



Uxbridge Baseball Association AA Rules & Coaching Guide

Last updated: February 26, 2024

Introduction:

AA Ball is a step up from A Ball, but remains focused on instructional activity and building foundational baseball skills. The goal continues to be to introduce the game to young players, but also to incorporate more aspects of the game of baseball and evolve as the season progresses

AA Ball is available to players with a baseball age of 6, 7, and 8. 6-year-old players should have played A Ball previously and be familiar with baseball basics. All AA eligible players should attend preseason assessments.

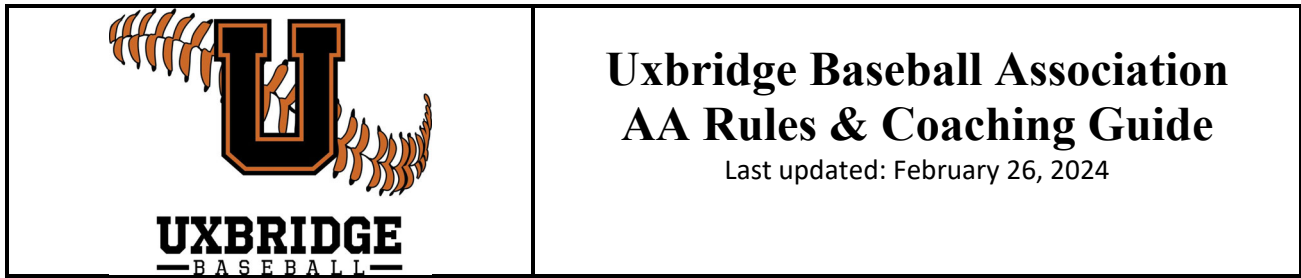
Rules: The official Cal Ripken League Rule Book will govern in all situations not covered in the following exceptions that apply to the AA League.

Note: It is the responsibility of the coaching staff to read, understand, and adhere to these rules. Games in which the rules are not followed shall be forfeited.

Early Season Rules

1. There is no score for AA regular season games.
2. All positions must be played in their proper location – including catcher. In other words, outfielders must take position on the outfield grass. The pitching position is fielded to the right or left of the mound while a coach is pitching – only 1 pitcher! A fourth outfielder is allowed to minimize time sitting on the bench for all players.
3. If the ball is hit to the outfield grass the runners can attempt a second base, otherwise all runners only advance one base per hit.
4. No advancing on passed balls or overthrows.
5. Coaches for the batting team pitch.
6. There is no leading or stealing.
7. Pitching is done from the rubber or a few feet in front of the rubber.
8. Batters get six hittable pitches per at bat
9. Starting as soon as teams and coaches agree:
 - 3 Strikes (which includes foul balls) and you're out. Strikes are only on missed swings, there is no calling of balls and strikes and there are no walks issued.
 - Inning Ends when:
 - Team bats through the order or...
 - 3 outs ***Minimum of half the kids shall bat and the inning will end on the next out if more than 3 outs are required***
 - Home team always bats in last half of inning
10. Move kids around to play all positions. Players must play in the infield for at least two innings each game. Try to give them a new position each inning to keep their interest.

Late Season Rules



At approximately halfway through the season the division coordinators will meet with the coaches to discuss incorporating additional kid pitching and gameplay rules. All other Early Season rules will continue to apply.

1. Score can be kept for late season games
2. Mercy Rule: Innings end after three outs or after four runs are scored, whichever occurs first.
3. Kid Pitching
 - Kids may pitch in odd numbered innings, starting with the first inning
 - If an umpire is not available a coach from the pitching team shall call balls and strikes.
 - The mound is set at 46 feet. A pitcher may move up to 40 feet from the plate.
 - A coach from the team at bat will step in and complete an inning if a pitcher hits 2 players in the inning.
 - A coach from the team at bat will step in and complete an inning if a pitcher has 5 total walks/hit batsman.
 - A batter who is hit by a pitch may chose to take their base or continue their at bat (though they count as a hit batsmen against the pitching maximums regardless of their choice)
 - Pitcher may not walk in runs. If a walk or hit by pitch occurs while the bases are loaded a coach form the batting team shall step in and pitch to the batter with a fresh count. This counts as a walk against the pitching maximums. If the pitcher is within the limits they return to the mound and continue pitching to the next batter.
 - When a coach is pitching batters may strike out, but they may not walk.
 - Pitchers who are removed from the mound for walk/hit batsman limits may **NOT** return to the mound for the rest of the game.
 - Pitchers must rest according to the following table:

UBA PITCHING REST REQUIREMENTS				
AGE	DAILY MAX (PITCHES IN GAME/DAY)	REST PERIOD		
		0 Days	1 Day	2 Days
6-8 Yrs Old	75	1-40	41-65	66+

- No Pitcher shall appear in a game as a pitcher for three (3) consecutive days regardless of pitch count.



