



2026 PENINSULA LITTLE LEAGUE Rookies Division Amended Rules

1. General Rules:

- a. During the game only the manager and three coaches are allowed in the dugout.
 - i. An offensive coach will pitch
 - ii. A defensive coach will serve as the umpire
- b. A coach or manager must be in the dugout at all times during a game.
- c. All managers and coaches must wear close-toed shoes on fields at all times.
- d. A Safety Baseball (Tee Ball) will be used.
- e. Games will be 5 innings or 90 minutes, whichever occurs first. No inning shall start after 75 minutes.
- f. There is no score keeping. Rookies is a purely instructional division and score shall not be kept.
- g. Bases shall be 60' apart.

2. Offensive Play:

- a. The batting order shall be continuous and without substitution.
- b. The offensive team will continue to bat until either the defensive team gets three outs or the offensive team scores four runs.
- c. There are no walks, strikeouts, bases awarded for hit by pitch, nor bunting.
- d. The batter and runners can advance one base on balls hit to the infield and two bases on balls hit into the outfield.
- e. Base runners cannot lead off, steal, nor advance on overthrows.
- f. There is no infield fly rule.
- g. Each batter may receive up to 5 pitches. After 5 pitches, if the batter has not put the ball into play, a batting tee will be used and the batter will be permitted to swing until they put the ball into play past the 15-foot arc in front of the plate.
- h. A batted ball must travel 15 feet in fair territory to be a fair ball. If the ball does not travel past the 15-foot arc, it is considered a foul ball.
- i. A batted ball that hits the pitching machine or coach will be a dead ball and the batter and runners will be awarded one base.
- j. The pitching coach should be between 25' and 40' from the batter and may pitch from a kneeling position or underhand if needed.
- k. There is no on deck circle in Rookies. Batters must remain in the dugout without a bat until the manager or coach calls them to the plate.

● Defensive Play:

- a. No players shall sit on the bench.
- b. Players shall play the six infield positions (pitcher, catcher, 1B, 2B, 3B, and SS) and all other players shall play in the outfield. Players shall rotate positions and there are unlimited defensive substitutions between innings.



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- c. All players must play at least two innings in the infield. The catcher position does not count as an infield position for minimum play.
 - d. Catchers must be fully dressed in catcher's gear and be positioned behind the plate. Catchers should be strongly encouraged to squat behind the plate and attempt to catch the pitch, but will not throw the balls back to the pitcher until the at bat is complete.
 - e. The defensive team may have two coaches in the field to instruct players during the game. One of those coaches will also serve as the umpire.
- Field Markings: Rookies uses standard baseball chalk markings for the first and third base lines plus the batter's box. Additionally, there shall be a solid chalk or small cone arc a distance of 15' from home plate to indicate foul balls.

A Few Key Safety Rules to Remember:

- Players must not throw helmets, bats, or other equipment at any time
- Players must remain in the dugout if not on the field or batting
- All players on the batting team must have batting helmets on any time they are outside of the dugout for any reason
- Players must wear a batting helmet during batting practice regardless of the type of ball being used
- No food (including gum) is allowed in the dugouts or on the playing field. Water and sports drinks are the only drinks allowed in the dugouts
- No jewelry may be worn at either games or practices