



ARLINGTON BABE RUTH BASEBALL  
CAL RIPKEN DIVISION



## “AA” COACH PITCH RULES (Ages 7-8 or 6 year olds in 2<sup>nd</sup> Grade)

**Revised Date:** 4/16/16

The goal of this level is to provide players with a fun baseball experience and to create an enjoyable social experience. Players are in the second year of coach pitch 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:** Ages of play for “AA” Coach Pitch will generally be 7 and 8 year olds, but 6 year olds (by no later than April 30) in 2<sup>nd</sup> grade are also eligible.

**Development Targets:** Players at “AA” Coach Pitch will be taught the development skills articulated in the Player Development Guide for ABR published by the Virginia Baseball Club (development guide can be found at [www.arlingtonbaberuth.com](http://www.arlingtonbaberuth.com)). Prior to moving to “AAA” Coach Pitch, players will be expected to have mastered all the “AA” Coach Pitch development skills. ABR will provide a player development scorecard to assist parents and coaches in monitoring and evaluating player development.

**Speed of Game:** Five innings. The goal is to play a half inning in 7 minutes or less and five innings in 75 minutes. No more than one minute between half innings. No inning should be started after 75 minutes.

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

**Pitching:** Must be overhand Coach Pitch and recommended from one knee from 30-40 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.

**Number of Pitches:** Three pitches only. Batter strikes out if he doesn't hit within 3 pitches. Foul ball or tip on final pitch, the batter gets another pitch. Absolutely no extra swings. The biggest frustration for the other team in coach pitch is a well-meaning coach giving a batter several extra swings at the expense of the 19 other players waiting.

**Batting:** Continuous order. 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



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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' (call it quickly for benefit of fielders).

**Base running:** Player must keep foot on base until ball is hit. Base runners advance on bases until an out is made or once defense gets the ball back into the infield and it is in control of an infielder. A runner more than halfway to the next base can continue; the defense can try to make the play. Parents should play first and third base coach and should be well-versed on when runners can advance. First & third base coaches make safe/out calls at their base. Players must slide at second and third base if a play is being made, all slides must be feet first. If a player does not slide and unintentionally interferes with the fielder's attempt to catch a thrown ball or make a tag, the runner is out.

**Outs:** Three outs per inning or 5 run max. An out is an out; when the defense makes a play for an out, the batter or base runner is called out and returns to his bench.

**Number of Players on Defense:** 9 - four infielders, pitcher position and four outfielders. NO CATCHERS – NOT ALLOWED – IT SLOWS THE GAME. A parent should be collecting the balls at the backstop in a bag or another bucket. Rotate players from infield to outfield each 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).

**Minimum Play Rule:** It is the intent of ABR to ensure that all players receive as much game time as possible. 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.



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**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:** Score is kept, but not standings. Intent is to make baseball at this level fun and teach baseball basics.

**Stealing:** No.

**Game Time Limit:** Max 75 minutes.

**Dugout:** Home team sits on 3B bench.

**Rain outs:** If the inclement weather line (703-228-4715) calls off practices or games due to rain or wet conditions, the game is cancelled. If it starts raining or lightning during a game, coaches can agree to end the game or wait out a passing storm--use common sense.

**Make up rainouts:** No.

**Playoffs at end of season:** No.

Any questions about rules, whether the application of a rule during a recent game or general questions, please email [arlbaberuth@yahoo.com](mailto:arlbaberuth@yahoo.com)