



Alderwood Little League Rookie 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.

Game Length

- Games are 1 hour and 30 minutes.
- No new inning may begin after 1 hour and 15 minutes, taking into consideration an approximate two-minute transition between innings.

Game Setup

- Ten (10) players are on the field defensively, including four outfielders.
- A minimum of eight (8) players is required to play a coach-pitch game.
- Teams must use a continuous batting order.
- There is a five (5) run limit per team, per inning.
- The Infield Fly Rule does not apply.
- The defensive team coaches on the field are responsible for making all safe and out calls.
- If players are in the dugout, an adult must be present in the dugout at all times.

Defense

- Up to two coaches may be on the field while playing defense.
- Outfielders must remain in the outfield and should not move into the infield during play.
- Every player must play at least 6 defensive outs each game.
- Players may play any single defensive position for a maximum of 2 innings. Being skilled at a position (for example, first base) is not a reason for a player to remain there the entire game.

Pitching

- Coaches may pitch from anywhere in front of the mound, and do not need to throw from the pitching rubber. The recommended pitching distance is 30 feet to ensure consistent speed and safety for hitters.
- Coaches must pitch overhand and may kneel or sit on a bucket or chair



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- The player in the pitcher position must have one foot inside the mound circle or roughly within 3 feet of the coach who is pitching if there is no mound circle.
- A pitching machine is available if the coach is unable to pitch.

Batting

- In the first four weeks of the season:
 - The batter receives up to five (5) pitches to put the ball in play.
 - If the batter does not put the ball in play by the fifth pitch, the batter is out.
 - If the batter fouls the fifth (5th) pitch, the at-bat continues until the batter either puts the ball in play or fails to foul off a subsequent pitch.
- For the remainder of the season:
 - The batter will receive up to five (5) pitches or three (3) swinging strikes, whichever comes first, to put the ball in play.
 - If the batter does not put the ball in play by the fifth pitch, the batter is out.
 - If the batter fouls the fifth (5th) pitch, the at-bat continues until the batter either puts the ball in play or fails to foul off a subsequent pitch.
- There is no On-Deck circle.
- There are no batting tees used in Coach pitch.
- There are no walks in Coach pitch.

Baserunning

- There is no stealing or advancing on a past ball.
- Runner/s only advance on an overthrow IF ball goes out of play (out of fenced in area) and only one base. Otherwise, there is no advance on an overthrow.
- All runner(s) must stop when any player gains possession of the ball. A runner more than ½ way between bases will proceed at his/her own risk. This means when the outfielder gets the ball, the runners stop running. We are not advancing runners on the players inability to throw the ball in correctly.
- There is no "must-slide" rule. However, if a fielder has possession of the ball and is waiting to make a tag, the runner must either slide or attempt to avoid the tag. (See Rule 7.08(a)(3).) If the fielder does not have the ball, the runner cannot be called out for a collision.