



Parent Overview: Baseball Juniors Division (ages 13-16)

A Little League player's age is defined by that player's age on August 31, 2026

What is Juniors Division?

The Juniors Baseball Division is a key developmental stage for players transitioning into full-size baseball and preparing for high school-level play. This division serves athletes ages 13–16 and provides a competitive yet supportive environment where players sharpen their skills, increase their understanding of the game, and take on greater responsibility as young athletes.

Purpose and Goals

The Juniors Baseball Division introduces players to regulation baseball dimensions and strategies. With a **60 ft. 6 in. pitching distance and 90 ft. base paths**, players learn to adapt to the speed, power, and precision required on a full-size field. This level emphasizes advanced skill development, game awareness, and leadership—while maintaining the core Little League values of sportsmanship, teamwork, and fun.

Game Format

Juniors Baseball Division games more closely resemble traditional competitive baseball, with:

- **7-inning games**
- Full baseball rules including balks, lead-offs, and pick-off plays
- Strict pitch count and rest regulations for arm safety
- Stealing, sliding, bunt defense, situational hitting, and cut-offs
- Umpires enforcing full MLB-based rule sets adapted for Little League

Because athletes vary widely in age and physical maturity in this division, coaches focus on safe, developmentally appropriate instruction.

Equipment

Players should have a glove, batting helmet, grey baseball pants, cleats and a personal bat that meets Little League regulations (GLL will provide a team jersey and hat)

Parent Involvement

Parent support is essential for a great season. Families can help by:

- Encouraging effort, supporting all teammates and positive attitudes
- Ensuring consistent attendance and timely arrival for practices and games
- Come prepared with proper equipment
- Volunteering for team roles (Manager, Assistant Coach)
- Reinforcing skills and sportsmanship at home

As players approach high school age, many are balancing academics, multiple sports, and social commitments—parent encouragement and structure help them succeed both on and off the field.

Key Takeaway

The Juniors Baseball Division is as much about personal growth as it is about athletic progress. Players learn resilience, leadership, accountability, and teamwork—skills that extend far beyond the diamond. While the competition increases, respect, integrity, and a positive attitude remain at the heart of the experience.