



*Minor League Instructional Rookie Division*  
*Introduction to Coach Pitch*  
**Local Rules – Effective Spring 2026**

The 2026 Little League Baseball Rules and Regulations will govern all play not specified below.

**Mandatory Play**

- No player shall sit out two (2) consecutive innings, nor shall any player sit out a second inning prior to all eligible players having sat out one (1) inning. No player shall sit out a third inning prior to all eligible players having sat out two (2) innings.
- All players must play two (2) innings in the infield and two (2) innings in the outfield.
- Infield positions are defined as 1st, 2nd, and 3rd bases, as well as shortstop and pitcher.

**The Defense**

- The defense shall field a maximum of ten (10) players. The extra player must be positioned in the outfield. All outfield players shall be positioned at least 20 feet beyond the outfield grass cut. The third baseman and shortstop must be positioned at the time of the pitch no closer than one step in from a straight line running from second to third base. The second baseman and first baseman must be positioned at the time of the pitch no closer than one step in from a straight line running from first to second base.
- A player in the outfield may not make a put out in the infield unless acting as a back-up on a run down. The outfield player must throw to an infielder for a put out.
- Two (2) defensive coaches may be positioned on the outfield grass in order to reposition and coach players after the completion of a play.
- One (1) coach may be positioned behind home plate to retrieve balls and speed the pace of play.
- The pitcher shall be positioned within three (3) feet of either side of the pitching mound, even with the pitching plate.
- The first baseman and pitcher have the option to wear batting helmets when playing this position (not required). If worn, players should use their own personal helmets and not shared equipment.
- There will be no catchers for this division.

**The Pitcher**

- A coach from the offensive team will pitch to their team's respective batters.
- The coach pitcher shall deliver pitches from a spot no more than 20 feet in front of the pitcher's plate in a straight line between home plate and second base. (The pitcher's plate is 46 feet from Home Plate, therefore the coach pitcher will be closer to the mound than home plate when delivering pitches). Coaches are encouraged to throw from one knee or sitting on a bucket, as opposed to fully standing. Pitches shall be made using an overhand throwing motion; **underhand or soft-toss pitches are not permitted.**

- The coach pitching is allowed to instruct the batter in between delivered balls but may not coach/instruct after delivery of the pitch or while the ball is in play.
- If a batted ball makes contact with a coach, the ball is considered live and in play.

### The Offense

- Each of the first five (5) innings shall end after three (3) outs or three (3) runs, whichever occurs first.
- The top and bottom of the 6th inning will end when either three (3) outs are made or when everyone in the line-up bats **one time only**, whichever comes first. It does not matter if the teams have a different number of batters.

### The Batter

- The batter shall be given a maximum of four (4) coach-pitches. A foul ball is not counted as the last pitch. Balls and strikes shall not be recorded. If the batter does not hit a pitched ball, the batter will be afforded two (2) swings using a tee. If the batter does not put the ball in play at that point, the at bat is over and the batter is retired, but the defense does not record an out.
- Bunting is not allowed.

### The Runner

- Stealing is not allowed.
- There is no advance on an overthrow. For balls hit to the outfield, base runners may advance until the ball is "under control" (in possession) in fair territory in the infield by one of the infielders. If a base runner is more than halfway to the next base, then the runner is entitled to try to reach that base. Otherwise, the base runner must return to the last base legally occupied. A fielder still has an option of making a play on the runner and if tagged, the runner is out; otherwise the above rules apply as to whether the runner was half way or not when the ball was originally "under control".

### Starting and Ending the Game

- No new inning may start after 1 hour and 30 minutes.
- The game will end and there will be no pitch after 1 hour and 45 minutes.
- An inning begins immediately upon the end of the preceding inning. Play should begin within two (2) minutes after the start of the inning.

\*\*\* **Double First Base – Safety Bag:** When a double first base (orange safety bag) is present, it is in effect and must be used in accordance with LL Rule 7.15.