



Instructional League Playing Rules

Updated 2/24/2010

General

- Scores will not be kept.
- 6 Innings will be played with ½ of team roster batting each inning.
- The distance between the bases is 50 feet.
- Stealing bases or leading off will not be allowed.
- The infield fly rule will not be in effect.
- Coaches and parents shall act as umpires.
- Base coaches should remain 3 feet from the baseline and should not touch the players while the ball is in play.
- No inning should start after one hour and fifteen minutes so we can try to finish by 8:00.

In the field

- All members of the team can play in the field
- A player cannot play more than two consecutive innings at any position in the infield
- A player cannot play more than two consecutive innings in the outfield
- Players positioned at the pitcher's mound are required to wear a helmet with a cage.
- Teams can position an extra short stop in the infield.
- The outfielders must be at least 8 feet behind the baseline, and coaches may position extra players in the outfield so that no player has to sit out.
- The ball is dead when it crosses the baseline when coming in from the outfield, and there is no advance on an overthrow.
- Coaches are to use their judgment and are encouraged not to excessively run their players. A player hitting a ground ball through the outfield should not receive more than a double.
- Two adults are positioned behind the outfielders to direct the defensive team. The adults should not touch the ball or any players while the ball is in play.
- There is only one player allowed in the pitcher's position all other infielders must be within 5 feet of the baseline. The pitcher must wear a helmet. Players are strongly encouraged to throw the ball to the base instead of running the ball to the base.
- The baselines are to be chalked and all infielders are to stay clear of the base paths when not making a play.
- A double base will be used at first base to avoid collisions between fielders and runners. Fielders will use the base in fair territory and the runners will use the other half in foul
- Parents or coaches will act as the catcher in order to speed up the game.

Batting

- Each team will only bat ½ of team (5-6 batters) each half inning. After the 5-6 players bat the half inning is over and the teams will switch fielding and hitting.
- A batted ball must travel 15 feet to be considered fair. No bunting.
- An adult pitches to the batters; each batter will receive a total of 7 thrown pitches. If no contact is made the Batting Tee will be brought out.
- There are no strikeouts.
- Batters must wear their helmets at all times while on the base paths. If the helmet falls off they must stop at the next base.
- A batter that makes an out must leave the base.
- Bases are **not** cleared after 3 outs.
- The last batter of each inning can circle all 3 bases and finish back at home plate.