

Tee Ball & Rookies Rules for Spring Season 2022

GAME RULES

- Game play is 5 v 5 (or 6 v 6 if roster allows); other players will be in outfield completing skill base stations
- Tee Ball Division Only: Batters hit off the tee until the ball is put into play (no pitches)
- Rookies Division Only:
 - Batters will receive a maximum of three pitches
 - Batter will hit the ball off the tee after the third pitch (even if batter fouls third pitch)
- There are no strikeouts and no base outs in these divisions
- A game consists of two innings with each group of 5 or 6 players completing one inning while the other group is at the skill stations
- Away Team bats first and swaps from offense to defense after running through the batting order 2x (this maximizes playing time and minimizes time spent rotating players in and out of the dugout); Home Team will then run through their batting order 2x
- Coaches should notify volunteers in the outfield every time the batting order is completed 1x so they can rotate players at skill base stations (this allows for rotation to all four stations during one full inning)
- Games will be played with a Level 5 baseball
- Game time will be 50 minutes for Tee Ball and 55 minutes for Rookies; players in the outfield will rotate in to play their inning around halfway mark (after all players in the first group have batted 2x)

SKILL BASE STATIONS (RALLY CAPS PROGRAM)

- Coaches for the Home Team with the first Tee Ball or Rookies game of the day are responsible for setting up the skill base stations (plan to arrive at least 20 min before game start time to do this); coaches for the Home Team with the last game of the day are responsible for putting the supplies for the stations back in the shed
- There should be four stations:
 - Fundamental movement skills: Set out cones and small hurdles like a small obstacle course (challenge players by requiring them to either jog, hop, side shuffle, back pedal, bear crawl, and/or crab walk through the obstacles)
 - Throwing: Set up net, baseball tee with large ball on top (soccer ball or dodge ball), and provide bucket of balls (goal is to knock large ball off tee by throwing the baseball)
 - Catching: Set out dodge balls (toss balls to players in turn to let them practice catching)
 - Hitting: Set up net, baseball tee, provide bucket of balls and one bat
- Players in the outfield stations should leave their bats, helmets and gloves in the dugout
- At least two parent volunteers from each team are needed to supervise skill base stations in the outfield

- Each team will divide their players into two groups so that a small group of players is at all four stations (e.g., Home Team starts at stations 1 and 2, away team starts at stations 3 and 4)
- Players will rotate stations every time the batting order for a team is completed

COACH PITCHER (ROOKIES ONLY)

- Coach pitcher may pitch from no closer than 30' from home plate
- Coach pitcher will pitch overhanded
- A batted ball contacting the coach pitcher will result in a dead ball and if occurs on third pitch, the batter will hit off the tee

BATTER

- Batter is not permitted to sling or throw the bat
- Bunting is prohibited
- Only USA Baseball Bats are permitted
- Batting team will bat in continuous order until all players have batted 2x
- A batted ball that reaches outfield on the ground is an automatic double
- A batted ball that reaches outfield in the air is an automatic home run

DUGOUT ORGANIZATION

- Each team is encouraged to assign a parent volunteer to manage the dugout during games and assist players when teams swap sides during the inning
- Offensive team players not at bat should be sitting in the dugout in their batting order with helmets on
- Batter on deck should be standing at the door of the dugout, ready to run on the field at their turn

FIELDING

- Two defensive coaches are permitted on the field while team is on defense; one coach in the infield and one coach behind the plate to assist the catcher
- Coach players to execute baseball plays
- Use cone-shaped markers to designate players' positions on the field (this keeps players out of the base running paths)
- Player rotation – players should rotate positions counter-clockwise at least twice during an inning (excluding catcher)
- Rookies Division Only:
 - Catcher must wear catcher's gear behind the plate and is to be taught to be positioned behind the plate
 - Catcher will return any pitched ball that stop within the player's immediate vicinity to Coach Pitcher
 - Any balls that leave the catcher's immediate vicinity will be collected by a defensive coach and returned to Coach Pitcher after the at-bat is completed
- Player pitcher is to be positioned even three feet left or right of coach pitcher
- Player pitcher is to wear protective face mask

- Coach on defensive team should call time if he/she notices a defensive player seated, turned away from batter, without a glove or otherwise distracted to the point it's unsafe

BASE RUNNING

- Teach players to properly run the bases
- Base runner is prohibited from sliding into first base
- Base runner is not to collide with a defensive player attempting to tag out the runner
- Base runner is not to make physical contact with any coach while on base paths

PLAYING UP

If a Coach Pitch team does not have enough players to start the game, a player from the Rookies Division may play on that team for that game, but must bat last and play the entire game in the outfield.