Uxbridge Baseball Association AA Rules & Coaching Guide

Last updated: February 26, 2024

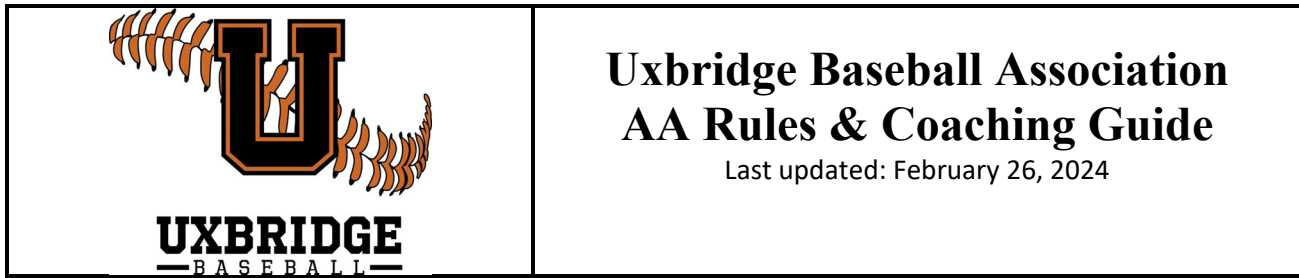
Playoffs

Toward the end of the season the division coordinators will meet with the coaches to discuss how the season has progressed and will consider hosting a playoff tournament:

- Format will be a round robin/double elimination style tournament, which will be determined based on the number of teams
- Score will be kept in playoff games
- Playoff games can tie, but the championship must be played until there is a winner.
- Mercy Rule: Innings end after three outs or four runs, whichever occurs first.
- Playoff games will include the kid pitch rules as outlined above.

General

11. Games are targeted for 4 innings. **No inning started** after 1.25 hours after start of game.
12. Fielding team has a coach(es) in the field to help position the defense.
13. Coach that is pitching makes all out calls.
14. Volunteer coaches under the age of 18 must wear a helmet when coaching the bases.



AA Division - Coaching Guidelines and Recommendations:

These guidelines are to help teach the children in the AA-Division the fundamentals of throwing, fielding and hitting while having fun playing a game. As a manager or coach do not underestimate the impact your words and actions, both positive and negative, have on the development of a child. What you do and say now will stay with the child for years to come.

1. Throwing Progression Drills:

- Step 1. With throwing knee down on ground and glove knee up, grip ball with two fingers while it is in the glove at the “presenting” position.
- Step 2. Rotate shoulders so glove shoulder is pointing at the target.
- Step 3. **Word Phrase: DOWN-BACK-AND UP.** Glove is pointing at target, ball is back above shoulder and fingers are pointing backwards while gripping the ball. (**Cobra Fangs**)
- Step 4. Pull glove back into chest while throwing arm is rotating towards the target. Finish should be a flat back with throwing arm finishing over or to the other side of the bent knee scraping the ground. The arm should be loose and hanging freely after the throw. **Word Phrase: FLAT BACK FOR PIZZA DELIVERY & SNATCHING UP \$100 BILL OFF THE GROUND** for finish.

Do this drill 3 ways: kneeling, standing with feet shoulders width apart (toes pointing at target, feet in cement) and with feet shuffling towards target (slide shuffle). Do 5-7 reps per drill.

2. Catching & Fielding:

- A. **Alligator Mouth:** Glove down on ground with hand over the top of glove. Bare hand smothers the glove to stop ball from popping out of glove.
 - B. From Alligator mouth to throwing position “**Cobra**”: Pop up with glove side of the body pointing to target. Glove and ball go to throwing position: **DOWN-BACK-AND UP**, shuffle-shuffle then throw.
- Word Phrase: ALLIGATOR - COBRA - SHUFFLE-SHUFFLE - COBRA STRIKE.**



Uxbridge Baseball Association AA Rules & Coaching Guide

Last updated: February 26, 2024

3. Hitting:

- A. Proper grip for a bat: Knocking **knuckles** should line up with each hand. This will allow for the back elbow to hang with very little tension in hands and shoulders, developing quick hands and a quicker bat.
- B. Stance: Feet should be a little more than shoulder width apart.
- C. Swing Mechanics: Start of swing is a **Power Up**, when batter is ready hands and weight shift back (not up or down, this would be a hitch in the swing). At this time if the child has a stride he/she can keep it, the stride should be only 2-4 inches at best. The concept of a stride is to get the weight transferred to the back foot, not to step out of the batter's box. The rotation of the hips while turning the shoulders initiate the bat coming into a swing plane. The swing plane should be down and through the hitting zone while finishing with the "SHOE LACES" pointing at the pitcher while the bat freely swings through the strike zone.

4. Playing in the Field:

- A. All infield positions shall be filled before the outfield – Teach the kids to move on every ball hit, if it's not in their zone to field it they should be covering a base or backing up a fielder.
- B. Please have children refrain from diving into a pile to grab or field a ball. Players should not be diving for balls or dropping to their knees. Rotate players in and out of all positions so they don't get bored.

5. Game Day and Practice Tips:

Per UBA Regulations, all on-field managers, coaches, assistants, parents, etc. are REQUIRED to have a completed CORI check for that season.

Get as many parents to help as you can. The Manager cannot be everywhere, you will need help. The more help you can get the smoother and less stressful your games will be. Start the games by going over throwing drills or fielding drills. If you make drills a game, they will learn more and have fun at the same time.

During a practice, it will be best to set up stations for the kids to rotate through. Smaller groups are easier to teach. Keep practice to 1 hour only – or not longer than them losing interest...



Uxbridge Baseball Association AA Rules & Coaching Guide

Last updated: February 26, 2024

6. Other Info

- When playing down the fields at our main UBA Complex, please rake out the fields prior to leaving.
- **Game Day Cancellations:** The AA Division Coordinator will call all games due to weather in conjunction with Managers who are playing the scheduled games. Safety is our first priority.
- Ripken Players, Coaches, and Managers Eligibility:
 - a) To be eligible to compete in tournament play, a player, manager, or coach must be listed on league and tournament rosters.