

Little League Baseball Divisions are Listed Below:

Majors

Major League Baseball is a competitive, advanced play league with strong competition. Play and pitching is much higher than that at the Kid and Coach Pitch level. Scores and standings will be kept and a year-end tournament is played to determine a league champion.

Regular season games will be played with the East Lyme Little League.

All star teams are selected at the end of the year to represent LOL in the district tournament. Children ages 9-12 are eligible for tryout for the majors division. Tryouts are mandatory for all players (other than returning major league players). If a player does not make the Major League, they will be placed on a Kid Pitch Team.

Ages: **9-12**

Games: 2-3 per week (Games will be played in Old Lyme and East Lyme)

Practice: 1-2 per week

AAA Minors

Kid pitch is a developmental league and will require tryouts. This is a competitive league played with a regulation hard ball and live pitching is a key component of the game. Player's should be able to hit a pitched ball and field ground and fly balls with some regularity and confidence. Players should know the rules and tactics of competitive baseball. Additional strategies and tactics such as bunting, stealing, cut-off plays, etc. will be introduced throughout the year. Eight year olds are eligible to tryout for kid pitch if they have completed at least one year in Coach Pitch and are ready to play at a more competitive level.

Regular season games will be played with the East Lyme Little League.

Ages: **8-11**

Games: 2 per week (Games will be played in Old Lyme and East Lyme)

Practice: 1 per week

AA Minors

Coach pitch is a non-competitive league played with a Reduced Injury Factor-5 (RIF-5) ball, and will require tryouts. Coaches pitch to their own team and basic skills are taught and refined as players gain a better understanding of the game. Players will play multiple positions and five year olds are eligible to tryout if they have completed one year in Tee ball and are ready to play at a more competitive level.

Ages: **5-8**

Games: 2 per week

Practice: 1 per week

Little League Softball Divisions are Listed Below:

Majors

Major League softball is an advanced play league with teams throughout the district. Skill level and knowledge of the game is more advanced than that of the AAA league and the pace of play and pitching are faster and more consistent. Strategy is an integral component of the game.

Scores and standings will be kept and an All-Star team is selected at the end of the year to represent LOL in a district tournament. Girls ages 9-10 are required to tryout for the majors division unless they are returning major league players. If a player does not make the major league, they will be placed on a minor league team. Girls ages 11-12 are automatically placed on a Major League team.

Ages: **9-12**

Games: 2-3 games per week

Practice: 1-2 per week (coach's discretion)

AAA Minors

The AAA girls softball is for those girls who understand the basics of the game and are working on improving their skills. This is a player pitch league, and girls will play on a more competitive level against teams throughout the district.

Eight year olds are eligible if they have completed at least one year in AA, and are ready to play at a more competitive level.

Ages: **8-10**

Games: 2 per week

Practices: 1-2 per week (coach's discretion)

AA Minors

AA Minor League Softball is a natural progression from Tee ball and is a Coach Pitch League. The league's focus is very much about learning the basics of softball and the program will begin with fundamentals clinics. The teams will play against the girls of same ages in East Lyme.

Six year olds are eligible for play in AA Minors if they have completed one year in T ball, are ready to play at a more competitive level, **and** there is room to accommodate them on a team.

Ages: **6-8**

Games: 2 per week

Practice: 1 per week

Tee ball

Tee ball provides basic fundamentals of the game and introduces players to the concept of team play. This is a non-competitive league with both girls and boys on the same team. Players hit off a batting tee and players come to bat each inning. Scores and team standings are not kept.

Ages: **4-6**

Games/Practices: 1 Weekday and Saturday mornings