

# 2009 Rookie Baseball League Rules

## **PTE Little League Objective**

PTE Little League's objective is to enrich our children by providing them with the positive experience of teamwork, personal achievement, and excellence through participation in our baseball and softball programs.

## **Rookie League Objectives**

The focus of the Rookie League is to have fun, teach team sportsmanship and build upon the skills introduced during T-Ball and the Farm League by introducing advance baseball skills appropriate for 8 year old players. The areas of focus include:

**Baseball Field** - Review different bases and player positions in both infield and outfield and introduce the catcher position. Include review of fair and foul ball.

**Hitting** – Reinforce proper grip, stance and swing, and proper technique for hitting pitching with emphasis on focusing on the strike zone. Advance skills include hitting coach/kids pitch focusing on the ball, stride and reinforcing the “Squish the Bug” technique. Introduce pitch count, strike zone and pitch selection. Introduce bunting.

**Throwing** – Reinforce “T” Point Stance - step and follow through.

**Infielders** – Reinforce the proper fielding technique - player keeps the ball in front of them, bending at the knees and catching the ball with 2 hands. Teach down and ready when pitcher in motion. Teach concept of charging the ball and catching a ground ball backhanded. Focus on throwing to first and introduce concepts of tag vs. forced outs. Introduce double plays.

**Outfielders** – Focus on proper fielding techniques include catching fly balls, fielding on base hit by kneeling on one knee to block ball and charging and scooping ball. Introduce backing up outfielders and hitting the cut-off man and throwing to second base or third base.

**Catcher** – Introduce proper catching stance, glove location, catching and blocking ball with body by falling on knees from catcher position. All catchers must wear a cup. Introduce setting proper target for pitcher.

**Base Running** – Reinforce running hard to and through first base on infield hit. Teach one foot on and one foot off base. On base hit to outfield teach rounding first. Hit inside corner of base when advancing to next base. Make sure each base is touched and stay in the baseline. Teach not to overrun second and third base. Teach runner to hold (four steps off base) on fly ball to see if caught and advance if dropped. Teach to go back to base if caught. Introduce concept of tagging up. Player can only tag-up when on first or second base and advance only one base. No tagging up from third to home. Teach proper technique for sliding.

**Pitching** – A special clinic will be run by PTLLE to certify players to pitch. Pitchers must attend 3 clinics and pass certification to be allowed to pitch in a game. No exceptions. In addition, a manager/coach will be required to attend pitching clinics with their players to reinforce pitching concepts taught during the clinic and assist with running the clinics.

**Note:** For practice plans and additional information, refer to the link “Baseball Basic Manual” on the Coaches Corner section of the PTLLE web-site ([parsipannybaseball.com](http://parsipannybaseball.com)).

## GENERAL RULES

- All players Little League age 8 are allowed to play in Rookies.
- Each game is played for six innings or two-hour limit, whichever comes first.
- Home team provides game ball and sits in the first base dugout.
- Game and practice balls are provided by the league. New balls are used for real games, used balls for practice. Little League approved hard balls will be used for Rookie League.
- Each inning will consist of three outs or a maximum of four runs per inning, whichever comes first. The inning will change after three outs or four runs. This limitation on runs should allow for all kids to get a minimum of three at bats per game and keep the game moving.
- Exception to this rule is in the last inning. Team is retired after three outs or all kids have batted.
- A maximum of 11 players per team.

## FIELDING RULES

- Nine players allowed on field. If team has only 10 players. Then four outfielders are allowed.
- All infielders must play regular position - 1<sup>st</sup> Base, 2<sup>nd</sup> base, Shortstop, and 3<sup>rd</sup> base. Only one player per position.
- During coach pitch one player allowed on pitchers mound. Pitcher must remain in spot until ball is hit. Player must be even with the pitchers mound on either side of the mound. During kids pitch only pitcher allowed on mound.
- Each player must play at least two innings in the infield, if time permits.
- All outfielders must play no closer than 15 feet from the infield or any base.
- Please use your judgment regarding player's skill level when rotating them to First Base and Catcher. (**Note:** catcher must wear a cup.)

