In the Rookies Division, the coach pitches to their own players for a portion of the game and the players pitch to the opposing team for a portion of the game.

Rookie level games are 6 innings, if time permits

- Innings 1-2: Coach pitch
- Innings 3-4: Player pitch
- Innings 5-6: Coach pitch

If the innings in which the players are pitching go quickly, it will be determined by the two managers of the teams if an additional player should pitch an additional inning.

1. There may be 10 defensive players on the field, including a pitcher, catcher, first baseman, second baseman, short stop, third baseman, left fielder, left center fielder, right center field and right fielder.
2. All players in attendance are to bat in sequence.
a. No player should sit out defensively more than one inning unless every player on the team has sat out at least one inning, and so forth.
3. The player positioned as the pitcher shall wear a helmet when a coach is pitching
a. It is the discretion of the player to wear a helmet when they are pitching.
4. When the coach is pitcher, it is recommended that coach has 3-4 balls in their possession to speed up play.
5. A catcher is to be used during the entire game.
a. It is recommended that a coach of the hitting team is positioned behind the catcher to receive balls from the catcher or get balls that get by the catcher. The coach behind the catcher should throw back balls to the coach pitching once the coach pitching does not have any more in their possession.
b. No coach shall be positioned behind the catcher while a player is pitching
6. A player may strike out after 3 strikes while the coach is pitching, or the player is pitching.
a. There will be no called strikes when the coach is pitching
7. While the player is pitching, a coach from the offensive team shall be behind the pitcher calling balls and strikes
a. If the player throws 5 balls before the batter is struck out or before the ball is put in play, the batter will not be granted a walk. Instead, the coach from the offensive team will pitch to the player with the count resetting. A coach may not walk a batter either.
8. An inning may conclude when the defensive team records 3 outs, or the offensive team scores 5 runs whichever comes first
a. Any disagreement of an out recorded by teams should be settled by the decision of the offensive team
9. No new inning shall start within 15 minutes of their scheduled end time
