

YOUTH ROOKIE PLUS BASEBALL RULES & GUIDELINES

I. General

- A. The YMCA Rookie Plus program focuses on skill development, fun, and a sense of team in a semi competitive environment. Scores and standings will be kept. Our rules have been adjusted to ensure better parity and limit the ability of a team to “run up the score”. Players will be ensured to play half the game.
- B. Except where otherwise noted in these rules, National Federation Rules (High School) shall govern competitions in YMCA youth baseball leagues.
- C. Divisions are determined by the player’s age and grade as of September 1, 2021.

***The Y reserves the right to adjust divisions based on player enrollment.**

II. Coach/Parent/Player Expectations

- A. Late Policy: It is imperative for games to start on time. Nevertheless, there is a 5 minute grace period for the start of the game if a team does not have at least 6 players. If after the 5 minute time period a team is unable to start the minimum number of players for that age group the game will be forfeited. Coaches can agree upon scrimmaging for the remaining time in their game.
- B. No Show Policy: Make every effort to show-up for your game. If your team cannot show-up for a game, that game will count as a loss and will not be rescheduled. If your team misses more than 2 games in a season, your team will be removed from the league without a refund.
- C. Coaches, parents and players are expected to uphold YMCA values in both victories and in defeat.
 - 1. Coaches/Parents/Players will ensure and promote a culture of celebration. Taunting or otherwise demeaning of others will not be permitted.
 - 2. Coaches/Parents/Players will be expected to address the referees of the game in a respectful and professional manner. Coaches must hold all questions about calls until a stoppage in play.
 - 3. Coaches/Parents/Players will refrain from using profanities while representing the YMCA.
- D. Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate the coach.
- E. Coaches and players should learn and work to fully understand both standard baseball and specific Y league rules.
- F. Coaches will play all players on their roster 50% of the game.
- G. Teams are allowed 3 coaches on offense and defense.
- H. Coaches will complete all aspects of onboarding, including completion of criminal background check and online volunteer application and attendance at Y coaches meeting.
- I. Coaches are all volunteers. Administrative support and equipment will be offered by the YMCA of Central Texas.

By volunteering to be a coach, you have chosen to be a role model for all participating children and to represent yourself and the YMCA at all games and practices throughout the year



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH ROOKIE PLUS BASEBALL RULES & GUIDELINES

III. Teams

A. Teams will be formed with the following taken into account:

- Grade (is deciding factor of what division they fall in)
- Age (as of September 1, 2021)
- Friend/Coach requests
- Practice day availability

B. Players will remain on the same team throughout the entire season.

C. Teams size/players on field:

1. 7U & 9U: 10 players will play on the field at one time. There will be no more than 10 players on the team. No official game will be played with fewer than 6 players per team.

2. 11U: 9 players will play on the field at one time, no exceptions. If you have 10+ players on the team, coaches will need to plan a defensive rotation throughout the game to get everyone playing time. No official game will be played with fewer than 6 players per team.

D. Only players on Y rosters are permitted to participate in practices and games. YMCA Uniforms are required to play in the games. **Players must provide their own glove.**

IV. Game Play

A. Any player that attends and participates in practice on a regular basis, is expected to play a minimum of 50% of game. No player may play the full game. Players not regularly attending practices (participating) and games may have limited playing time. Sports director must be contacted before limits put in place.

B. Game Length (All Divisions):

1. Five innings or 75 minutes whichever occurs first. Innings cannot be started with less than ten minutes left in the time limit. Regular Season games can end in a tie.

2. Innings are 3 outs or 5 runs scored.

C. Score (All Divisions):

1. Score will be kept. Score will be recorded in ygametime with +10 point max differentials for 7U and 9U only. No cap for 11U.

2. 5 runs max per inning

D. Weather Policy:

1. Rain outs - Games will be declared official if half of the game has been played. We will attempt to make up any game canceled before this time. Make up games will be played from where it ended, if one full quarter has been played, otherwise, it will start from the beginning.

