

ROOKIE DIVISION

Rules

Rookie ball has two purposes:

- To get 8 and 9 year olds interested in the game of baseball.
- To begin preparing them for the next level of baseball.

This is accomplished by promoting active participation during the game and providing the players with the necessary fundamentals during games and practices. Coaches should concentrate on:

- Throwing mechanics.
- Fielding ground balls.
- Catching.
- Hitting techniques.
- Base running.
- Sliding.
- Throwing to the correct base depending on the situation.

This division is intended to provide a solid fundamental base while promoting good sportsmanship and fair play in a non-competitive atmosphere.

1. Roster: 8 – 10 players

2. Start Time: Games begins at 6:30 p.m. and are 5 innings in length. No new inning may start after 8:00 p.m. **6 runs or 3 outs will end each half inning.**

- Have line up cards filled out in order to keep track of batting order.
- It is expected that practices would be held outside of scheduled game times.

3. Bases: 55 foot base paths

4. Pitching:

- Dalori Spring Loaded Pitching Machine
- Distance – 40 feet
- **Power Lever** set at **#4**
- **Release Block** set at **#4**
- **Micro-Adjust** set at **#3 - #4** (Fine Tuning – Micro-Adjust Screw turn clockwise to lower flight of ball)
- Speed – Set at approximately 35 – 40 mph
- 6 – 10 baseballs

- ✓ The speed should be set so that there is little arc in the trajectory of the ball and the height of the pitch is in the batter's power zone (knee to waist).
- ✓ A parent or coach of hitting team should operate machine for own players.

5. Batting:

- Batter and On-deck batter must wear helmet, with chin strap.
- All players on team shall be on the batting lineup at the start of game.
- Each batter shall receive 5 hittable pitches in an attempt to hit a fair ball. Bunting is not allowed.

- An out will be given if 3 strikes occur or the ball is not hit on the 5th pitch.
 - A foul ball on the 5th pitch, batter is awarded another pitch.
- ✓ Machine operator can declare no pitch if, in their opinion, ball is outside the hitting zone.
- ✓ A struck ball hitting the machine or ball bucket will be declared dead and batter receives a single base. Only runners that are forced to advance may do so.

6. Base Running:

- No leadoffs.
- Cannot leave base until contact has been made with the ball.
- Runners may advance one base on an overthrow to any base.
- On a throw from the outfield, **the ball is declared dead once an infielder has gained possession of the ball**, no further advancement of runners can occur.
- Positional players cannot obstruct a base runner from touching the base (i.e. blocking).

7. Defense:

- No one player may play the same position for more than 2 innings in a game.
- It is **required** that each player will play every position by the end of the season. However, please use discretion for the pitching and catching position as some players may be reluctant to play these positions.
- Up to 10 players can play defense. **Do not bring extra fielder to infield position.**
- Pitching position must be at least 5 feet on either side of machine, and not ahead of the machine.
- If there are only 7 or 8 players, eliminate pitching and catching position.

8. Outs:

Outs are awarded by:

- Three strikes
- Ball not hit on the 5th pitch
- Throwing to a base for a putout (if a force)
- Tagging runner with the ball
- Catching a flyball

*****Runners do not stay on base if they are putout*****

9. Other Rules:

- No stealing.
- No Infield Fly Rule.
- No metal cleats,
- Jock/Jill protection is mandatory
- Scores will be kept.
- Team at bat will have two coaches who will also act as umpires. Machine operator can assist on any decisions.
- *If a team does not have 7 players, balance the teams with existing players and have FUN.*

