



## FMBA ROOKIE Baseball Rules

- Sessions begin at 6:30pm in June & July, and at 6pm in August
  - o Each team shall have 15 minutes in the infield and 15 minutes in the outfield to conduct warm-ups and practices
  - o At the Rookie Major level: as of August 1, players will learn early basics of how to pitch ("My First Pitch" program). This will be for practices only, to prepare for Mosquito level – players will not be pitching in games.
- Games begin by 7pm, with the Home Team in the field first
  - o Games should end around 8pm or 8:15 (typically 3, maybe 4, innings of play)
  - o During the month of June (prior to school finishing), games should be completed around 7:45pm
- Balls:
  - o Rookie Minor to use the "softer" Incrediballs until July 1. After July 1, the 45cc ball is to be used.
  - o Rookie Major to use a 45cc ball for the full season.
- Each child gets to hit every inning; no 3 out rule
  - o Batting team's Coach to feed the pitching machine
  - o **6 pitch rule per batter** (use discretion if pitches are poor quality)
    - At the Rookie Minor Level:
      - If no hit, then Coach to soft-toss 5 pitches
      - If still no hit, ball to be rolled out by catcher, or if available, player to hit from Tee.
    - At the Rookie Major level:
      - Batter is called "out" if no ball has been put in play after 6 pitches (if 6<sup>th</sup>+ pitch is fouled off, the batter shall receive an additional pitch)
- Outs are recorded (and batter/baserunner returned to team bench) in the normal manner
  - o fly ball caught in the air
  - o ball beats runner to base (and runner tagged where applicable)
- Base Running:
  - o No stealing or leading off from the base by the base runners
  - o **Maximum of two bases per hit**
    - Last batter of each inning is to take the "proper" number of bases (ie a single or a double, no "home runs") as we do not want a collision to occur at home plate  
Defense should look to throw the ball to the correct base for the last batter.
    - Rookie Major: Base runners are permitted to take up to one additional base (at their discretion) on missed throws between fielders. Limited to one additional base per "ball in play". This base would be in addition to the 2-base maximum (thus, a double coupled with an extra base for an overthrown ball; care should be taken to ensure players don't "just keep running" for a triple "just because" – the third base is only in the event of an overthrow)

- Catcher
  - o All catchers are required to wear proper athletic support (ie a cup) -- highly recommended for all players
  - o at the Rookie Minor level, use discretion early in the season as you may opt to have a parent/coach (usually of the batting team) act as a catcher. This will avoid delays in returning the ball back to the “pitcher”, and also allow for guidance to be provided to the batter. Once players start catching, a coach should be stationed with them for their first few innings to provide proper guidance.
  
- All players are in the field during the other team’s at bat
  - o Catcher (if applicable)
  - o Pitcher (have them stand on the 1<sup>st</sup> Base side of the pitching machine so the machine does not interfere with their throw)
  - o Infield:
    - Rookie Minor: Maximum 6 players (3 fielders on either side of 2<sup>nd</sup> base)
    - Rookie Major: Maximum 5 players (1B, 2B, 3B, SS, “rover” standing at 2<sup>nd</sup> base)
  - o Remaining players should be positioned in the outfield.
    - A Coach may wish to take a bat and run a small practice session with the “outfielders” by hitting some ground balls to them
    - Rookie Major: as of August 1, practice sessions for outfields should cease so they can start learning to throw to the cut-off fielder
  - o Players should all have an equal opportunity to play all positions (catcher, pitcher, infield, outfield)
  - o Coaches may stand around the infield with their players so as to provide guidance

*Last reviewed: May, 2014*