2. Thunder/Lighting - if there is lightning or thunder within a 5 mile radius of the field, all individuals will be asked to return to their vehicles or shelter for 30 minutes, each time our staff sees an occurrence of lightning or thunder the time resets. Individuals can only return to the field after the YMCA staff have determined it is safe.

3. Heat - if the heat index according to OSHA is 104 degrees Fahrenheit or higher will we cancel practices or games. For the safety of all.

E. Injuries: Play must be stopped at once. Players return to their bench during the injury timeout.

F. Distance between bases for all age groups will be 50 ft. Pitchers mound will be 45 ft from the plate.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH ROOKIE PLUS BASEBALL RULES & GUIDELINES

V. Offense

A. Batting:

1. 7U: Batters will hit off the a tee until a fair ball is produced.
2. 9U: Batters will receive 5 pitches (max) from a coach.
 - i. If a fair ball is not produced the batter will hit get 5 swings from a tee.
 - ii. If a fair ball is not produced from the tee, it will result in an out.
3. 11U: Batter will receive 5 pitches (max) from a coach.
 - i. 3 swings and misses result in an out
 - ii. 5 pitches with no attempt to swing results in an out.
 - iii. If a fair ball is not produced, it will result in an out.
 - iv. All pitches from the coach count towards the 5-pitch limit whether they are "good" or "bad" throws to the batter.
4. On deck hitters will remain in dugout if there is not a safe on deck area at the field.
5. Batting helmets are required for batting and base running.
6. No bunting in all divisions.

B. Batting Rotation:

1. Order remains the same throughout the game.
 - i. Entire roster bats.
 - ii. Late players will be added to the bottom of the line.

C. Walks:

1. 7U & 9U & 11U: No walks.

D. Base Running:

1. Players can run more than one base at a time.
 - i. First base is the only base that can be overran.
 - ii. Players must turn towards foul territory to not be tagged out.
2. Overthrows
 - i. Runner can take one extra base per overthrow.
 - ii. **Ex.** If first base is overthrown, the runner can go to second at their own risk, if second base is over thrown , they can go to third at their own risk.
3. Lead Offs:
 - i. No leading off in all divisions
 - ii. Players must remain on the base until the ball is hit.
4. Stealing:
 - i. No stealing in all divisions



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH ROOKIE PLUS BASEBALL RULES & GUIDELINES

5. Sliding:

- i. Players can slide into any base EXCEPT first base.
- ii. Any players sliding into first will be called automatically out.

6. Interference:

- i. Any unintentional contact between a runner and fielder, the runner will be safe. If it is intentional, the runner will be called out.
- ii. If a runner is hit by a batted ball, the play is automatically called dead. The runner who was hit is out and the batter is awarded first base. If there are other runners on base, they go back to the base they came from, unless awarding the batter a base makes them take the next base.

7. Base Paths:

- i. Runner's base path is established when the tag attempt occurs and is a straight line from the runner to the base he is attempting to reach safely.
- ii. The base runner is out if "running more than three feet away from the baseline to avoid being tagged.

E. Offensive Coach Positions:

1. Base Coach

- i. 7U & 9U & 11U: 1st base coach, 3rd base coach
- ii. Must stay in foul territory and not touch players as they run.

2. Batting Coach

- i. 7U: Separate coach on the side
- ii. 9U & 11U: Pitching coach can only instruct the batters

3. Pitching Coach

- i. 7U: None
- ii. 9U & 11U: Will pitch to their own team and must pitch overhand or underhand from the mound (45 ft from plate).
 - a. Coach shall not block or impede the view of defensive players and must stand on their dugout side of the field when a ball is hit.
 - b. If a legally batted ball hits the pitching coach, it will be ruled dead and the batter will get another pitch. If it is the 5th pitch, another pitch will be awarded to batter.
 - c. Intentional interference from the coach will result in an out.
 - d. Teams may change one pitching coach per game. (3 warm-ups).
 - e. Intentional bad pitches so a player can hit using the tee are not allowed. (Umpires Judge).

