

ABR A / ALL ROOKIES ("1st Year Coach Pitch") (Generally 1st Grade)

Revised Date: Fall 2018

The goal of this level is to provide players with a fun baseball experience and to create an enjoyable social experience. Players are introduced to pitching by coaches and will develop hitting, base running, fielding, and throwing skills, as well as a better understanding of the concepts and strategies of the game. Emphasis is placed on keeping the game moving and providing as many "touch opportunities" as possible.

Player eligibility: First graders are generally eligible to play; please refer to league-specific age registration requirements.

Coaches Conference: Coaches should conference before every game to review the rules; coaches must display good sportsmanship in working through rule questions in a collaborative, positive manner with other coaches and umpires.

Speed of Game: The goal is to play a half inning in 7 minutes or less and five innings in 75 minutes. One minute between half innings. Have players show respect for the game, coaches and players by hustling in and out to the field.

Ball: Level 1 Safety baseball (softer safety ball). "Starr-1" NOT the "Sof-tee" which is a level 5.

No On-Deck Batters: No batters are permitted on deck.

Pitching: Overhand Coach Pitch, **must be from one knee** (NOT standing) from about 30 feet. Throw with a consistent motion on a straight line from hand to strike zone. Keep a bucket of balls next to you to keep game moving. Have a parent with another bucket or bag picking balls up at the back-stop.

Number of Pitches: Five pitches only – no calling of strikes and no strikeouts. Batter will hit off the tee if the ball is not put in play after 5 pitches. Foul ball on final pitch, the batter gets another pitch.

ARLINGTON BABE RUTH / ARLINGTON LITTLE LEAGUE BASEBALL
FALL 2018 RULES

Batting: Fixed continuous order. Entire team bats. If a player arrives late, they are added to the bottom of the batting order. Assistant coach has "on-deck" batter ready to go, but for safety on-deck batters shall not have a bat in their hand, only the batter may hold a bat. All bats should be kept inside back-stop. Keep your batting order the same for each game the entire year, so that each player knows who he/she bats after. The first batter of each game is the player who was on-deck at the end of the last game.

Hits: No bunting. Ball should travel at least half-way to pitcher's mound (20'). No walks. Coach/pitcher calls all foul balls with discretion for close calls or miss-hits that don't travel 20' (for the good and fun of the game).

Thrown Bat: Call the batter out for a second thrown or carried bat. Consider drawing a box next to home plate and instruct batters to drop bat in box after hitting ball.

Base running: Player must keep foot on base until ball is hit. Any base runner who leaves the base before the ball is hit will be called out.

Ball in Play: The ball is in play until it is returned to the infield; however, baserunners are not allowed to advance once the ball is in the infield (even if it is bobbled). Parents should coach first and third base and should be well-versed on when runners can advance. First and third base coaches make safe/out calls at their base.

Sliding: Any runner shall be called out when he or she (a) does not slide or (b) attempt to get around a catcher or fielder at any base who has, or is waiting to receive the ball, to make a tag. All head first slides will be called out.

End of Inning: When entire team has batted--not 3 outs.

Number of Players on Defense: 9 - five infielders, (1st, 2nd, 3rd, SS pitcher position), four outfielders, and ABSOLUTELY NO CATCHER. Rotate infield to outfield each half inning.

To make transition to the field faster, post at the beginning of the game the batting order with player positions for **all five innings**. Also, consider having a "field" coach run to second base immediately after your last batter hits and that field coach will ensure quick placement of the players to their field assignment, and encourages kids to hustle out to the field.

ARLINGTON BABE RUTH / ARLINGTON LITTLE LEAGUE BASEBALL
FALL 2018 RULES

Minimum Play Rule: It should be the goal of each Manager for each player to play at least half of the innings in the field. Defensively, no player may be on the bench for more than **ONE** consecutive inning at a time. That is, each player must play **AT LEAST** every other inning in the field.

Free substitution is allowed in the field after any inning. This rule shall not interfere with the right of the manager to deny any player's playing privilege for disciplinary reasons. The coach must inform the opposing coach before the start of the game that the player is being "benched" and for what reason.

Number of innings per game: 5.

Substitution: Unlimited.

Umpires: Coaches/parents. Coach assigns a first-base coach and third-base coach who calls plays made at those bags.

Score: No score is kept.

Stealing: No.

Game Time Limit: 75 minutes.

Dugout: Home team sits on 3B bench.

Rainouts: If the inclement weather line (703-228-4715) calls off practices or games due to rain or wet conditions, the game is cancelled. If thunder or lightning, the game must be cancelled.

Make Up Rainouts: No.