

Mount Seymour Little League Association

Rookie Senior Rules

GAMES

Games times as per schedule. Each game has a 2 hour time limit and no inning will start after 1 and 1/2 hours. Teams may warm up ½ hour prior to game time.

SCHEDULE

Games that are cancelled for any reason should not be rescheduled unless the number of cancelled games gets excessive. Any rescheduling is done between the coaches and must be arranged with the division coordinator to schedule the field.

TEAMS

Each team will normally consist of 10 to 13 players.

EQUIPMENT

Each player must wear a protective helmet while at bat and running the bases. Players are encouraged to provide their own helmets. Caps must be worn under the helmets provided by the League. Spikes or metal cleats are not to be worn by any player. Catchers must wear mask, shin pads and chest protectors during all practices, warm-ups and games. All players must wear a protective athletic support (jock or jill) while playing games.

DISTANCES

The base lines are 50 feet long. The pitching machine should be placed 34 feet from home plate.

FIELDS

All fields should be lined along the foul lines prior to each game. Divots at home plate should be filled in and raked at the beginning and end of the game. This is the responsibility of the home team. The home team occupies the 3rd base dugout and visitors the 1st base dugout. Please leave the field in good condition at the end of the game.

COACH'S RESPONSIBILITIES

Coaches must focus on maintaining playing rules and rules of safety at all times, including warm-ups and practices. Advise parents of player's equipment requirements, jocks, gloves and uniforms, which include the baseball caps for every game. Good sportsmanship is required from the Coaches as well as the players. Any misconduct of a Coach or Assistant Coach should be reported to the Coordinator of the Division. It is the Coach's responsibility to distribute and return any equipment and uniforms used by them during the season. It is the responsibility of the Coach/Manager to notify parents and players of any events taking place that involve the members of our Associations such as Photo Day and Closing Day. Participation in these events is requested.

PLAY

- A regulation game consists of 6 innings. If a game is called because of time, darkness, weather etc. it is considered a complete game after 3 full innings have been played.
- A minimum of 8 players must be present on each team to proceed with a game. Trading of players to the opposing team will be allowed to give them the 8 players required.
- A team's at bat is over when **3 outs** are made **or 5 runs** are scored. The inning is automatically over when the 5th run is scored and any other runs on this play do not count.
- Each player will be considered out after 3 strikes. A maximum of 7 pitches, which pass through the strike zone, will be considered an at bat. Players are considered out and return to the dugout if they do not hit while at bat.
- Only the catcher or pitcher is allowed to make a defensive play at home plate.
- All base runners are allowed to score if any other defensive player makes a play at home plate.
- No defensive player may in any way interfere with a base runner.
- A base runner may not leave the base he is on until the ball has been hit. **No stealing** is permitted at this level.
- A batter or base runner can advance one base on an overthrow, whether pitched or fielded.
- The play is considered stopped when the ball is returned to the infield, within reach of the pitcher (coach's discretion).
- There is no on deck circle. Only the batter can have a bat. Do not allow anyone to have a bat behind the fence. If players bring their own bats, they are only to use them when they are up to bat.
- A batted ball that strikes the pitching machine is a ground rule single.
- Score is kept in Rookie Senior. Teams score 1 point for a run and 2 points for any defensive outs made while fielding.
- Defensive outs follow standard baseball rules – i.e. a runner must be tagged if there is no force on the play

POSITIONS

It is the discretion of the Coach to select and play the players with consideration to providing the Little Leaguers with the opportunity to best learn the game of baseball, in positions they can play safely. Each player should have the opportunity to attempt to play each position they can play safely and not be placed in the outfield for every game. Equal play at all positions players can safely play *is a requirement*. Only 7 infielders are permitted. The only extra infielder is a shortstop between 1st and 2nd.

PITCHING MACHINE

An adult shall operate the machine. Balls not reaching the plate or not passing through the strike zone shall not be counted in the 7 pitch total. Batters should be outside the batter's box while the machine is being adjusted. In order to improve game speed it is common to use seven balls at the pitching machine. Use balls of similar age and wear for consistent pitches.