

**WHITE PLAINS LITTLE LEAGUE  
INSTRUCTIONAL BASEBALL | ROOKIE DIVISION**

	<b>ROOKIE BASEBALL 6-7 YEAR-OLDS</b>
<b>OVERVIEW</b>	Combination Tee and Coach pitch. Introducing basic fundamentals such as proper defensive positioning, force plays and running the bases
<b>AGE</b>	LITTLE LEAGUE 6-7 YO
<b>GENDER</b>	BOYS
<b>FIELD OF PLAY</b>	Regulation Little League field 60' base paths 45' Pitcher's Mound
<b># OF INNINGS PER GAME</b>	<b>4</b>
<b>STRUCTURE OF GAME PLAY</b>	Once through the lineup with a tee (not to exceed 2 innings) followed by live pitching. The Offensive Coach will pitch to his batters A player will play the pitcher's position from the side of the mound.
<b>UMPIRES</b>	Coach on the mound is the umpire.
<b>GENERAL SAFETY</b>	Helmets must be worn by all offensive players on the playing field. (batter and base runners) No one except the batter in the batter's box is allowed to hold a bat at any time during the game. (Before, During and After!!) No fence or backstop climbing at any time.
<b>SUBSTITUTIONS</b>	N/A
<b># OF PLAYERS ON THE FIELD DEFENSE</b>	All players are in the field aligned in a way to introduce infield and outfield positions. Halfway through the season, start sitting two kids per inning and align the defense in true player positions.
<b># OF COACHES ON THE FIELD DEFENSE</b>	<b>2</b> Coaches' discretion on placement. NO MORE THAN 2. AT NO TIME SHOULD A COACH TOUCH A BATTED BALL.
<b>FIELDING PLAY OF A BATTED BALL</b>	Tag plays are allowed. Plays at home plate are NOT allowed. Double Plays are allowed. Force outs are in play. NO infield fly rule.
<b>PITCHER</b>	A player is positioned near the mound.
<b>CATCHER</b>	N/A
<b># OF COACHES IN THE FIELD OFFENSE</b>	<b>4</b> Pitcher, first and third base and a bench coach.
<b>BATTING ORDER</b>	Continuous batting order. Roster batting is used.
<b>ENDING AN INNING/GAME # OF OUTS PER INNING</b>	An inning shall be considered over when 3 outs are recorded or 5 runs have been scored by the team batting or the offense has gone through the order. Both teams bat every inning.
<b>USING THE TEE</b>	Balls batted from the tee must be struck cleanly. No bunts or dribblers.

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<b>BATTED BALL</b>	Any batted ball that hits a coach (in fair territory) is considered "dead" and the batter is awarded first base. A foul fly ball is in play. A batter who is thrown out returns to the bench.
<b>MAXIMUM # OF BASES ON A BATTED BALL</b>	One base.
<b>LAST BATTER OF THE INNING</b>	N/A
<b>STRIKING OUT OFFENSE</b>	<p style="text-align: center;"><b>WHEN USING THE TEE</b></p> <p>Batter has 5 swings to put the ball in play. (Missing the ball, hitting the tee, or foul balls are counted as a swing)</p> <p style="text-align: center;"><b>WHEN FACING LIVE PITCHING</b></p> <p>Batter receives 7 pitches. If the ball is not put into play after 7 pitches, an out is recorded.</p>
<b>KEEPING SCORE</b>	Score is not kept. Limited to a maximum of 5 runs per inning, per team.
<b>BASE RUNNING GENERAL</b>	One base per at bat and must be forced over. Any well hit ball to the outfield will be awarded 2 bases.
<b>BASE RUNNING SLIDING</b>	Feet first sliding should be introduced during practices.
<b>BASE RUNNING FORCE OUTS</b>	Runners forced out must return to the bench.
<b>REQUIRED SKILLS UPON COMPLETION OF THE SEASON OFFENSE</b>	<ul style="list-style-type: none"> <li>• Consistently hitting a pitched ball</li> <li>• Running through first base</li> <li>• Proper base running: No over running bases</li> <li>• No advancing on a fly ball out. (Tagging up introduced at next level)</li> <li>• Proper bench behavior</li> </ul>
<b>REQUIRED SKILLS UPON COMPLETION OF THE SEASON DEFENSE</b>	<ul style="list-style-type: none"> <li>• Proper defensive positioning</li> <li>• Proper ground ball put outs</li> <li>• Proper fly ball put outs <ul style="list-style-type: none"> <li>• Force-outs</li> </ul> </li> <li>• Basic knowledge of "situations" <ul style="list-style-type: none"> <li>• Discipline within positions <ul style="list-style-type: none"> <li>• Outfield backup</li> </ul> </li> </ul> </li> <li>• Everyone has something to do on every play <ul style="list-style-type: none"> <li>• Proper throwing mechanics</li> </ul> </li> </ul> <p style="text-align: center;">(THROWING, THROWING, THROWING!!)</p>