

Instructional/ Single A Division Rules

Revised 2024

REMEMBER- THEY ARE JUST KIDS AND IT IS ONLY A GAME!

The Instructional/Single A baseball division (6 and 7 year olds) is the third level for young baseball players. [Note: 5 year olds will not be allowed to play-up into this division]. The players will be introduced to hitting a thrown baseball and to the fundamentals rules of the game. This division is where managers/coaches should emphasize the basic skills; step and throw, catching with two hands, moving to the ball when it is hit, backing up the play, hitting with hips open, and running through the base at first. Please follow the rules outlined herein, keeping in mind that these young players are here to learn the game and have fun. Let them know when they do a good job, constantly praising their efforts! The Board of Directors will observe as many games as possible to determine the practicality of these rules. We are counting on the managers and coaches for suggestions to improve the division. Good luck this season and have fun.

General Rules:

1. NYBS requires players to attend and complete 50% of scheduled games to maintain eligibility to attend tryouts for summer baseball
2. All coaches, players, and parents will follow NYBS Code Of Conduct at all times. Any infraction will result in immediate discipline by the board.
3. Managers/coaches are responsible for the safety and guidance of the players. You must be in control of the team at all times and assign assistants to police the bench area during games and practices. Pay particular attention to players potentially swinging bats when not at bat. Unless supervised by a coach, only the player batting should have a bat in their hands.
4. No team may meet more than two (2) times per week; including games and practices.
5. Practices and games have a maximum time limit of Ninety (90) minutes and in most cases scheduled based upon field availability. No scrimmages are allowed.
6. There are NO umpires. Absolutely **NO** scorebooks or won/loss records will be kept and standings will not be maintained. All games end in a tie with the traditional handshake at home plate to end the game.
7. Managers/coaches should meet at home plate before the start of the game to swap lineup cards, discuss the rules and have a clear understanding of the way the game will be run.
8. Use of any tobacco, vaping, or alcohol is not allowed during any NYBS game, practice, or any other function.
9. **NO** chanting or singing of cadence of any kind is allowed.

10. NYBS is a volunteer program and everyone must do their part in the upkeep the fields and complex. The "Away" team is responsible for preparing the field prior to the game. This includes but not limited to: lining the foul lines and batter's boxes, dragging the infield, hand raking the mound and bases, setting up scoreboard. The "Home" team is responsible for clean up after the game including but not limited to dragging the infield, hand raking the mound, bases, batters box, setting the bases in the proper plugs (if needed). **EACH** team is responsible for **their** side of the field (dugout, grandstands, etc.) to make sure all trash is removed and as required.

11. Managers/coaches are responsible for their equipment bags. Insure you pack your gear before leaving the dugout

12. Double check all players are accounted for before leaving the field. Never leave a player unattended after completion of the game or practice. If the parents leave and have not returned by games end, wait fifteen (15) minutes then you and your coach bring the child to the Norton Police Station.

13. Managers should make sure they have all players info with them at all practices and games. Most important being phone numbers and medical related info (asthma, allergies, bee stings etc.) from player registrations.

14. Please use best judgment in inclement weather. Heavy rain or first sign of lightning take shelter. Wait 15 minutes till lightning passes to resuming play.

Game Rules:

1. Games will consist of an even number of innings within a Ninety (90) minute time limit. Time starts with your scheduled time, not when the game begins.

2. An inning consists of three (3) outs or six batters, whichever first occurs.

3. A Continuous batting order will be established before the start of each game containing the names of all the players present. Players arriving late will be added to the end of the order. No player misses a turn at bat when not playing in the field. The order **MUST** be changed from game to game to allow each player to bat at the beginning of the order.

4. There are ten (10) defensive players; the normal infield and four (4) outfielders. If more than ten (10) players are rostered, no player will sit out more than one inning.

5. When the defensive team is on the field, only two (2) adults are allowed on the field, one assisting the infield and one assisting the outfield.

6. Managers/coaches are encouraged to familiarize players with all positions by rotating them over the season. Keep in mind the safety of the player. For example, a first baseman must be alert and able to catch.

7. When a ball is hit, players should take the appropriate number of bases dependent upon the distance the ball is hit.

8. Base runners are allowed to advance one base on an overthrown ball after which the ball is ruled a dead ball and all play stops until the ball is hit again.

9. There is no leading or stealing any bases. Runners may advance only with a batted ball.

10. Pitching shall be by the offensive manager. The offensive manager is expected to inform the defensive manager when a strong batter is about to hit. Players are not allowed to pitch at this level. It is recommended that adult pitching be done from the kneeling position with an overhand delivery

11. There is a maximum of four (4) swings per batter. Once reached, the player is allowed to hit off of a tee or assisted in making contact by a coach. Balls and strikes are not called and there are no walks.