

# RUNDOWN

Start the rundown when the runner is  $\frac{1}{2}$  way between bases.

The fielder starting the rundown should throw the ball to the player closest to home (F1 in the diagram), forcing the runner towards the last base touched.

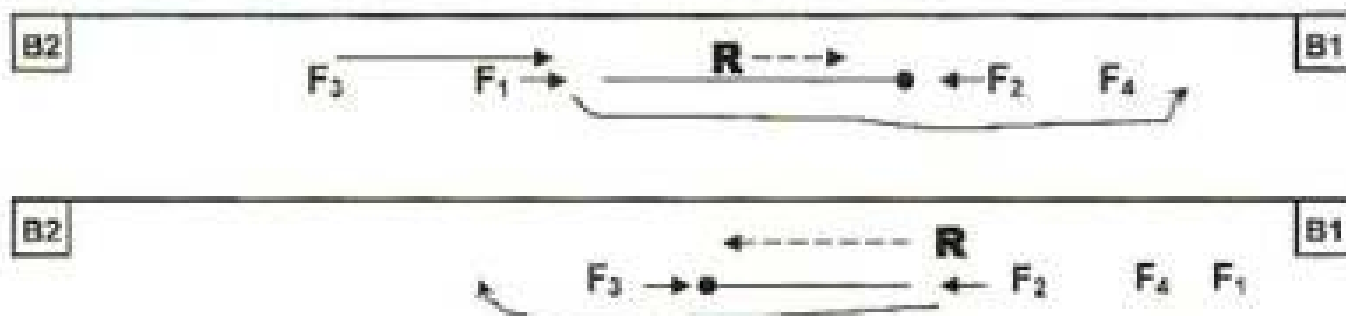
Run hard at the runner, force a commitment one way or the other.

Show the ball in your bare hand at the side of your head.

Use only one fake throw to freeze the runner.

Throw the ball when the fielder catching the ball will be able to tag the runner immediately after receiving the throw.

Throw the ball to the side of the runner, not into or across him/her.



After you throw, follow your throw to the end of the line at the opposite base.

Next fielder, "close the gap", move aggressively toward the runner.

The receiver uses the glove as a target for the throw, chest high.

Grip the ball tightly, with two hands, when tagging the runner.

All fielders must be on the same side of the baseline, infield or outfield side. Do not throw across the baseline, you can hit the runner.

Do not interfere with the runner in any way.

You should tag the runner on the first throw.