

**Cedar Mill Little League**  
**Baseball Rookie Rules**  
Last Revised: February, 2010

Rookie ball is positioned as a skill-building, team building, learning experience, where the score is not the focus of the game.

1. A real or imaginary playing line is between first base and third base or an arc 40 feet from home plate.
2. There are no outs – each hit is considered a single.
3. There are no walks or strikeouts.
4. The ball must travel 10 feet in fair territory or it is a foul.
5. No fielder may cross the playing line until the ball is hit.
6. No stealing. Player stays on the base until the ball is hit.
7. No sliding into bases.
8. An inning is over when all the players have batted once.
9. Game length is 3 innings.
10. Game time allotted is 75 min. but is at the discretion of the coaches.
11. Scores are not kept.
12. Safety helmets must be worn when batting and while waiting in the batting line up.
13. Bat Safety. No practice swings by the on deck batter – the only player with a bat should be the batter. Possibly designate an adult as bat handler.
14. Only CMLL coaches and players are allowed on the bench.

**COACH-PITCH:** A coach (adult only) throws the ball to the batter (aiming at where the batter just swung). Coach/pitchers will sit on a bucket approximately 30' feet from home plate to put the pitcher at the same level as the batter. If the player is unable to hit the pitched ball after FIVE throws, put the ball on a tee and the player's turn continues. All other rules are the same as Tee-Ball.

**Suggestions for keeping the game moving**

In an effort to get as many innings, at bats, and plays in the field as possible, the following list can be used as a set of best practices to keep the game flow moving at a good pace. Coaches have a lot of influence on how well the game flows and how many innings are played.

**Coaches**

1. For “bat around” have the batting order be determined by their uniform number.
2. Make sure that your kids know where they are playing before the next inning starts. Nothing slows the game down more than a coach's huddle between innings trying to figure out who plays where. One suggestion is to post a white board with names / positions that is updated each inning and let the kids be responsible for finding where they play and get to their positions.
3. Using a spray paint can... mark the positions in the batter's box and on the field of where to stand.

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4. Challenge your team to “9 to 5” the other team. Get all 9 of your players on the field before the other team can get 5 players off the field
5. Have your kids keep their gloves in an assigned area so they can find their glove. Have them put their hat on top of their glove.
6. Teach your team how to “pick up” a player on base at the end of the inning. With 2 outs, have your position players grab the glove of any runner on base that is playing a position adjacent to them. If the third out is made, they “pick up” their runner teammate by grabbing the runner’s glove and bringing it out to them. Coaches can bring the runner’s helmet back to the bench. This allows runners on base to avoid running in, fetching their glove and running back out to the field. (Just like the big leagues)