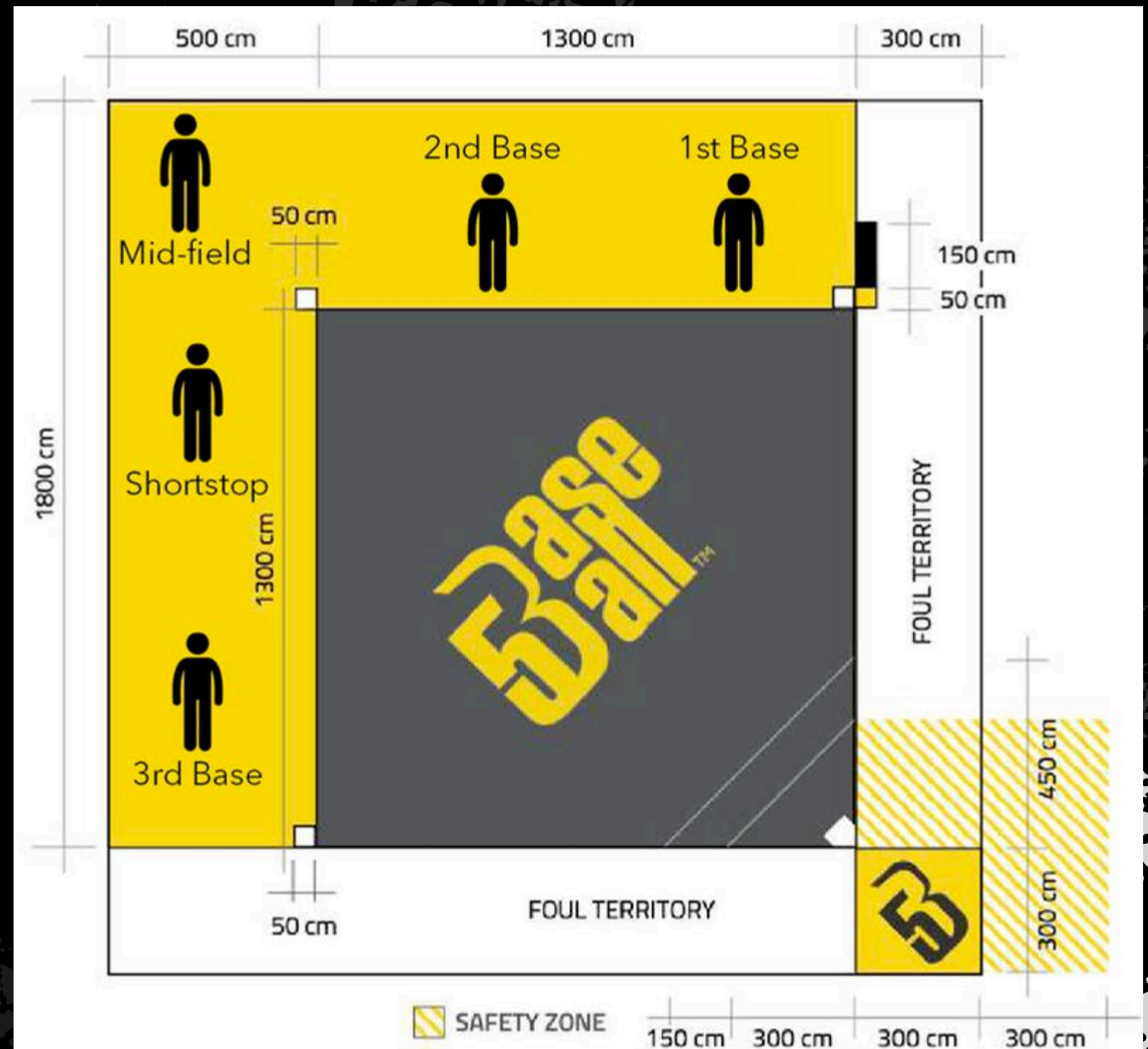
FIELD DIMENSIONS

The game is played on a smaller, simplified field, allowing for the game to be setup for play in parks, streets or any open area, court or field.

No pitcher's mound is required, and the game can be played on any flat surface.

The field is in a diamond shape as shown:

- 13m - Home to First
- 13m - First to Second
- 13m - Second to Third
- 13m - Third to Home



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GAMEPLAY

INNINGS

- Matches are typically played over 5 innings (5x).
- Teams alternate between batting and fielding each inning.
- The inning is complete once both teams have had a turn at bat.

