



2018

Rookie House League

RULE BOOK

"Sherwood Park Minor Baseball exists to foster and encourage the growth and development of the sport of baseball by teaching the value of sportsmanship, skills and competition".

April 5, 2018

Setup

- The pitching machine and bases are provided by the home team. Teams operate the pitching machine or Coach Pitch for their own team.

Distances: **Bases = 60 feet & Pitching Machine = 40 feet**
Pitching machine settings: **Spring 9, Arm Rel 3, Ball Seam 4**
Bat Size Max Diameter 2 ¾ Max Length 32”

Game Guidelines

- Keep within the time limit as per schedule; no new innings after 1 hr 15 min.
- **Inning One** – Home team will take the field first. Home team will divide into two with half the team infield (game) and half in the outfield (drills/Rally Cap). The visiting team will bat first, the ½ inning is over after 3 outs or once through entire batting order (which ever comes first). Once that is complete, the visiting team will now take to the field with half of that team taking infield (game) while the other half goes to the outfield (drills/rally cap).

Option: You may choose to have just an infield (1B, 2B, 3B, SS, P & C) or full infield/outfield (9 Positions) & remaining players practice Rally Cap (Drills). Depends if other team can hit to outfield.
- **Inning Two** – The format is the same as the first inning, making sure the players who were in the infield during the first inning are now in the outfield working on drills/Rally Cap and those who have completed their drill part are in the infield playing the game.
Remember to keep track so all kids get equal playing time.
- Teams require a score keeper to track the batting order. In the event of 3 outs the next inning starts with the batter after the last batter from the previous inning.
- The coach will call players “out” or “safe”. Players who are “out” will return to their bench.
- Teams can either do coach pitch or use the pitching machine. All batters receive 5 pitches and one additional pitch allowed per foul/tipped ball. If no hit from coach pitch or pitching machine use side toss or tee. **(Determine best way to get players to hit the ball).**
- Prepare 2nd year Rookie’s for Mosquito (practice pitching & if players are ready they can pitch last 2 weeks of June or sooner if coaches agree).
- Base runners are not allowed to lead off and can only advance when the ball is put in play by the batter. (No base stealing). Only one base allowed on an overthrow.
- Coaches for the defensive team will coach from the field, offensive team coaches will coach from the foul territory. All coaches are encouraged to help the other team’s players.

At the end of the game – both teams at a minimum have:

- Batted twice, played infield once & spent time in the outfield working on drills.