

7U Jr Rookie Rules

Please follow the below rules as best as possible. This will allow for multiple innings and plenty of at-bats for both the home and visiting teams.

1) Place players in the following defensive positions. Catcher (equipment optional), pitcher (in a place to comfortably field a ball), 1B, 2B, 3B, SS, LF, CF, RF. If you have more players than positions, place additional players in OF. Or if you choose have one additional player playing pitcher.

2) Offensive team starts every inning with bases loaded (one runner on each base) This will instantly engage three additional players into the game. These players will still hit that inning.

3) Rotate batting order and starting baserunners each inning so the kids get to experience the last batter and running the bases.

4) If a player hits the ball far enough and can get a double, triple or homerun they are encouraged / allowed to, with the base runners in front of them also advancing. Once ball gets to the infield and the ball is controlled or uncontrolled please stop baserunners at their respective bases.

5) When the offensive team reaches the last batter, the fielding team's play is to get the ball to home plate as the baserunners continue to run around the bases. Once the fielding team touches home plate with the ball the inning is over and the offensive and defensive teams switch positions.

6) For balls that are hit / overthrown to the outfield or overthrown into foul territory (eg. shortstop overthrows 1st base), all baserunners are to remain at the base they were running to.

7) "Outs" will be called (eg. thrown ball beats the runner to first base, runner is tagged when not on a base, etc.). The participant that is "out" will remain on the base and continue to run the basepaths.

8) All players on a team are allowed to bat each inning.

9) All batters, runners and on-deck batters are required to wear a helmet.

10) In order to keep the game moving along, each batter will receive a maximum of 5 pitches from their coach, either underhand or overhand at the coach's discretion based on the participant's ability. If they have not made contact after 5 swings a ball will be placed on a batting T for them to hit.

11) A soft stitch indoor ball will be utilized as the game ball. As the coaches pitch to their batters from such close proximity, using these balls provides a safety factor when coaches get hit with a line drive / hard ground ball.

12) Set up the bases at 50 ft. This would be equal to 15 - 16 regular walking steps apart.