



## Bridgewater Little League Instructional League 7 Year Old Rules

2026

*Revisions approved by BLL BOD on 2/10/2025*

Below are Bridgewater Instructional League 7 Year Old local rules which supersede the official Little League rules. Should there be any discrepancy between the "Instructional League 7 Year Old Rules" and the "Local Rules" the Bridgewater Little League Local Rules will take precedence.

1. All 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. Standings (wins and losses) will be kept. With a season ending tournament to determine an overall winner of the instructional league.
6. Score will be kept in an inning until 1 of 2 events occur:
  - (1) 3 outs are made in an inning – team will still continue to bat around the order to ensure an equal number of at bats per player or
  - (2) the team has batted through the order. Only 1 run will count on the last batter unless the ball is hit into the outfield then runs can score until the ball is brought back into the infield.
7. Games shall consist of a 30 min practice/warm up followed by a game with a 1 hour and 15 min. time limit. Teams should be able to complete 3 to 4 innings within a game block.
8. Defense fields the entire team, with a maximum of 6 players on the infield including the catcher. 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.
9. 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).
10. On defense, player positions must be rotated during each game and every player must play at least one inning in the infield each game.

### **Safety and Equipment**

1. The field and adjacent ground shall be kept clear of all equipment.
2. Batters must wear helmets with fixed face masks.
3. Appropriate helmets shall be worn by batters, runners, and catchers. No on deck batters shall be allowed under any circumstances!
4. Players idle or waiting to bat shall stay on or behind the bench and away from the swing of the batter.
5. Hitters who, upon swinging, throw their bats shall be warned against such action by the coaches.
6. Infielders are to be instructed not to position themselves where they will interfere with the base runners.
7. Players shall wear their provided team uniform: team shirt, team hat, team pants (no shorts are



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allowed).

8. Only coaches and players are allowed in the bench area during games.
9. Point of emphasis: All male players must wear a protective cup (in accordance with Official Little League Playing Rule 1.17).

**Playing Rules**

1. Brief meetings are allowed for managers/coaches to instruct players.
2. There is no stealing or leadoffs. A player must not leave the base until the ball is hit.
  - a. The infield fly rule is not in effect
3. If a fly or pop-up is caught the batter is out, the ball is dead, and no runners may advance. No tagging-up may occur on this play.
4. Coaches will pitch to their own team. After the pitch is made the coach becomes an impartial observer.
5. Each team will bat through the roster of players in attendance. Each team will bat the same number of batters, depending on how many players are present for each team the team with the lower number of batters will bat additional players each inning to have an equal number of at bats during each inning. The team with less players should rotate players who will bat a 2<sup>nd</sup> time during an inning.
  - a. For Example: If one team has 10 players and the other has 8. The team with 8 players will bat 2 additional players per inning which should be rotated between all players.
6. No bunting or half swings are allowed.
7. No walks / No Strikeouts: Each batter shall have a 6-8 pitch limit (swinging strikes). If the player does not put the ball into the field a tee will be brought out for the player to hit. All bases and outs will be earned. **This will be strictly enforced to ensure a quick pace of play.**
8. There are no strikeouts, and balls and strikes will not be called (no umpires). The objective is to get the ball in play.
9. 3 outs, bases will be cleared of runners, and the team will continue through the remainder of the order. No runs will count towards the team's score after 3 outs occur.
10. Base paths shall be 60 feet. Pitching rubber shall be 40 feet.
11. Batters shall bat in rotation according to a predetermined batting order each game. After each game the batting order should be rotated to allow players to either leadoff or become the "Last Batter".
12. Adults shall coach base runners from the first and third base coaching boxes, no players are allowed to coach.
13. When the ball is in play, in fair territory, runners are encouraged to take extra bases.
14. 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 overthrown into the outfield from the infield.
  - c. A ball having been thrown towards the infield after a hit ball into the outfield.



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- 15. "Last Batter" must be announced as that player steps to the plate.
- 16. Defensive coaches are not permitted to touch a live ball, or to physically assist a player.

**7 YO Instructional Player Pitch Rules**

- 1. Players will pitch to the opposing team starting after the midpoint of the season as notified by the VP of Instructional to all coaches and coaches discretion. Each pitcher will have 4-6 pitches per batter (per coach's discretion).
- 2. No Walks / No Strikeouts: After the 6<sup>th</sup> pitch, a coach will finish pitching to the batter. Each batter shall have a 10 pitch limit. After the 10<sup>th</sup> pitch the tee will be brought up to get the ball in play.
- 3. As with Coach Pitch, there are no strikeouts.
- 4. Coaches are encouraged to use two players to pitch and split the innings to allow more opportunities for players to pitch during this portion of the season.
- 5. A player may not pitch more than 50 pitches in an outing. *(Equipment Note: Coaches must be provided with Pitch Counters)*
- 6. Managers must adhere to the following Pitchers Days Rest Table for their players:

<b>If a player pitches this many pitches in a day...</b>	<b>Number of days rest (sleeps)</b>
36 – 50 pitches	2 days (can pitch on the 3 <sup>rd</sup> day)
21 – 35 pitches	1 day (can pitch on the 2 <sup>nd</sup> day)
0 – 20 pitches	0 days (can pitch the next day)

**Field Maintenance**

- 1. The Home Team is responsible for the field equipment, getting and returning the bases and supplying the game ball.
- 2. Upon completion of the game each manager is responsible for the cleanliness of their bench areas.
- 3. The last teams scheduled to play on a particular field for that day will be responsible to return all equipment (i.e. bases, etc.) to the equipment shed.