



Bridgewater Little League Instructional League 6 Year Old Rules

2026

Revisions approved by BLL BOD on 2/xx/2026

Below are Bridgewater Instructional League 6 Year Old local rules which supersede the official Little League rules. Should there be any discrepancy between the "Instructional League 6 Year Old Rules" and the "Local Rules" the Bridgewater Little League Local Rules will take precedence.

1. The following Local Rules shall be followed
2. Safety and instruction have priority at all times.
3. The purpose of the Instructional League is for instructing and teaching baseball. Emphasis on winning is not necessary at this age. Emphasis on teamwork and trying your hardest is what should be encouraged.
4. Player mistakes will be common and must be expected. Teaching, encouragement and praise produce improvement. Criticism, sarcasm or intimidation are counterproductive. Managers shall not have unrealistic expectations of performance or behavior.
5. As this is an Instructional League, standings (wins and losses) will not be kept.
6. Game blocks shall consist of 1 hour and 15 min. me limit, including warm--ups. Teams should be able to complete 3 innings within a game block, but duration will defer to managers' discretion (not to exceed 1 hour and 15 minutes).
7. Defense fields the entire team, with a maximum of 6 players on the infield. One outfielder may be positioned in the outfield behind second base. Two adult coaches stand behind shortstop and the second baseman to provide guidance to fielders.
8. No player may play a "skill" position for more than one inning per game. Skill positions are defined as pitcher, first base and third base. (Note: They can play all three in a game, just not at the same position the entire game).
9. On defense, player positions must be rotated during each game and every player must play at least one inning in the infield each game.
10. At this level, rules are meant to be guidelines. Managers and coaches should use their best judgment in the interest and safety of the players at all times.

Safety and Equipment

1. The field and adjacent ground shall be kept clear of all equipment.
2. Safety balls will be used at all times.
3. Appropriate helmets shall be worn by batters and runners. **No on deck batters shall be allowed under any circumstances!**
4. **Please Note:** Batters must wear helmets with fixed face masks
5. Players idle or waiting to bat shall stay on or behind the bench and away from the swing of the batter.
6. Hitters who, upon swinging, throw their bats shall be warned against such action by the coaches.



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7. Infielders are to be instructed not to position themselves where they will interfere with the base runners.
8. Players shall wear their provided team uniform: team shirt, team hat, team pants (no shorts are allowed).
9. Only coaches and players are allowed in the bench area during games.

Playing Rules

1. Brief time-outs are allowed for managers/coaches to instruct players, **but all Managers and Coaches should keep in mind the pace of play.**
2. There is no stealing or leadoffs. A player must not leave the base until the ball is hit. The infield fly rule is not in effect.
3. The ball is hit from a tee behind home plate. Hitters must stand as if in a batter's box. Strikes are not counted. Hits traveling less than 6 feet from home plate are foul balls. No bunting or half swings are allowed.
4. Base paths are 45 feet long. The pitcher's rubber is located approximately on a line between first and third base.
5. Batters shall bat in rotation according to a predetermined batting order. After each inning (or coaches can choose to rotate per game) the batting order should be flipped to allow players to either leadoff or become the "Last Batter". Each player will advance one spot in the batting order each game.
6. Adults shall coach base runners from the first and third base coaching boxes, no players are allowed to coach.
7. When the ball is in play, in fair territory, runners are encouraged to take extra bases. Except for the last batter in an inning, play is stopped when:
 - a. A ball is thrown into foul territory by a defensive player.
 - b. A ball overthrew into the outfield from the infield.
 - c. A ball having been thrown towards the infield after a hit ball into the outfield.
10. "Last batter" must be announced as that player steps to the plate.
11. The "Last Batter" is to be encouraged to keep running and try for a "Home Run". This is fun for the runner and the fielders, who have a great chance of getting an out, and the inning is over anyway. The play should be stopped once the ball reaches the infield.
12. Defensive coaches are not permitted to touch a live ball, or to physically assist a player.

Playing Rules Instructional 6 (Coach Pitch)

1. Coaches will pitch to their teams during the games and will use a tee as needed.
2. Coaches will pitch to their own team. After the pitch is made the coach becomes an impartial observer. Each team will bat through the roster of players in attendance (each team may or may not bat the same number of batters, depending on how many players are present for each team).



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Coaches are required to wear a baseball glove.

3. No bunting or half swings are allowed.
4. Each batter shall have a 6-8 pitch limit. The batter may go to 1st base after the pitch limit or hit off the tee.
5. Outs will be outs and shall be enforced, but the inning will continue until all players bat one me. After 3 outs, bases will be cleared of runners, and the inning resumes unless all players have one at-bat.
6. Base paths shall be 45 feet.

Field Maintenance

1. The home team is responsible for supplying the tee, bases, and balls to be used during the game.
2. Upon completion of the game each manager is responsible for the cleanliness of their bench areas.