## Pitching Rules

- The first quarter of the season will be all coach pitch. During coach pitch, a maximum of 8 pitches per batter is permitted. Player will advance to first base after 8 pitches to keep the game moving. Pitching distance for coaches is 40 feet. Kids pitch from standard Little League Mound.
- During coach pitch, the team manager or coach pitches to their team from their knees with an overhand motion. A coach should not be standing and pitching to kids.
- The remaining  $\frac{3}{4}$  of the season kids pitch three innings and coach/manager pitches three innings. Coach pitches first two innings, then kids pitch next three inning and coach pitches last inning.
  - During kids pitch and last  $\frac{3}{4}$  of season, regular baseball rules apply regarding strikes and balls with the following exceptions:
    - Balls will not be counted until there is one strike in the count.
    - Once a player has one strike, balls are counted.
    - After four balls player takes first base.
    - A maximum of nine pitchers per batter allowed when kids pitch, then player automatically advances to first base to keep the game moving and save arms.
    - During coach pitch, a maximum of 8 pitches per batter is permitted. Player will advance to first base after 8 pitches to keep game moving.
    - Player pitches to opposing team and coach pitches to their own team.
- All pitchers must attend a pitching clinic and must be certified to pitch by a Par-Troy Little League East Representative. No child can pitch if they have not been certified by PTELL. No exceptions.
- Pitchers must follow Little League Pitch Count rules and cannot pitch back to back days. To be distributed at start of season.
- All pitchers that are certified by PTELL must be given the opportunity pitch. Select a rotation and stick to it throughout the year. For example, if you have four pitchers, the rotation is 1, 2, 3 the first game, 4, 1, 2 the second game, 3, 4, 1 third game, etc. The purpose of introducing pitching in Rookies is to develop future pitchers and not striking out batters or winning games.
- If a pitcher hits two batters in an inning he must be removed.
- Coaches will umpire games including calling balls and strikes. The team at bat will have their coach call balls and strikes. Let's keep it honest and have fun. There will be no arguing over calls. If coaches argue, you will be given one warning. The next time a possible suspension for one game may occur.

## **HITTING RULES**

- One batting order per game and all kids bat. Batting order should be rotated every game so that a player bats in a different place every game until they have batted in every spot. Then start the process over.
- There is no "On Deck Circle". Only current batter at the plate should be swinging a bat.
- One bunt per inning.
- No stealing.
- Outs will be recorded. If batter gets thrown out he or she will go back to the bench.
- On a base hit the batter may keep advancing until the ball is fielded cleanly. Once the ball is fielded the batter/runner should stop at the base he was advancing to.
- Sliding is permitted. No head first sliding. Batter is out if slides head first.
- Tagging up is permitted only on first and second base. Base runner can advance only one base. No tagging up from third to home.

## **Coaching**

- Coaches can keep score for their own team and let the players know how many runs they have scored. There are no winners or losers. Emphasis is on skill building, having fun and teamwork.
- Each team should have one manager and at least two assistant coaches. If possible, during games, it is recommended to have at least three assistant coaches. Managers, should recruit parents to coach during games. Each coach must have proper certification to coach. See PTELL web site for information regarding certification.
- During game, when team is on the field, only two coaches in the field.
- During game, when team is at bat, one coach at first, one coach at third and one on the bench. If not enough coaches, at least one coach should be at first base and the bench. No player can coach first or third.
- During pre-season, each manager is responsible for conducting a minimum of two practices per week. During season, it is up to the discretion of the coach, but at least one practice plus game(s) is recommended. All coaches do not need to be present at practice.
- Upon completion of the game, coaches from both teams must rake the field and pick up garbage in and around the field of play. Ask parents for assistance to rake field and keep the fields clean.