

2026 Burlington Little League Rookie Rules

Goals of the Rookie Program - Player development

1. Familiarize players with the concept of teamwork and sportsmanship.
2. Players will demonstrate knowledge of the following:
 - a. Respect for adults and teammates.
 - b. Rookie Division Rules.
 - c. Offensive and defensive strategies.
 - d. Various parts of the ball diamond.
 - e. Various positions played in the game.
 - f. Equipment used during games (Protective and game equipment).
 - g. Proper batting stance
 - h. Knowledge of the strike zone
 1. How to hit a pitched ball
 - J. Running bases and scoring (Listening to Base Coach)
 - k. Proper fielding techniques
 1. Proper throwing techniques (Including pitching)

Rules and Guidelines of the Rookie Program

1. Safety, fun and the progression of skills and knowledge of the game is the emphasis as this level.
2. Pitching distance 35ft to 40 ft for player pitchers and coach pitch.
3. Coach and player pitch:
 - a. Pitching restrictions are based on USA baseball guidelines.
 - b. Coach pitch for players 6 years of age.
 - c. Player pitch for players 7 and 8 years of age.
 - d. The pitcher is to play the field when a coach is pitching to the 6-year-old.
 - e. Pitch count for 7 and 8 -year-olds: 30 pitches maximum.
 - f. A player can only pitch one inning per game.
4. Complete games will be 6 innings. No new inning after 1 hour and 15 minutes.
5. All players on a team roster will bat in a continuous batting order. Any players arriving late will be added to the end of the batting order.
6. There will be a 5 run rule per inning or 3 outs whichever comes first or once through the batting order. Ball becomes dead as soon as the 5th run scores.
7. No score will be kept during the game.
8. **Each batter starts with a count of 2-0 and gets thrown a total of 5 pitches (excluding foul balls).**
 - a. If a pitch is fouled off, the batter continues until the ball is put into play or the batter does not swing.
 - b. After 2 pitches thrown by the player pitcher are called balls, the coach enters to pitch the remaining at-bat.
 - c. If the ball is not put in play after 5 pitches, the batter must return to the dugout.
 - d. If a batter is hit by the pitch, the batter can choose to continue the at-bat or take the base.
 - e. Walks are not permitted; however, strikeouts are allowed.

Burlington Little League Hometown Rules

EXAMPLE #1

Count starts 2-0. Player pitch 1 is a ball, count is 3-0, player pitch 2 is a strike, count is 3-1, player pitch 3 is a strike, count is 3-2, player pitch 4 is a ball, count is 4-2. No walks are allowed and therefore a coach will come in to throw pitch number 5.

EXAMPLE #2

Count starts 2-0. Player pitch 1 is a ball, count is 3-0, player pitch 2 is a ball, count is 4-0. No walks are allowed and therefore a coach will come in to throw pitch numbers 3, 4, and 5.

EXAMPLE #3

Count starts 2-0. Player pitch 1 is a ball, count is 3-0, player pitch 2 is a strike, count is 3-1, player pitch 3 is a strike, count is 3-2, player pitch 4 is a strike, count is 3-3 = Strikeout. No coach pitches are needed.

9. Base coaches and pitching coaches will be responsible for umpiring.
10. Runners may advance at their risk a maximum of one base on an overthrow.
11. On a hit to the outfield, a player may advance as many bases as possible until the ball returns to the infield, whether it is caught cleanly or not.
12. No leading off or stealing.
13. Mandatory pinch runner for catcher with 2 outs. The pinch runner will be the player that made the last out.
14. Ten players on defense. (Four must be outfielders)
 - a. Outfielders must be equally spaced and a minimum of 10 feet into outfield grass.
 - b. Catchers must wear complete catching equipment, which includes a protective cup. They must also be in the squat position when the ball is pitched. A catcher's mitt is strongly recommended.
 - c. Players may not sit two consecutive innings per game.
15. A player may play one position only 2 innings per game.
16. No infield fly rule.
17. Base Coaches and pitching coach will be responsible for umpiring.
18. All other rules in accordance with BLL (local) or Little League guidelines.
19. New Requirement: Team Management Software
 - a. All coaches are required to utilize Game Changer software for team management including:
Rosters, Game scheduling, communication with parents, scorekeeping (not for wins or loses at this level), attendance tracking.

This tool ensures consistency, transparency, and ease of coordination across all Rookie Division teams.

Contact information:

Rookie player agent: **Pat Last 608-675-2700.**

Chief operating officer/safety officer: **Tom Solofra 262-206-0088**

Bat Regulations per Little League International:

The bat must be a baseball bat which meets the USA Baseball Bat standard (USABat) as adopted by Little League. It shall be a smooth, rounded stick, and made of wood or of material and color tested and proved acceptable to the USA Baseball Bat standard (USABat).



Non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, and Junior League divisions, shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball’s Youth Bat Performance Standard. All BPF – 1.15 bats are prohibited. The bat diameter shall not exceed 2⁵/₈ inches for these divisions of play. Bats meeting the Batted Ball Coefficient of Restitution (BBCOR) standard may also be used in the Intermediate (50-70) Division and Junior League Division. Additional information is available at LittleLeague.org/batinfo