

Rookie League Game Rules

Coach Pitch

Coaches will pitch to players from a knee or sitting position. Throws are to be over hand. Limit each batter to 6 pitches. On the 6th pitch if the ball is fouled the batter will be rewarded with one extra pitch. If the player has not put a ball in play after six pitches, they are to go to the bench and the player is out.

Field Size

Innings

Teams will play at least 3 innings or for a time of 1 hour 30 minutes, whichever comes first. More can be played at the coach's discretion.

Innings will end by achieving 3 outs or the batting team hits through the lineup. This is to include from the start of the order or where the lineup left off during the previous inning.

Lineup

A lineup will need to be kept to help signal the end of an inning

Outs

If a fielding player makes an out, they will be rewarded with the out. 3 outs and the inning ends. Standard baseball out rules apply.

Scoring

Though kids will keep score, coaches will not. If players ask who won, I always say both teams played great, and everyone won.

Infield

Field each position. First base, second base, short stop and third base.

Outfield

Field each position. Left, center and right. If there are extra players have them play middle left, middle right or two offset centers.

Pitcher

Have one player stationed at the pitcher position. The player will make fielding plays as required.

Catcher

Coach only

Hitting

Teams will hit through the lineup following the 6 pitch rule. No bunting

Stealing

Not permitted

Home Runs

Allowed