Ames Youth Baseball

Rookies Rules

Ames Youth Baseball

P.O. Box 1713

Ames, Iowa 50010

Objective: To be safe, have fun and enhance fundamental baseball skills while teaching teamwork and sportsmanship

Key Rules to Remember

1. Kid pitch, coach relief - For each batter, a player will throw 4 pitches and if the batter is unsuccessful, a coach will throw 4 pitches. If the batter has not hit the ball after 8 pitches, he/she will use the tee. We encourage batters to swing at live pitching!

2. Three outs are uncommon at this level. Each inning will consist of half of the team's batting lineup or three outs, whichever happens first.

3. Players can advance one base per overthrow. For the last batter of each inning, the defensive team should attempt to make a play on one of the baserunners. The offensive players often enjoy running all of the way home, but they should avoid being tagged.

Division Goals by End of Season

1. Players know the general location of each defensive position.

2. Players understand what "batter up," "on deck," and "in the hole" means when on offense. And, they learn where to stand and what gear to have on/ready, when in each of those positions.

3. While they may not be able to successfully catch or field the ball, players understand the general mechanics of getting their glove to the ball defensively.

League Rules

Equal opportunity for all players to play all positions at least one time during the season. Younger players may not have the strength to get pitches to home plate or be comfortable wearing catcher's gear, but it's a great experience to try something that's hard or unfamiliar. If a player is adamant about not pitching or catching, coaches and parents should communicate so all are on the same page.

- 8 game schedule.
- Games will have 6:00 pm start time.
- Games will be played on Wednesdays with 1 additional game on AYB Day (Saturday).
    - Games could be played on a Monday, Saturday or other non game day if makeup is required due to weather.

Game Duration:

- A maximum of 6 innings will be played with a 90 minute time limit.
    - No new inning shall start after 75 minutes of play.

- 3 outs per side complete one inning, or halfway through the batting rotation.
- Score will not be kept.

Umpires:

- Coaches serve as umpires

Number of Players

- Ideal roster size is 10 to 12 players.
- Up to 10 players can play defensively.
    - Maximum of 4 infielders with 1 pitcher & 1 catcher with the balance of fielders in the outfield.
    - No player will sit more than 1 inning at a time.
- All players will be in the batting order. The side is retired when 3 outs are made or when a team has batted through half of the order.
- There are no automatic outs for having less than 9 players.
- A team may not play with less than 7 players.
- Batting order must rotate every game.

Offense (Batting & Base Running)

- All players in attendance will be placed in a continuous batting order.
- All players arriving late will be placed at the bottom of the batting order.
- There is no bunting.
- There will be no infield fly rule.
- Batter will be given a total of 8 pitches (4 from player & 4 from coach) to put the ball in play. If the batter has not put the ball in play after 8 pitches and 1 additional swing from tee, the batter is retired (no out is recorded).
- If a batter swings and misses at 3 pitches, they can use the tee for 1 additional swing.
- There will be no base on balls or hit by pitches allowed.
- Stealing is not permitted on a passed ball from catcher.
- Runners may advance until the ball reaches the infield within the base paths.

    - Runners may only advance one base on an overthrown ball.
    - After the first overthrown ball, play is considered dead.
- Sliding is permissible but is not required.
- Cannot slide headfirst when advancing.
    - Can slide headfirst when diving back to a base.
- A runner may leadoff once the ball reaches the plate.

Pitching Distance

- 40’ measured from back of home plate

Pitching Rules

- Beginning of each inning the pitcher will be giving up to 5 warm up pitches not to exceed 1 min in time.
- Pitching must start with a child pitcher NO EXCEPTIONS
- Kid pitcher will pitch 4 pitches to every batter. Once a pitcher reaches 4 pitches a coach will step in and relieve.
    - The coach will throw 4 pitches and can choose to pitch from 1 knee overhand half the distance to the plate or throw from 40’ mound.
- Batter will be given a total of 8 pitches (4 from player & 4 from coach) to put the ball in play. If the batter has not put the ball in play after 8 pitches and 1 additional swing from tee, the batter is retired (no out is recorded).
    - The coach throwing relief will have a bucket of balls at the mound, to assist the opposing team’s pitcher and to step in for relief pitching.
- Balls and strikes will not be called, but encourage players to swing at good pitches.
- No base on balls or hit by pitch (walks).
- No balks.
- If batter foul tips the last pitch, batter keeps at bat until a hit. Or use tee.
- Pitchers will throw 8 pitches to the batter until either:
- Batter puts ball in play

- Or tee used
- A pitcher once removed from the mound cannot return as a pitcher for the remainder of the game.
- Each player is limited to 2 consecutive innings, but the pitcher may remain in the game at another position.
- Any player on the team roster may pitch unless that player has played catcher for 4 or more innings that day.
- For game management purposes and to keep the game moving:
    - A defensive coach should back up the catcher. Collect pitched balls and transfer to the mound between batters; do not throw each pitch back to the pitcher.
    - An offensive coach should assist the opposing pitcher on the mound and hand him/her a ball for each pitch. After 4 kid pitches, that coach is there and ready to pitch (from knee or mound).

Equipment

- Players will be provided a jersey and hat.
- No metal spikes allowed.
- Only official regulation USSSA or USA baseball stamped bats may be used.
- For protection of the player, we recommend all boys wear a protective cup.
- Catchers must wear all protective gear, including a cup.
- All batter and base runners are required to wear a batting helmet.
- Coaching equipment provided:
    - 1-2 bats, catcher's gear, helmets, practice & game balls, portable bases, batting tee, equipment bag.

THINGS TO REMEMBER

- Coaches will try to communicate with team parents regularly, making them aware of the schedule, rules, and expectations.
- Encourage a parent to organize a post-game snacks sign-up.
- Everyone is a volunteer.
- We are learning the fundamentals of the game. Fun is the priority.

- Teach players all the rules including base running. Make sure they understand no leaving the base until the ball has crossed the plate, a base runner is out if hit by a batted ball.
- Make this season fun for everyone involved.
- Poor sportsmanship will not be tolerated.