



## Alderwood Little League Minor Baseball House Rules

**Important:** Please review the Interleague Rules at <https://www.alderwoodlittleleague.com/Default.aspx?tabid=1177952>, as the guidelines below either reinforce those rules or outline specific exceptions to them. Additionally, it is highly recommended for coaches to thoroughly review the rules at [Little League Rules, Regulations, and Policies](#).

### Game Length

- Games are 2 hours maximum.
- No new inning may begin after 1 hour and 45 minutes, taking into consideration an approximate two-minute transition between innings.

### Game Setup

- Nine (9) players are on the field defensively, including three outfielders. 10 players may not be used.
- Teams must use a continuous batting order.
- Unlimited substitutions between innings. No player will sit more than two innings per game. Players shall not play more than two innings at the same defensive position (except Pitcher and Catcher).
- There is a five (5) run limit per team, per inning. The five (5) run rule is suspended only in the 6th inning.
- The (8), (10), or (15) run rule shall be utilized in accordance with Rule 4.10(e)
- The Infield fly rule applies.
- No dropped third strike shall be used.
- The home team shall be responsible for providing one approved umpire behind home plate.
- The visiting team shall provide one approved adult volunteer to umpire the bases.
- Only a total of THREE league-approved adults are allowed in the dugout or on the field during a game. ONE adult must be in the dugout at all times per rule 4.05.
- No unapproved volunteers shall be allowed on the field as Alderwood Little League strictly adheres to the Little League background check requirement.

### Defense



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- No coaches may be on the field while playing defense.
- Players must wear protective cups.

### Pitching

- All pitches shall be delivered by players.
- Pitchers will be limited in accordance with Little League regulation VI.
- Managers should agree on the pitch count for all pitchers at the completion of the game.
- Each manager is required to enter their team's pitch counts on the online form designated by Alderwood Little League within 24 hours of the game's completion. PENALTY for NOT meeting this requirement:
  - 1st Offense – Warning by District Division Coordinator
  - 2nd Offense – 1 game suspension for the offending manager
  - Subsequent Offenses – indefinite suspension pending review by the ADA Inter-league director.
- Balks are not enforced in Minors, but play should be stopped if necessary to explain the violation to the pitcher. Rest the runners without penalty.

### Batting

- Bunting is permitted
- An on-deck batter is not allowed at any time. The next hitter must remain inside the dugout until it is their turn to bat.

### Baserunning

- New for 2026:
  - For the first four weeks of league games, runners may not advance from third base to home on a passed ball or wild pitch. Runners may only advance home on a batted ball or on a bases-loaded walk.
  - For the remainder of the season, this rule no longer applies.
- Stealing is permitted.
- No lead-offs are permitted.
- A base runner may not leave the base until the pitched ball crosses home plate.



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- If a runner leaves early and attempts to steal:
  - If the runner is thrown out, the out stands.
  - If the runner is safe, the runner must return to the previously occupied base in accordance with Little League rules.
- No head-first slides when advancing to a base. However:
  - A runner **may dive head-first back to a base** (for example, returning to first on a pickoff attempt or throw down by the catcher).
  - If a runner slides head-first while advancing, the runner is called **out**.

### Other

- Jewelry is allowed:
  - Umpires **may not require its removal** unless it is judged to be dangerous.
- One-way communication devices are permitted for the purpose of a manager or coach to communicate with the catcher to call pitches. The device **cannot be used to communicate with any other player**, whether on defense or offense. The manager or coach **must remain inside the dugout/bench area** while using the device.