



Rookies 2026 Supplemental Rules

18 Jan 2026

Rev 1.2



SUMMARY OF CHANGES

Table 1: Summary of Changes

Revision	Release Date	Changes/Updates
0.1	07 Mar 2025	Draft
1.0	26 Mar 2025	Approved by BOD
1.1	17 Apr 2025	Added in darkness suspension rule
1.2	18 Jan 2026	Updated ages and number of games. Removed reference to umpire. Added lightning rules.

1.0 PURPOSE

The purpose of this document is to establish Supplemental Rules that provide specific local guidance for gameplay within the Rookies division. These supplemental rules are designed to clarify and standardize gameplay expectations, ensuring consistency across teams, coaches, players, and spectators.

These rules are intended to complement, not replace, the official regulations set forth by Little League International, as defined in the Little League Baseball Official Regulations, Playing Rules, and Policies (current year edition). Where discrepancies arise, Little League International rules shall take precedence, except where local league modifications are expressly permitted.

All Rookies coaches are required to adhere to these supplemental rules consistently to promote fairness, safety, and an enjoyable experience for all participants.

This document is maintained by the Academy Little League Vice President of Baseball and may be amended following approval by the Academy Little League Board of Directors. Supplemental rules will be reviewed annually before each season.

2.0 OVERVIEW

The Rookies division (6-7 years old) continues to teach players the basic fundamentals of baseball. This instructional division focuses on learning how to hit a baseball, run the bases, field a ball, and overall game awareness, with an emphasis on fun and skill-building.

3.0 SEASON STRUCTURE AND PROGRESSION

- The Rookies division consists of 10 games.
- Players will hit from coach pitch and/or machine pitch.

4.0 GAME RULES AND FORMAT

- Each team will provide one game ball.
- The home team will provide a new game ball for use in the game and the visiting team will provide a used game ball.
- No hard balls will be used (practice or games). Level 5 balls will be used for practices and games.
- All games are a maximum of one-hour and 15 minute, hard stop. Games will start at the designated start time and will not run past the start time of any scheduled game that follows.
- The managers of both teams are responsible for making their best attempt at giving all players an equal amount of playing time, to include all positions in the field, and an equal amount of at-bats each game.
- A maximum of five coaches (background check and mandatory trainings approved) can be on the field: Offense – one pitching/operating the pitching machine, one each as first and third base coaches. Defense – two in the field helping defensive players.
- A maximum of three coaches (background check and mandatory trainings approved) can be on the field assisting each team.

- Both teams must have an adult (background check and mandatory trainings approved) in the dugout at all times.
- It is the Manager's responsibility to ensure: 1) Batting helmets are always used for batters and base runners. 2) Catchers will always wear the appropriate safety gear to include a helmet with face mask, dangling throat guard and a protective cup. A catcher's mitt is not required for catcher.
- Inning ends when either five runs are scored, or three outs are made.
- Bases will be set up at 60 feet.
- The home team is responsible for setting up the field (drag, line, etc.) while the away team is responsible for tear down.
- Each team is responsible for cleaning up their dugout after a game.
- If, in the judgment of the managers, darkness has progressed to a point where continued play poses a safety risk or impairs fair play, the game shall be suspended or ended. If a game is called due to darkness before it becomes official, it will be resumed at a later date from the point of suspension.
- Lightning delays require 30 minutes before resumption of play with the latest reported strike being at least 10 miles away.
- During Lightning delays, players, coaches, and spectators should take shelter in their cars or an enclosed building.

IV. Batting Rules

- During a game, there is no swinging a bat anywhere until the player is walking up to the plate during his/her at-bat.
- No on-deck batter is permitted between innings.
- All players will bat in rotation.
- Coaches will pitch a maximum of five pitches. If using a machine, a player will receive a maximum of five pitches.
- There are no walks allowed.
- No base stealing; no runner can advance on an overthrown ball.
- An at-bat cannot end on a foul ball, unless the foul ball is a legal put-out. In other words, a batter will either hit or strike out during an at-bat (players get the full complement of five pitches before a strike out can occur).

VI. Defensive Play & Positioning

- The Defensive team shall consist of ten players; four players shall be in the outfield equally spaced (no "rover").
- There will be a player in the pitcher position.
- Each player cannot play infield more than two consecutive innings; each player must play infield a minimum of one inning/game.
- The Defensive team may make a play resulting in an out.
- Play stops and runners do not advance to the next base after the ball has reached the glove or hand of an infield player.