

In this video, the 1st baseman straddling the bag on a pick-off attempt at 1st base, hinders the runner returning to 1st base. (we don't have runners leading off at Majors & below, but a similar thing could happen when the catcher throws down attempting to pick off a runner who has left the base after the pitch reaches the batter)

The runner is clearly hindered in returning to 1st base. He's entitled to the entire base, and he's entitled to reach the base however he chooses (the fielder straddling the base almost compels him to slide/dive).

Whenever a runner is being played on at the moment they are impeded, it is Type A obstruction. The ball is immediately dead. The type A obstruction rule requires the obstructed runner be awarded "at least" one base beyond the base legally occupied at the time of obstruction. Whether he would have achieved that base or not does not matter. This runner is awarded 2nd base.

Although it would be unusual, you can award additional bases to the obstructed runner when type A obstruction occurs. With Type A obstruction, the ball is immediately dead. However, if a ball was in flight at the moment type A obstruction occurred, and the throw is wild (ball is thrown away) you could award additional bases. If the ball was in flight at the moment of Type A obstruction & subsequently entered a dead ball area, you would award additional bases if appropriate by rule, for the ball being thrown out of play.

Any other runners are awarded bases they would have reached had obstruction not occurred. Other runners may be "forced" (not the completely correct use of the term, but it works) due to the award to the obstructed runner.