

WHITE PLAINS LITTLE LEAGUE INSTRUCTIONAL BASEBALL MANUAL

	ROOKIE
OVERVIEW	Competitive Coach pitch, introducing basic fundamentals such as proper defensive positioning, force plays and sliding
AGE	LITTLE LEAGUE 7 YEAR OLDS
GENDER	BOYS
FIELD OF PLAY	Regulation Little League field 60' base paths 45' Pitcher's Mound
# OF INNINGS PER GAME	4
STRUCTURE OF GAME PLAY	Once through the lineup with a tee (not to exceed 2 innings) followed by live pitching. The Offensive Coach will pitch to his batters A player will play the pitcher's position from the side of the mound.
UMPIRES	Coach on the mound is the umpire.
GENERAL SAFETY	Helmets must be worn by all offensive players on the playing field. (batter and base runners) No one except the batter in the batter's box is allowed to hold a bat at any time during the game. (Before, During and After!!) No fence or backstop climbing at any time
SUBSTITUTIONS	N/A
# OF PLAYERS ON THE FIELD DEFENSE	All players are in the field aligned in a way to introduce infield and outfield positions. Half way through the season, start sitting two kids per inning and align the defense in true player positions.
# OF COACHES ON THE FIELD DEFENSE	2 Coaches' discretion on placement. NO MORE THAN 2. AT NO TIME SHOULD A COACH TOUCH A BATTED BALL.
FIELDING PLAY OF A BATTED BALL	Tag plays are allowed. Plays at home plate are NOT allowed. Double Plays are allowed. Force outs are in play. NO infield fly rule.
PITCHER	A player is positioned near the mound.
CATCHER	N/A
# OF COACHES IN THE FIELD OFFENSE	4 Pitcher, first and third base and a bench coach.
BATTING ORDER	Continuous batting order. Roster batting is used.
ENDING AN INNING/GAME # OF OUTS PER INNING	An inning shall be considered over when 3 outs are recorded or 5 runs have been scored by the team batting. Both teams bat every inning.

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USING THE TEE	Balls batted from the tee must be struck cleanly. No bunts or dribblers.
BATTED BALL	Any batted ball that hits a coach (in fair territory) is considered "dead" and the batter is awarded first base. A foul fly ball is in play. A batter who is thrown out returns to the bench.
MAXIMUM # OF BASES ON A BATTED BALL	One base.
LAST BATTER OF THE INNING	N/A
STRIKING OUT OFFENSE	WHEN USING THE TEE Batter has 4 swings to put the ball in play. (Missing the ball, hitting the tee, or foul balls are counted as a swing) WHEN FACING LIVE PITCHING Batter receives 7 pitches. If the ball is not put into play after 7 pitches, an out is recorded.
KEEPING SCORE	Score is kept Limited to a maximum of 5 runs per inning, per team.
BASE RUNNING GENERAL	One base per at bat and must be forced over. Any well hit ball to the outfield will be awarded 2 bases.
BASE RUNNING SLIDING	Feet first sliding should be introduced during practices.
BASE RUNNING FORCE OUTS	Runners forced out must return to the bench.
REQUIRED SKILLS UPON COMPLETION OF THE SEASON OFFENSE	<ul style="list-style-type: none"> • Consistently hitting a pitched ball • Running through first base • Proper base running: No over running bases • No advancing on a fly ball out. (Tagging up introduced at next level) • Proper bench behavior
REQUIRED SKILLS UPON COMPLETION OF THE SEASON DEFENSE	<ul style="list-style-type: none"> • Proper defensive positioning • Proper ground ball put outs • Proper fly ball put outs • Force-outs • Basic knowledge of "situations" • Discipline within positions • Outfield backup • Everyone has something to do on every play • Proper throwing mechanics (THROWING, THROWING, THROWING!!)