

# Central Amherst Little League 2026 AAA Rules

Official Little League Baseball Rules apply, except for the following local league modifications.



<p><b>Pre-Game</b></p>	<ul style="list-style-type: none"> <li>• <b>Weeknights</b> Both teams get 15 minutes of infield warm-up time prior to gametime. The Home team gets infield starting 30 minutes before gametime. The Visiting team gets infield for 15 minutes starting 15 minutes before gametime. <i>For example, on weeknights the Home team has the infield from 5:30-5:45 and the Away team has the infield from 5:45-6:00.</i></li> <li>• <b>Saturdays</b> It is unlikely to be a full 30 minutes between games. Do your best to warm up the players and share the field. The Home team supplies 2 game balls to the umpires before the game.</li> <li>• The home team is responsible to provide 2 game balls.</li> </ul>
<p><b>Innings/Time Limit</b></p>	<ul style="list-style-type: none"> <li>• A regulation game is over after a minimum of 4 innings or a maximum of 6 innings. No new inning may start after 1 hour and 45 minutes from the start of a game.</li> <li>• During the playoff round only, time limits are waived and all games should be 6 innings. In addition, extra innings will be played during the playoff round only.</li> <li>• For all games, if in the opinion of the home plate umpire or the director on duty, darkness or foul weather makes it unsafe to continue to play, the game will be ended. During the playoff round only, such game will be continued to conclusion on the next available day.</li> </ul>
<p><b>Equipment</b></p>	<ul style="list-style-type: none"> <li>• Pitchers must wear a batting helmet when warming up between innings.</li> <li>• Catchers must wear a helmet, chest protector, shin guards, protective cup and catcher’s mitt.</li> <li>• Batters must wear a batting helmet.</li> <li>• Runners on base must wear a batting helmet.</li> <li>• All players are encouraged to wear a protective cup.</li> <li>• <b>Only USA Bats are allowed</b></li> </ul>
<p><b>Safety</b></p>	<ul style="list-style-type: none"> <li>• The only player allowed to hold a bat is the batter at the plate. The on-deck batter may not pick up a bat until it is his/her time to walk from the bench to the plate to hit. Bats should be hung on the rack in the dugout.</li> <li>• At the conclusion of every practice and game, a coach should remain at the field until every child is picked up by an adult (parent or individual authorized by the parent).</li> </ul>
<p><b>Batting</b></p>	<ul style="list-style-type: none"> <li>• All uniformed players are included in the batting order and retain their spot in the order for the entire game regardless of when they play in the field.</li> <li>• Coaches should vary your batting order from game to game.</li> <li>• Bunting is allowed.</li> <li>• <b>RUN LIMITS</b>—For the first five innings of each game, a half-inning ends when 3 outs are recorded or 4 runs have been scored, whichever comes first. The limit is <u>4 runs only</u>.</li> <li>• After the 5th inning, or last inning if the game is foreseen to run shorter than the time limit, the 4-run limit does not apply, and 3 outs must be recorded to end a half-inning. Both coaches and the umpire must agree that the run limit does not apply to the last inning if the game is foreseen to end prior to the 5<sup>th</sup> inning. For example, if both coaches realize that the 4<sup>th</sup> inning will be the final inning due to time, they can agree to no run limit in that inning.</li> </ul>
<p><b>Pitching</b></p>	<ul style="list-style-type: none"> <li>• A pitcher on a travel roster is limited to a maximum of 1 inning per game, regardless of outs. A pitcher who is not on a travel roster is limited to 2 innings per game, regardless of outs.</li> <li>• If a pitcher relieves someone mid inning, that counts toward their 1 or 2 inning limit.</li> <li>• A player cannot re-enter a game as a pitcher after being removed as a pitcher.</li> <li>• Each team is responsible for tracking and enforcing pitching limits for its own players.</li> <li>• A pitcher must observe the Little League-mandated days of rest: 1 to 20 pitches = 0 calendar days of rest required until eligible to pitch again 21 to 35 pitches = 1 calendar day of rest required until eligible to pitch again 36 to 50 pitches = 2 calendar days of rest required until eligible to pitch again 51 to 65 pitches = 3 calendar days of rest required until eligible to pitch again</li> <li>• A pitcher who delivers 40 pitches or more in a game may not play the position of catcher in the same game. If a player plays catcher for 4 innings or more, he/she may not enter the game as a pitcher.</li> <li>• Intentional walks are not allowed.</li> <li>• The balk rule will not be enforced.</li> <li>• A pitcher who hits 2 batters in the same inning must be immediately removed as the pitcher.</li> <li>• Please encourage all players to try pitching.</li> <li>• Pitchers may not wear batting gloves while pitching or any jewelry/article deemed by the umpire as being distracting to the batter.</li> </ul>

