



### Recreation Baseball Guidelines – Regular Season:

- This is Rec. Baseball **not** Travel. The point for player development and to have fun.
- Teach safety, the fundamentals of the game, and sportsmanship.
- No set defensive positions for kids & change batting order from game to game.
- No player can be benched for 2 innings in a game until all players have sat once.
- Do not argue or yell at the umpires or other coaches. Report all issues to the Coaching Director.
- Games shall start on time to the greatest extent possible.
- Home Team shall prepare the field for play (set bases and stripe as applicable) and Away Team shall clean up and rake the field after the game. If the Away Team is from another Town, then the Home Team will also clean up & rake.
- Home Team shall provide the game ball(s) for Rookies, Minors & Majors.
- No new inning will begin after 2 hours in the Majors.
- No new inning will begin after 1 hour 45 minutes in the Minors.
- No new inning will begin after 1 hour 45 minutes in the Rookies.
- No new inning will begin after 1 hour 30 minutes in Coach Pitch.
- Pitch Counts must be restricted per league guidelines.
- For the Rookies, Minors, and Majors, all bats must have the "USA Baseball" logo. No BBCOR or USSSA bats allowed.
- Minors and Majors: Regular season standings will not be recorded and will not impact playoff seeding. Either a random drawing or a round robin towards the end of the season will be conducted to determine playoff seeding.

### Recreation Baseball Guidelines – Playoffs (Minors & Majors):

- Playoffs will be interleague between participating towns.
- Set defensive positions and batting order are allowed.
- Games will play until there is a winner. Extra innings if necessary.



### T-ball (4s & 5s)

- Games will be 3 innings long and played with soft t-balls.
- Each player will get to bat each inning using the batting tee. Adjust the tee as necessary so the player can work on a nice level swing.
- Every hit is a single, each runner advances one base at a time. Last batter of the lineup clears the bases and runs all the way home. Ensure the players tag every base along the way.
- Change the line-up from inning-to-inning and game-to-game to allow everyone player to bat last.
- No players on the bench for defensive. Spread the players out along the field and the outfield as necessary. Rotate defensive positions every inning.
- On defense, Coaches shall be in the field for safety and to help instruct players. While batting, one Coach should assist players at the batting tee and the other Coach should keep the other players in line and ensure nobody, but the batter has a bat in their hand.
- After the game you can opt to have a relay race between the two teams to reinforce base running. One team starts at home plate, the other at 2<sup>nd</sup> base. One at a time, players will run around the bases with a t-ball in their hand. After they have rounded the bases, they pass off the baseball to the next player and so on until the team has completed the relay with all players. Siblings are invited to participate. Try to even out the teams as best as possible.
- First game of the day sets up the field, last game of the day puts everything away. Rake the batter's boxes between games.



### **Coach Pitch (5s & 6s)**

- Games will be played with modified base paths of 55 feet apart (instead of 60 feet). Soft t-balls will be used. Games are 3 innings long.
- Batter receives 7 hittable pitches from coach (either standing or kneeling). If the ball is not put into play after 7 hittable pitches, the tee will be used until the ball is put into play. No strike outs. Batter can foul off 7<sup>th</sup> pitch and still receive additional coach pitches.
- Coaches must throw overhand but can modify distance to home plate based on batter's ability. No player catcher is allowed and a coach must be behind home plate to gather balls and throw back to coach pitcher.
- No ball buckets allowed on the field for safety reasons.
- If the ball is hit into the outfield and not in control of an outfielder, batters/runners are allowed up to 2 bases at the runner's risk. Otherwise every hit is a single. No triples and home runs allowed.
- Side is retired after each player in the lineup has an at bat. Putouts are not common at this age, but runners need to return to the dugout if they are putout.
- Lineups should be rotated each game or each inning and not based on hitting ability. All base runners must wear helmets.
- No players on bench for defense. Extra players play outfield (at least 15 feet behind bases). Defensive players need to remain in position and need to learn the game the proper way as opposed to being allowed to roam the field freely to wherever the ball is put into play.
- Coaches will be allowed on the field when their team is on defense to instruct players.
- The player pitcher should play to the side of the mound, behind the coach pitcher.
- Defense positions must be rotated except for 1B. More advanced players should play 1B for safety reasons.
- Only the hitter up at the plate should have a bat, no one else should have bats in their hands. No bats allowed in the dugout.
- No leads or stealing. No advances on overthrows.



