

Golden Valley Little League

Rookie League Rules

The Rookie League is designed to be an instructional division for 5-7 year old players. Our emphasis is for every player to develop correct mechanics, increase their understanding of the role of each position, learn the rules and basic strategy of the game, and to develop their sense of sportsmanship and teamwork.

We play by the *Little League Official Regulations and Rule Book* (<https://www.littleleague.org/playing-rules/rules-regulations-policies>) along with our GVLL Rookie League Rules. Our goal is to get players used to the official rules for future years, and to encourage players to return to play the following season. GVLL rules are designed to keep our games safe, fun, and allow each player to participate in as many positions as possible.

General Rules

- Only soft baseballs will be used in Rookie League.
- Each player must wear athletic shoes and a baseball glove.
- Catcher's gear is not supplied or required.
- Practice swings are not allowed until the area around the batter is cleared. Coaches will encourage proper bat-etiquette while holding the bat.
- Batting helmets must be worn during all batting activities.
- Protective cups must be worn.
- Be early (10-30 minutes) for games.
- No food, candy or seeds in the dugout. Drinks only.
- ONLY Little League approved bats will be used.
- If a player, coach or parent misbehaves in any fashion, please attempt to deescalate the situation. After the incident, submit an email explaining the misbehavior to the Rookie Coordinator and GVLL Player's Agent.

Game Days

- The home team is responsible for preparing the field by securing bases, chalking the baselines and batter box and providing two official Little League balls (new or used).
- In an effort to save on time it is only necessary to chalk the field for the first game of the day. If time allows, some effort should be made to rake or drag the infield before every game.
- Each player shall tuck in their uniform shirt and wear a baseball cap while on the field during a game.
- Bats and loose equipment shall be kept off the playing field during the game. The manager and coaches are responsible for making sure the playing field is clear of all equipment before each half-inning starts.
- Games are five innings long or 75 minute time limit. A new inning will not begin beyond the 64 minute mark unless both teams' managers agree to proceed, and there is no game

immediately following.

- There are no umpires in Rookie League. The coaches of the defensive team will make all decisions regarding outs in the field.

Weather Rules

- Up to a ½ hour prior to the start of a **game**, the Rookie League Coordinator or a representative of Golden Valley Little League may call the game off due to weather conditions. The Rookie League Coordinator will notify the Managers. It is the responsibility of the Managers to notify their players.
- In the ½ hour prior to game time, it is the decision of the home team Manager.
- If lightning is seen, the game will be suspended for 10 minutes. If the weather deteriorates or lightning persists within those 10 minutes, the game will be called. The Managers make this decision together.
- The league will not cancel **practices** for weather. That decision falls on the managers to decide.

Fielding

- Every player shall rotate through every position, infield and outfield. The manager will establish a position rotation and continue it from game to game. A player may play a position for up to two innings, but must then be moved to the next position in the rotation.
- The manager and/or multiple coaches may coach the defensive team from anywhere in the outfield.
- Four outfielders, three basemen, shortstop, catcher, and a pitcher/fielder comprise the 10-player defense. GVLL will also allow five outfielders, for interleague games this should be discussed prior to the start of the game.
- The pitcher/fielder will play the pitcher position on either the left or right side of the pitching coach.
- Only the pitcher is allowed in the grass portion of the infield. All other defensive players must remain on the dirt portion of the infield until the ball is hit by the batter (no bunting is allowed in the Rookie League)

Pitching

- The Rookie League is a coach pitched league.
- Coaches will stand (kneel) ½ way between the pitching rubber and home plate.
- The pitching coach will have a bucket of balls to use for each half inning.
- The catcher is not required to return the ball after every pitch. The catcher will give balls to the coach behind home plate and they will place the balls in a bucket. Between innings, the pitching coach and home plate coach will exchange buckets to keep the game flow moving.

Base Running

- Base runners can only advance on a batted ball.
- No head-first sliding is allowed.
- Absolutely no sliding into first base is allowed.
- No base stealing is allowed.

- No leading-off is allowed.
- If a player is ruled out, that player will return to the dugout.

Hitting

- The Manager will determine the batting order for the first game and will continue to play that order throughout the first half of the season. Midseason, the manager may switch the team's line-up for the remainder of the season. The next person at bat at the end of the last game bats first at the next game and the order continues.
- GVLL will use three swinging strikes. If a player is unable to hit the ball after three swinging strikes, or a total of five pitches, a tee will be used to allow the batter to make successful contact with the ball.
- A ball hit off the tee must make it to the grass infield to be in play.
- No bunting is allowed in the Rookie League.
- Five Run Rule: a maximum of five runs per team per inning.
- Batters who throw their bat after hitting the ball will be warned. If it happens again the batter will be called out.

Postgame

- Players will line up on the field and either shake hands or tip hats
- Teams shall exit the field in an expedited manner allowing the next teams to enter.

Summary of Changes

Cleaned up and deleted unnecessary items or gender topics

Organized into subtopics:

- General
- Game Days
- Weather Rules
- Fielding
- Pitching
- Base Running
- Hitting
- Postgame

Added a "Mission Statement" and rewrote many of the rules to serve as a guide to Rookie coaches that can easily access information to lead their teams through the season...and where to go to seek help.