YOUTH ROOKIE PLUS BASEBALL RULES & GUIDELINES

V. Defense

A. Fielding Positions:

1. 7U & 9U: 10 players will play on the field at a time.
 - i. 6 infielders and 4 outfielders
 - ii. Infielders playing a base must play 5 feet from the designated base.
 - iii. Outfielders must be in the grass and not on the infield.
 - iv. Pitchers must play at the mound. They cannot move closer to home plate.
 - a. Pitchers cannot tag a runner on any baseline, unless a normal baseball scenario (ex. run down at another base, play at the plate)
 - b. Pitchers must throw the ball to first base. They can not run and tag the base themselves.
 - v. Catchers must wear protective gear.
2. 11U: 9 players will play on the field at a time. **NO EXCEPTIONS.**
 - i. 6 infielders and 3 outfielders on the field at a time.
 - ii. Infielders playing a base must play 5 feet from the designated base.
 - iii. Outfielders must be in the grass and not on the infield.
 - iv. Pitchers must play at the mound. They cannot move closer to home plate.
 - a. Pitchers cannot tag a runner on any baseline, unless a normal baseball scenario (ex. run down at another base, play at the plate)
 - b. Pitchers must throw the ball to first base. They can not run and tag the base themselves.
 - v. Catchers must wear protective gear.

B. Dead Ball Calls:

1. 7U: The umpire will call time when the ball is controlled in the infield by any infielder. Runners cannot advance once the ball is controlled and time is called. Runners will return to the last base touched once if still running when the ball is at this location.
2. 9U: The umpire will call time when the ball is in the 5 ft circle around the pitcher's mound. Runners cannot advance once the ball is in this circle and time is called. Runners will return to the last base touched once if still running when the ball is at this location.
3. 11U: The umpire will call time when the youth pitcher has control of the ball inside of the 5 ft circle around the pitcher's mound. Runners will return to the last base touched once if still running when the ball is at this location.
4. Time out will not be given if a player is holding the ball up in the infield. Time is given by the umpire when the runners have stopped their running. **Please get the ball to the pitcher to get the "automatic time".**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH ROOKIE PLUS BASEBALL RULES & GUIDELINES

C. Infield Fly:

1. Occurs when a fair ball (not including a line drive) which can be caught by an infielder with ordinary effort, when first and second; or first, second or third bases are occupied, before two are out. **Ball must be hit above the height of the backstop within the infield.**
2. Batter is automatically out. Runners may advance at their own risk, but must tag up if the ball is caught. They do not have to run.
3. 7U & 9U: Not called
4. 11U: Will be called

D. Defensive Coach Positions:

1. 7U: Three coaches are allowed on the field. One in left field, one in right field, and one in the infield. Must not interfere with the play.
2. 9U: Two coaches are allowed on the field. Both must stay in the outfield.
3. 11U: No coaches are allowed on the field.

YOUTH ROOKIE PLUS BASEBALL RULES

AGE GROUP	BALL TYPE	GAME LENGTH	RUNS PER INNING	NUMBER OF PLAYERS ON DEFENSE	REFEREE	SCORE
7U Coed T-Ball	Level 1	5 innings or 75 minutes	5 runs max	10 Players: 6 infielders & 4 Outfielders	1 Referee	Score will be kept. Final scores will be recorded with a +10 point differential. Regular Season games can end in a tie.
9U Coed Coach Pitch	Level 5	5 innings or 75 minutes	5 runs max	10 Players: 6 infielders & 4 Outfielders	1 Referee	Score will be kept. Final scores will be recorded with a +10 point differential. Regular Season games can end in a tie.
11U Coed Coach Pitch	Level 5	5 innings or 75 minutes	5 run max	9 Players: 6 infielders & 3 Outfielders (NO exceptions)	1 Referee	Score will be kept. Regular Season games can end in a tie.