## **Rookie Division (7s & 8s)**

- Games will be played on 46/60 fields using RCAL1 baseballs and will have an umpire. Innings 1,2, and 5 will be coach pitch. Innings 3, 4, and 6 will be kid pitch. These games may be played with 4 OFs. Coaches will not be allowed on the field when their team is on defense but can stand in foul territory to instruct players. A coach from either team should stand behind the catcher to retrieve passed balls and wild pitches to speed up gameplay.
- No walks. No stealing. Secondary leads allowed when ball crosses the plate (from coach or kid pitcher). No dropped third. No infield fly.
- Coach pitch innings: Coach must be standing, throwing overhand, and stand just in front of the mound where the ground becomes level. The coach can throw 5 hittable pitches to their own batter. After 5 hittable pitches or 3 strikes (swinging), the batter is out. 5<sup>th</sup> pitch can be fouled off and batter can continue until a strike or the ball is put into play. Unhittable coach pitches will be called by the umpire.
- Kid pitch innings: No walks. Coach must come out to pitch after ball 4 and will only be allowed to throw up to 3 hittable pitches (if a 4-0 count), 2 hittable pitches (if a 4-1 count), and 1 hittable pitch (if a 4-2 count) as judged by the umpire. Strike zone for kid pitchers can be larger (between batters boxes, knees to shoulders). 8U pitchers must pitch from 46 feet but 7U players have the option to pitch from a hash mark placed at 42 feet.
- Kid pitchers can throw no more than 50 pitches per game. Once a kid pitcher reaches 50 pitches, he can finish the AB. Days rest in between pitching must be followed by the MLB Pitch Smart Grid at the end of this document. Talk to parents about travel players to see if they are pitching in the upcoming weekend or have pitched the previous weekend.
- A batter can advance to 1B if hit by a kid pitcher, not a coach pitcher.
- The player pitcher (when not pitching) should have 1 foot on the dirt of the mound but must be behind the coach pitcher. They should not be playing in front of the mound or the coach pitcher. Between in the hash mark and pitching rubber is fine.
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- All players **MUST** play at least two innings in the infield for every 6 inning game. This rule will be enforced during the regular season and if managers do not comply, lineup cards will be submitted to the League prior to each game.
- The four outfielders must play on the edge of the outfield grass or further back.
- If the ball is hit to the outfield, the runners can keep advancing until the ball is in control by an infielder (in the infield in fair territory). If runners are more than halfway to the next base when the ball is in control of an infielder in the infield, they can continue to advance at their own risk. Runners that are not more than halfway to the next base when an infielder has control of the ball in the infield must return to the previous base. Ball control and runner position will be determined by the umpire.
- No practice swings outside of the dugouts. No bunting. No extra bases on an overthrow. No outfielder can cover a base in the infield. Side is retired after 5 runs or 3 outs.



### Minors Division (9s & 10s)

- Games will be played on 46/60 fields, using RCAL1 baseballs and will have an umpire.
- No Delayed Steals. No dropped third. Infield fly in effect.
- Two successful steals of second base per inning. Unlimited stealing of third base.
- One successful steal at home plate per inning.
- Bunting allowed except for slash bunts.
- Courtesy runner for catcher with 2 outs is optional. Courtesy runner must be the last player out (batted, strike out, running).
- One total base on an overthrow. (If there's an overthrow to first base, the runner can advance to second. If the defense tries to get the runner out at second and overthrow again, the runner cannot advance.). **If a catcher is throwing down to 2B or 3B on a steal, the runner can never advance to the next base on an overthrow, even if no successful steals of home have been taken.**
- If a player attempts to pick off a runner at first base and commits an overthrow, the runner can advance to second at their own risk. This will not count as a steal of second base.
- If a player attempts to pick off a runner at third base and commits an overthrow, the runner can advance to home at their own risk even if one successful steal has been completed at home that inning. In a 1<sup>st</sup> and 3<sup>rd</sup> situation, if one successful steal of home has already been taken, a runner on 3B cannot advance to home on an overthrow from the catcher to 1B or 2B.
- No more than 5 runs an inning (does not apply in playoffs).
- All innings are kid pitch. Review pitch count chart per age from MLB Pitch Smart Grid on last page. Talk to parents about travel players to see if they are pitching in the upcoming weekend or have pitched the previous weekend.
- No primary leads off the bases, the ball must cross the plate before a secondary lead is taken.



- No practice swings outside of the dugouts unless the umpire designates an on deck circle.
- All players **MUST** play at least two innings in the infield for every 6 inning game (does not apply in playoffs). This rule will be enforced during the regular season and if managers do not comply, lineup cards will be submitted to the League prior to each game.



### **Majors Division (11s & 12s)**

- Games will be played on 50/70 fields, using RCAL1 baseballs and will have an umpire.
- Dropped third and infield fly in effect. Primary leads allowed. Unlimited stealing allowed. Delayed steals allowed. No run limits per inning.
- Bunting allowed except for slash bunts.
- All players **MUST** play at least two innings in the infield for every 6 inning game (does not apply in playoffs). This rule will be enforced during the regular season and if managers do not comply, lineup cards will be submitted to the League prior to each game.
- All innings are kid pitch. Review pitch count chart per age from MLB Pitch Smart Grid on last page. Talk to parents about travel players to see if they are pitching in the upcoming weekend or have pitched the previous weekend.
- No practice swings outside the dugouts unless the umpire designates an on deck circle.
- Courtesy runner for catcher with 2 outs is optional. Courtesy runner must be the last player out (batted, strike out, running).



## MLB Pitch Smart Grid

It is important for each league to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so. See required rest recommendations below.

### Pitch Count Limits and Required Rest Recommendations

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A