

EBSA Rookie League Rules

Revised March 2022

ABOUT ROOKIE BASEBALL: The Rookie League provides an introduction to baseball. It is intended for 5- and 6-year-olds (i.e. kids who are currently in pre-K and kindergarten). Players will be introduced to the basics of baseball skills: how to hold a ball, how to throw it, how to catch a ball, how to hold a bat, how to swing, and how to run bases. Players begin the season using a tee and as their hitting skills advance they are introduced to coach pitching. Games are played on Saturday mornings and last one hour, usually about two innings. Every player bats each inning and every player plays the field. Players receive complete uniforms – shirts, pants, socks, and hats.

PRACTICES: Weekly, non-game day practices are optional, but most teams prefer to practice once during the week. It is recommended that practices last only about 45 minutes to an hour. Teams can also use the first 10 or 15 minutes before games to hold brief workouts while preparing their players to take the field. It is also acceptable for teams to hold practices a half-hour before game time. Though each team will have at least one coach, parents are encouraged to participate in practices and aid coaches with instruction. The more individual attention players receive, the more quickly they pick up new skills. Players at the Rookie level do not need a diamond to hold practice and finding a park with an open grass area is encouraged.

GAMES:

- Teams have the field for one hour.
- Coaches should use throw-down bases and place them about 60 feet apart. If there are already bases painted on the turf at the appropriate distance, those can be used.
- Every player bats each inning. There are no recorded outs – every player is allowed to reach base on every at-bat (even if the defense happens to make a play that would normally result in an out). Players move around the diamond one base at a time until the last batter bats. When the last batter hits the ball, all base runners and the batter advance to home plate.

- When batting, teams are allowed (and encouraged) to have a coach or parent at each base to help direct players around the diamond.
- A coach will also be at home plate to help batters as needed.
- Every player plays defense. Players are positioned around the field everywhere except catcher.
- Defensive teams are allowed to have coaches on the field to direct players as needed.
- During coach-pitch, coaches are encouraged to keep in mind the pace of the game. If a player is having difficulty making contact through five or six pitches, have the hitter use a tee for the remainder of their at-bat.

NOTE: Coaches are urged to be mindful of the weather and field conditions. Also, games are stopped immediately at the first sight of lightning.