SCORING

- Teams score runs by reaching home plate after touching all bases in order.
- Runs are earned similarly to traditional baseball, but with a stronger focus on speed and agility.
- An inning ends after both teams have completed their turn at bat.

OUTS

- Each team is allowed 3 outs per inning.
- Outs can be made in several ways:
 - Catching a batted ball before it touches the ground.
 - Tagging a runner with the ball while they're off base.
 - A batter missing or failing to hit the ball after 3 valid pitches.





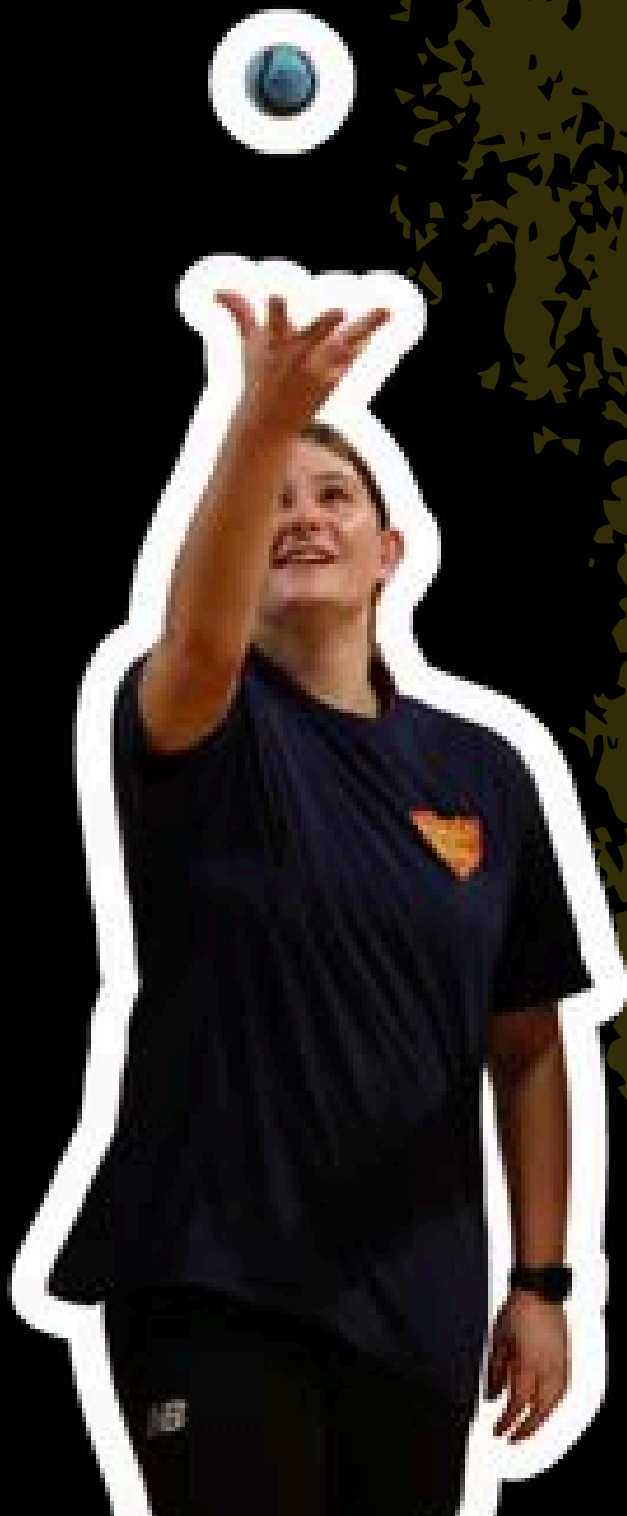
HITTING

- No bats are used – players hit the ball using their hands, making the game more accessible and equipment-free.
- Players hit a rubber ball with an open palm or closed fist.
- Ball size may vary depending on the age group.
- Batters must stand inside the designated batter's box.
- Each player can only hit the ball once per turn.

BASE RUNNING

- After hitting the ball, players must run to the nearest base immediately.
- Runners can only advance to the next base when the ball is no longer in play (e.g., after a catch).
- If a runner is tagged by a fielder holding the ball, they are out.





FIELDING

- Fielders catch and throw the ball using their bare hands — no gloves are used.
- Quick, accurate throws and catches are essential due to the fast pace of the game.
- Players aim to catch batted balls before they hit the ground to record outs.
- Tagging runners with the ball stops their progress and can get them out.
- Emphasis is on agility, speed, and hand-eye coordination rather than specialised equipment.



FOULS AND VIOLATIONS

- A batted ball that does not travel past the foul line is considered a foul.
- A player is out if they hit a foul ball with two strikes.
- Running outside the baseline to avoid a tag results in an out.

