



Visalia Youth Baseball Inc. 2026 Rookie 7's Ground Rules

Visalia Youth Baseball, 7 Year Old Division Ground Rules will apply to all playing rules and field conditions, superseding all other rules. In all instances not covered by these rules, the Official Babe Ruth, Cal Ripken Division, Rules and Regulations will apply.

Within the regulations of this League and of Babe Ruth Baseball, Cal Ripken Division, all Managers must rotate player on the bench from inning to inning. Therefore, no one player shall sit on the bench for more than one consecutive inning. Failure to follow this rule may result in a warning or suspension of the Manager (depending on the severity of the offense).

With the exception of the Pitcher, free substitution is allowed. Ten (10) players will be allowed to take the field defensively (four outfielders).

In the absence of the Manager and with the Player Agent's approval, a coach may assume the Manager's duties and responsibilities.

Rookie Division teams shall always give the right of way to Major Division teams with regard to practice fields. Please contact the Major Division Manager practicing on the field in question and plan your practices on days and times that do not interfere with the Major Division Team.

1st Half of the season-

A Batter will get 5 pitches from a coach. If after the 5th pitch, the batter has not put the ball into play, the batter is out. If the ball is fouled off on the 5th pitch, the batter will receive an additional pitch. If at any time during the at bat, if both Managers rule that a pitch is unhittable from the coach, the Batter will receive another pitch.

2nd Half of the season-

A Batter will get 3 pitches from the opposing pitcher. If the Batter fouls off the third pitch, he will receive another from the pitcher. If the Batter has not put the ball into play, he then will get 2 pitches from the coach. If after the 2nd pitch from the coach, the Batter has not put the ball into play, the Batter is out. If the Batter fouls off the 2nd pitch from the coach, he will receive another pitch from the coach. If at any time during the at bat, if both the Managers rules that a pitch is unhittable from the machine, the Batter will receive another pitch.

I. Objectives of Game, Playing Field and Equipment

1. The standard Level-5 Flexi-ball baseball will be used.
2. Only players in uniform, Manager, and not more than three adult Coaches will be allowed in the dugout during games. The one exception to this rule is in case medical attention is required in the dugout; a doctor or accredited nurse may be present as long as such medical attention is required.
3. All players must be in full, clean uniform. Catchers must wear all protective catching gear, i.e. helmet, face guard, throat guard, chest protector, shin guards and protective cup. Safety equipment and all uniforms must be worn in a regulation manner, unaltered in any manner and league approved. Shirts must be tucked in whenever worn by the player before or after a game and while at the ballpark. All equipment and uniforms must be league approved. White, long sleeved undershirts may not be worn under the regulation uniform while as a pitcher at any time during the game.
4. Managers, Players and Parents shall be responsible for clean up of bench area and surrounding area after the game.

II. Definition of Terms

1. *Sliding*
Runners are never required to slide, but if a runner elects to slide, the slide must be legal, directly to base OR a runner can elect to run in a direction away from the fielder to avoid making contact and ruled out (see also contact rule in OBR page 19).
2. *Regulation Game*
Play starts at the designated scheduled time and will run **90** minutes. The 90 minutes will be a “drop dead” time and the game will end then.
3. *Suspended games or rain out games* will be completed the following Sunday weather permitted. Schedule and times for suspended games are to be determined by the President and Player Agent.

III. Starting and Ending Game

Both teams must cooperate in expediting the game, and no undue delay or “killing time” will be **tolerated. Teams must hustle on and off the field at the conclusion of the third “out.” All players on both teams must be prepared to resume play within 90 seconds of the third out.**

IV. Putting the Ball in Play, Live Ball

If the catcher is the third “out”, another player in uniform, wearing helmet, face guard and cup, or adult coach with a face mask shall immediately come to the catcher's position to warm up the pitcher. This rule applies to warming up pitchers at any location (i.e. bullpen).

V. Batter

1. Each team will bat the complete team roster in continuous order. (No player is to bat twice in one inning.)
2. If a team makes 3 defensive outs before the entire lineup bats, teams will switch. Once the team returns back into the dugout, the lineup will pick up where it left off.
3. Bats may be swung only by a batter while batting, or by an on-deck batter in the on-deck circle.
4. Cones will be placed at the home run line. Balls hit over this line are to be considered home runs while balls running through this line will be considered ground rule doubles.

VI. Runner

1. No Runner may advance on an overthrow from catcher to pitcher.
2. A Runner may advance one base on an overthrow at 1st or 2nd base at his own risk of being thrown out. If the Defense attempts to make the out on the Runner and the ball is overthrown **again**, the Runner may NOT advance anymore.
3. There is NO leading off. NO delayed-stealing. NO dropped third strike and NO balk rules in the Rookie 7's Division. Home plate will not be "HOT" for the duration of the season. This means that a runner from third base may not score on a wild pitch or passed ball.

VII. Pitcher

1. The pitching week shall be defined as Monday through Sunday.
 - a. Any 7 year-old player may pitch a maximum of one (1) inning in any one game.
2. Pitcher will throw from a distance of 40 feet (coaches included).
3. *The use of breaking balls that involves the snapping of the wrist is **NOT** allowed.*

VIII. Umpire - **There are no umpires in this division. The Managers/Coaches will make the out and safe calls.**

IX. Discipline

Defacing or damaging the playing field or dugout area by a player shall be punishable by **ejection from the game. A warning is not required. Infractions would include, but not be limited to:**

- a. Digging holes with feet in the infield or outfield.
- b. Carving benches or damaging fences.

X. USA Bat Rule Violations

Players are to practice and play games with only USA standard bats with the USA bat logo stamp or T-Ball bats that have obtained the USA bat sticker.

Players in violation of this rule during an at-bat will be deemed out, and Managers will be IMMEDIATELY EJECTED and subject to SUSPENSION.

There will be random practice and game checks by Board members to eliminate the usage of illegal bats and Managers will be subject to suspension. It is the Manager's responsibility to see that all players are using legal bats.