

Central Iowa Little League 2024 Local Regulations & Playing Rules

Managers & coaches are expected to read & understand the Official Little League Regulations & Playing Rules. This page highlights key regulations & rules. No Rules should be changed unless approved by the Central Iowa Board.

Rookies Baseball

General Rules

- **Time Limit: Games will be subject to a 1 hour 15-minute time limit**
- 40' pitching distance
- 5-Run Rule: A team at bat will end after 3 outs or 5 runs, whichever occurs first
 - No change to the run rule for the last inning of the game
- Protective Gear: All catchers must have on protective gear - to include throat guard
 - Check your equipment and players prior to game
- Injuries: If a player must leave the game during play, no penalty is charged
- Playing With Fewer Than 9 Players: No penalty
- Mandatory Play: Continuous Batting Order will be used. No player shall sit defensively for 2 consecutive innings
- Jewelry: Jewelry – except items worn to alert medical personnel to a specific condition – is prohibited

Offense

- 1 adult must be in the dugout at all times – bats should not be handled in the dugout other than to go bat
- There is no on-deck circle. All Players must remain in the dugout until their turn to bat.
- Batting Order: Continuous Batting Order will be used
- Uncaught 3rd strike rule does not apply – a swinging miss or watched 3rd strike is an out
- Leading Off: Runners must stay in contact with their base until the pitch reaches home plate
- Sliding: Sliding is not required, but runners who do not slide may be called out if the runner interfered with a defensive player. Runners must slide feet first when advancing to a base
 - Runners may dive when returning to a base
- Batted ball contacts Coach Pitcher: dead ball – runners return to base & batter hits again
- Bunting: prohibited
- Stealing is not in play – to include home on past balls

Defense

- All catchers must have on protective gear: throat guard, and little league approved chest and head gear. Play will not continue until appropriate protective gear is worn
- Standard infield positions and, if more than 10 on a team place remaining players in outfield
- Play is over when pitcher (coach or player) has possession of a ball deliberately thrown to them, runners in between bases will stop at the base they are advancing to

Pitching

- Pitching Distance: 40' measured from the front of the pitcher's plate to the back of home plate.
- Pitching will begin with a player pitcher – up to 4 thrown balls unless hit/strikeout occurs
 - If after 4 player pitches a hit or out has not been recorded the coach will throw up to 4 pitches or until a hit/strikeout occurs
 - Coach pitcher will call balls and strikes
 - Count from player to coach pitcher carries over
 - EX – player pitches 2 strikes and 2 balls – coach pitcher throws 1 strike – batter is out
 - If after 8 pitches the batter has not hit/struck out – player is retired (not recorded as an out)
 - No walks will be awarded – 3 outcomes to an at bat – hit, strike out and/or retired