SPORTSMANSHIP AND CONDUCT

- All players, coaches, and officials must uphold the spirit of sportsmanship.
- Respect for opponents, teammates, and officials is mandatory at all times.
- Unsportsmanlike conduct may lead to warnings or ejection from the game.



SAFETY GUIDELINES

- Ensure the playing area is free of hazards (e.g., debris, uneven surfaces).
- Players should warm up properly before games to help prevent injuries.
- Athletic shoes are recommended, and players are encouraged to wear protective equipment.
- Coaches should have basic first aid knowledge and access to emergency contact information.



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COACHING PHILOSOPHY

FUN AND ENJOYMENT

At the heart of our Baseball5 coaching philosophy is the belief that sport should be fun and enjoyable for everyone involved.

We strive to create an environment where players look forward to each session, feel excited to participate, and leave with a smile on their faces.

Through engaging activities, friendly competition, and a positive atmosphere, we ensure every player experiences the joy of the game.



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COACHING PHILOSOPHY

FUNDAMENTAL EDUCATION

Education is a cornerstone of our coaching approach.

We focus on teaching the fundamental skills and techniques of Baseball5, ensuring players develop a solid foundation in the sport. Through structured drills, clear instructions, and hands-on practice, we help players understand the rules, strategies, and mechanics of the game.

Our goal is to equip them with the knowledge and skills needed to succeed both on and off the field.



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COACHING PHILOSOPHY

POSITIVE REINFORCEMENT

Positive reinforcement is key to building confidence and motivation in our players. We celebrate their achievements, no matter how small, and provide constructive feedback to help them improve. By recognising their efforts and progress, we foster a supportive environment where players feel valued and encouraged to keep striving for excellence. Our coaching style emphasises encouragement, praise, and a growth mindset.



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COACHING PHILOSOPHY

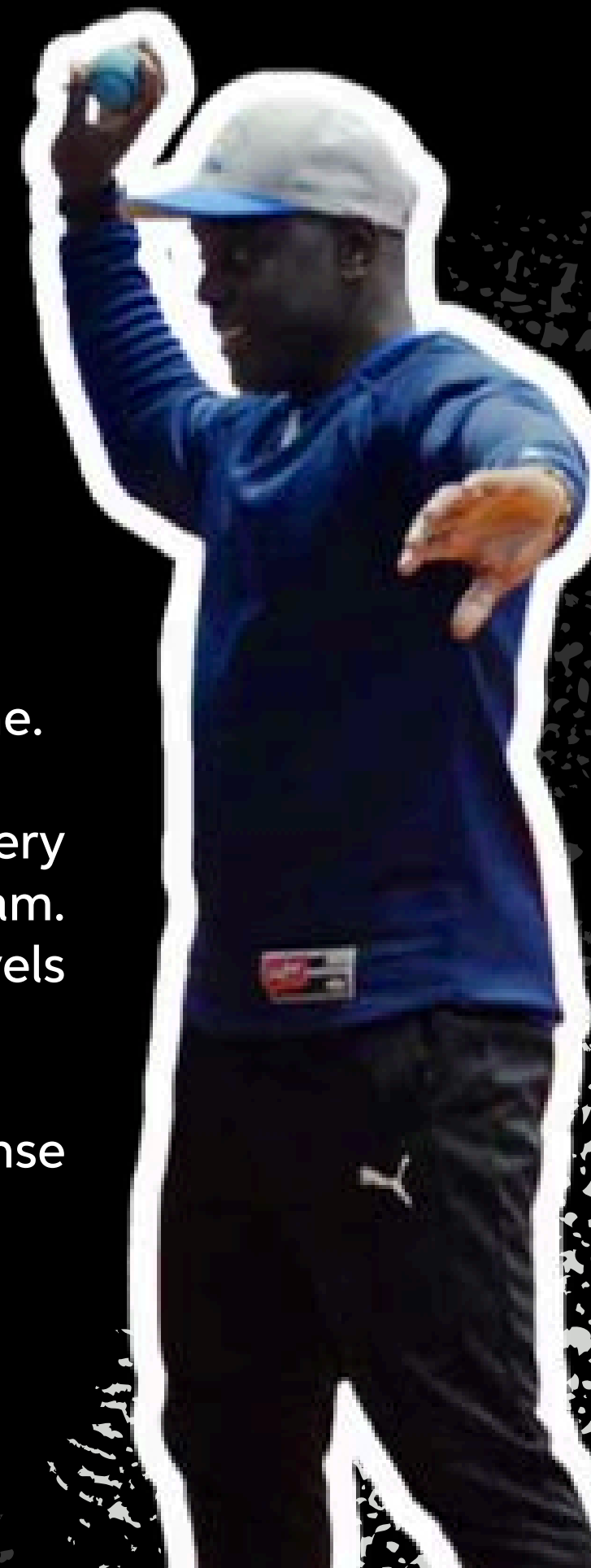


INCLUSION THROUGH PARTICIPATION

We believe that sports should be inclusive and accessible to everyone.