<p><b>Baserunning</b></p>	<ul style="list-style-type: none"> <li>• A base runner must slide, or otherwise attempt to avoid contact, on all close plays at a base. If, in the opinion of the umpire, the baserunner makes intentional contact with a fielder in an attempt to dislodge the ball or interfere with the play, they will be called out.</li> <li>• Headfirst sliding is not allowed; runners sliding headfirst will be called out.</li> <li>• A baserunner may be tagged out if he/she rounds first base toward second base. If a runner runs through first base and then turns left with no intention of advancing to second base, he cannot be called out.</li> <li>• Runners must stay in contact with the base until the ball crosses the play or is hit. There are no leadoffs. A team will be given one warning per game from the umpire regarding lead offs or leaving the base early. On subsequent infractions, the any baserunner on the team receiving the warning will be called out.</li> <li>• Play is dead once the catcher throws a pitched ball back to the pitcher.</li> <li>• <b>STEALING</b> - Stealing is permitted, except for stealing home. A player may only begin to steal a base after the pitch reaches home plate. A player may not advance more than 1 base on an attempted steal. Even on overthrows. <i>Example, a runner on first stealing second cannot try to take 3rd on an overthrow.</i></li> <li>• Baserunners may not steal on a throwback to the pitcher or an overthrow to a pitcher. Once the catcher throws to the pitcher, the play is dead. Baserunners may attempt to steal a base when the catcher throws to a base, but may not steal home.</li> <li>• <b>OVERTHROWS</b> - Automatic base: when an overthrown ball leaves the field of play (such as over/under the fence or in the dugout), all runners will be entitled to the base to which they were headed at the time of the throw, plus one additional base.</li> <li>• Not automatic: (1) on overthrows from the outfield to the infield, runners may advance at their own risk until the ball is in control of a defensive player in the infield, (2) on overthrows from one infielder to another infielder that stay within the field of play, the runners may attempt to advance to the next base at their own risk to, but not beyond one base if there is a subsequent overthrow. <u>Each baserunner may not advance more than one extra base regardless of the number of overthrows in a single play.</u></li> </ul>
<p><b>Fielding</b></p>	<ul style="list-style-type: none"> <li>• The defense may play with a minimum of eight 8 or maximum of 10 fielders.</li> <li>• A player may only play a position 2 innings total each game, except the catcher. There is no inning limit for catchers.</li> <li>• Positions include pitcher, catcher, first base, second base, shortstop, third base, and up to 4 outfielders. Outfielders must play beyond the infield until the ball is put into play.</li> <li>• All players must play at least 2 complete defensive innings within the first 4 innings and at least 4 complete innings if the game goes 6 innings. A player cannot sit the bench more than 2 innings in a game.</li> <li>• <b>BALL IN CONTROL RULE</b> - A ball hit fair into the outfield and returned to any part of the infield <i>and</i> is in the possession/control of a defensive player stops the play. "In control" is defined as the ball being in the hand or glove of a defensive player. Runners may not advance beyond the base they were running to once the ball hit into the outfield is returned to the infield <i>and</i> is in the possession/control of a defensive player. <u>Once in control, the rule applies regardless of whether the player then relinquishes control by making another throw. Runners may only advance to the base they were running to when the ball is in control.</u></li> <li>• The infield fly rule is in effect. A fair fly ball (not including a line drive or a bunt) which can be caught by an infielder with ordinary effort, when first and second, or first, second, and third bases are occupied before two outs are out. The pitcher, catcher, and any outfielder stationed in the infield on the play shall be considered infielders for the purpose of this rule, the ball is live and runners may advance at the risk of being caught or retouch and advance after the ball is touched, the same as on any fly ball. If the hit becomes a foul ball, it is treated the same as any foul ball.</li> </ul>
<p><b>Call-Ups</b></p>	<ul style="list-style-type: none"> <li>• A team may call up players from AA Sr only to get their team to a minimum of 8 players or a maximum of 9 players for a particular game. Called up players should be declared to the opposing team.</li> <li>• Teams will be matched at beginning of the season by the GM and level commissioners for call ups. A player is limited to 2 call ups per season, and call ups should be rotated. Exceptions should be approved by the level commissioner. During playoffs exceptions should be approved by commissioner, player agent, and GM.</li> <li>• A team may not "call-up" a player from another AAA team; however, during non-playoff games, an opposing team may loan the other team defensive outfielders during a game.</li> <li>• Call-up players may not pitch.</li> </ul>
<p><b>Coaches</b></p>	<p>Offense – a first base coach and third base coach are allowed. No coach should physically interfere with players or the ball in play.</p>
<p><b>Umpires</b></p>	<p>Two umpires may be provided by the league to call the game: a home plate umpire and a base umpire. Coaches do not make any calls. Coaches must always accept the umpires' calls and are not to question calls or attempt to influence calls during the game. If a rule issue arises that needs to be addressed during the game, coaches should consult with each other and then talk to the umpire. Any questions should be referred to the Director on Duty and/or AAA Level Commissioner or GM after the game.</p>

<b>Game Results</b>	Game scores are kept in AAA. Each team should keep score of the game in their scorebook to avoid discrepancies over the score. Standings will be for the seeding and playoff rounds. Scores should be entered into the SportsConnect site following the game.
<b>Conduct</b>	Each head coach is responsible for his/her own conduct as well as for supervising the conduct of assistant coaches, players and parents. Central Amherst Little League has a long---held tradition of good sportsmanship—and we know that our kids look up to their coaches as role models. Thank you for modeling respectful behavior and developing a love of the game.
<b>Level Commissioner</b>	For Questions or clarifications, coaches should contact their Level Commissioner: Mike Osciak.
<b>Post Game</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for cleaning out the dugout, putting trash in the bins, and returning all unclaimed items to the Lost &amp; Found in the snack stand.</li> <li>• Any tarps or protective covers should be replaced to preserve the field regardless of weather forecast.</li> </ul>