

# Amherst Athletic Association

## Rookie League Rules

**Goals: To teach the game, develop skills, & have fun!**

### 1. Field

- a. Bases 60ft
- b. Pitching rubber 35ft
- c. Pitching circle 8' radius, 16' diameter

### 2. Equipment

- a. Batting Helmets with face masks are required.
- b. 11" soft core softball
- c. USA Softball Certified fastpitch softball bat.
- d. Catchers must wear full catchers' gear.
- e. (Helmet w/ mask, chest protector, shin guards
- f. No metal cleats.
- g. All players in an infield position will be required to wear a protective fielding mask.

### 3. Game

- a. Time 1 ½ hours with no new inning starting after 1 hr 20 mins, if you start a new inning both teams are entitled to bat unless it is not necessary based on score.
- b. Base coaches and pitching coach will umpire the game
- c. Official game after 4 innings or 3 ½ innings if home team is winning
- d. The winning team will report the score.
- e. If game is stopped before it is an official game, the game will resume from where it left off.
- f. Batting line up is exchanged before the start of the game
- g. Continuous batting order- every player bats even if they do not play the field
- h. Five (5) run limit per inning.
- i. Ten (10) players in the field with 4 outfielders
- j. Minimum players a team can play with is eight (8) players. If a team falls below the eight (8) players that team forfeits.
- k. You may borrow a player from another team in the league but they must bat last and can only play in the outfield.
- l. Please be mindful if there is another game immediately after yours. Please clear the dugouts and then have your post game team meeting.
- m. Regular season games can end in a tie if the full 1 ½ hours have been played.
- n. Postseason games must continue to be played until a winner is established.

### 4. Batting

- a. Every batter gets a max of five (5) pitches to put the ball in play (no balls or strikes). An at bat cannot end on a foul ball. If the 5th pitch is a foul ball, a 6th is given. If the 6th pitch is a foul ball, a 7th is given (and so on). Pitches will continue to be given until the player hits a ball into the field of play, player swings and misses, or player doesn't swing.
- b. No bunting, stealing, lead offs, walks, hit by pitch, or sliding
- c. Baserunners may attempt to advance one base on an overthrow when ball is put in play. A maximum of one base per play may be taken on an overthrow.

- d. Coaches shall place an object, such as a cone, approximately 10' (or an agreed upon distance) behind first base as if a line were extended from the pitcher's mound through 1st base. If the ball is thrown to the 1st basemen and the ball goes beyond the cone, it is considered an overthrow and players may attempt to take an extra base. If a throw gets past the 1st baseman, but not past the cone, runners cannot advance.
- e. Late arrivals are placed at the end of the batting order.
- f. No penalty of an out if a team has less than 10 batters. No penalty of an out if a player has to leave the game.

## 5. Fielding

- a. Players cannot sit 2 consecutive innings unless they are ill, injured, restroom or for disciplinary reasons
- b. Players may not play the same position more than 2 times in a game
- c. Every player must play in the outfield at least one inning and in the infield at least one inning by the end of the fourth inning since some games do not make it past the fourth inning.
- d. Coach or adult volunteer will pitch from inside the pitching circle.
- e. The player in the pitching position should be inside the circle to the left or right of the coach pitching.
- f. The 4 outfielders should be in the grass or at an agreed upon distance from the grass when playing on a bigger field. On Nord field, it is most likely that outfielders will be in the dirt. In this case, outfielders must be beyond the base paths by at least 15 feet.
- g. The play is stopped when the ball is secured in the infield. If a base runner has already made the turn to the next base they can continue to run to the next base.
- h. If the ball hits the coach the play is dead, players get next base.
- i. 2 coaches may stand in the outfield to instruct the fielders for the first 2 weeks of theseason only. After that, all coaches shall be in or just outside of the dugout in foul territory. This time frame can be extended by 1-2 weeks should the coaches agree upon it.
- j. Coaches cannot touch a player or the ball to assist in the play
- k. No infield fly rule.
- l. Double plays are allowed and encouraged.

\*No parents are allowed to sit behind home plate in the area between the fields at the Amherst Junior

High Fields