Our coaching philosophy prioritises participation, ensuring that every player has the opportunity to be involved and contribute to the team. We create a welcoming environment where players of all skill levels and backgrounds feel accepted and included.

By promoting teamwork, respect, and collaboration, we build a sense of community and belonging among our players.



PERSONAL AND TEAM DEVELOPMENT

Our ultimate goal is to support the personal and team development of our players.

We aim to help them grow as individuals, both in their athletic abilities and their character. Through goal-setting, leadership opportunities, and team-building activities, we encourage players to develop their skills, build resilience, and cultivate a strong sense of sportsmanship.

We strive to create a positive impact on their lives, both on and off the field.





DEVELOPMENTAL BENEFITS

Baseball 5 encourages physical fitness, hand-eye coordination, and teamwork.

It serves as a great introduction to the sport for young athletes, fostering a love for baseball5 in a fun, engaging environment.

Baseball5 is recognised by the World Baseball Softball Confederation (WBSC) and has gained popularity in various countries, making it a growing sport on the international stage.

In essence, Baseball 5 is an innovative adaptation of baseball that retains the excitement of the original game while being more accessible and suitable for diverse environments and players of all ages. Its emphasis on inclusivity and skill development makes it a perfect choice for recreational play and community engagement.





WBC
BASEBALL5 WORLD CUP (B5WC)

2022 2024 2026 2028 2030 2032 2034



WBC
YOUTH BASEBALL5 WORLD CUP (YB5WC)

2023 2025 2027 2029 2031 2033 2035

International tournaments follow the general format of having 50 games played between 12 national teams over 7 days.

Oceanic qualifiers for each tournament will be played during their off-year when required.

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Baseball5 CONCLUSION

Baseball5 is a fast, fun, and inclusive sport that brings people together through teamwork, energy, and excitement.

It's easy to learn, accessible to all, and a great way to stay active while building valuable skills like coordination, agility, and strategic thinking.

Whether you're looking to connect with your community, try something new, or be part of a growing global movement, Baseball5 offers something for everyone.



SO GRAB A BALL, RALLY YOUR TEAM, AND JOIN THE ACTION - BASEBALL5 IS WAITING FOR YOU!

TRAINING MATERIALS AND VIDEOS

[HTTPS://COACHING.BASEBALLAUSTRALIA.COM.AU/PAGE/5851/BASEBALL5-TRAINING-MANUAL/20199/BASEBALL5-TRAINING-MANUAL](https://coaching.baseballaustralia.com.au/page/5851/baseball5-training-manual/20199/baseball5-training-manual)
(TRAINING MANUAL)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=TYC6XBIJLS8](https://www.youtube.com/watch?v=TYC6XBIJLS8)
(GENERAL INFORMATION ON BASEBALL5)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ZYSAPMIR2LU](https://www.youtube.com/watch?v=ZYSAPMIR2LU)
(THE RULEBOOK)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=LWXS5JPGSNE](https://www.youtube.com/watch?v=LWXS5JPGSNE)
(OFFICIAL PAPERWORK AND SCORING)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=UY5B-0FG0W8](https://www.youtube.com/watch?v=UY5B-0FG0W8)
(DEFENSIVE TRAINING AND WARM UP)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=JXM3VNOPGBI](https://www.youtube.com/watch?v=JXM3VNOPGBI)
(HITTING STRATEGY AND TECHNIQUE)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=IDZ2XGDILCY](https://www.youtube.com/watch?v=IDZ2XGDILCY)
(GAME PRELIMINARIES, STRATEGIES AND PRACTICE)

OFFICIAL BASEBALL5

[HTTPS://BASEBALL.COM.AU/BASEBALL5/](https://baseball.com.au/baseball5/)

[HTTPS://BASEBALL5.WBSC.ORG/](https://baseball5.wbsc.org/)

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These rules create a framework for Baseball 5, ensuring a fun and fair experience for all participants.

Adjustments can be made to accommodate different age groups or skill levels while maintaining the spirit of the game.