



### **Baserunning**

Baserunning is what a player does after they've hit the ball and started to "run" around the bases. Players always run in a counterclockwise direction around the bases. Baserunners should only run as far toward the next base as they think they can go before being tagged with the ball by the defense. Baserunners must always wear a helmet to protect their head in case they are hit by a thrown or batted ball.

### **Tagging Up**

When a fly ball is caught by a fielder, the baserunner must tag up, either by returning to the base they occupied when the ball was put into play (if they left the base prior to the ball being caught) or by remaining on the base until the ball is caught by the fielder. The baserunner may then attempt to advance to the next base and the defense must apply a tag to the runner in order to record an out.