



ROOKIE MINORS LEAGUE 2015

2015 CAPITOL LITTLE LEAGUE PLAYING RULES FOR ROOKIE MINORS

The Capitol Little League Board of Directors appreciates your support and involvement and thanks you for your time. Rookie Minors is a baseball game for young boys and girls. It is a way to have fun while learning how to play the game.

Rookie Minors League General Rules

1. The teams do not keep score and there are no league standings in Rookie Minors League. There is no league tournament in Rookie Minors League.
2. The Manager or Coach for the team batting shall pitch overhand from a standing or kneeling position. The Coach/Pitcher should not throw from the rubber, but rather from the front of the mound or closer to the batter, but not closer than 25' from the back of home plate.
3. Players must be rotated defensively from inning to inning to give everyone a chance to learn all of the positions.
4. Only RIF Level 5 baseballs may be used.

Rookie Minors Offensive Rules

A. BATTER

1. After 3 outs are made or 4 runs are scored, we clear the bases and continue batting until everyone in the lineup has batted. (That is the only "score" that is kept during the game.)
2. The batter shall be retired after three swinging strikes or 7 pitches, whichever occurs first. Except:
 - a. A foul ball on the 7th pitch entitles the batter to an additional pitch. Additional pitches will be awarded if the batter continues to hit foul balls.
 - b. A throw which hits the batter shall be a "no pitch" and not count against the batter as one of the seven pitches.
3. A foul ball is a swinging strike, except that a batter cannot be made out on a third strike if it is a foul ball.
4. Any ball hit in fair territory is a fair ball and in play, regardless of how far the ball is hit.
5. There shall be no called strikes and no walks.
6. Batters shall not bunt. An attempted bunt shall be ruled a swinging strike.
7. A continuous batting order shall be used of all present players.

B. RUNNERS

1. On any overthrow of a base, runners may only attempt to advance one additional base (at risk) regardless of further plays and regardless of where on the field the further plays take place. Successfully taking the one base stops play and the ball must then be



returned to the adult pitcher. "Overthrow" means any throw that is not caught, whether due to a throwing error or a catching error.

2. Runners are not allowed to steal (including stealing or advancing on a throwback by the catcher toward the pitcher).
3. Runners may not leave the base until the ball is hit.

Rookie Minors Defensive Rules

1. Outs occur according to the standard rules of baseball. When a batter/runner is out he/she returns to the dugout.
2. 10 players shall play in a defensive position. Infielders (catcher, pitcher, 1st, 2nd, shortstop, and 3rd) Outfields (Left, LeftCenter, RightCenter, Right). If fewer than 10 players are present, eliminate one of the outfield positions (players play Left, Center and Right).
3. The Adult pitcher may not position him/herself closer than 25' from the batter.
4. The participant playing the position of Pitcher shall begin each play with at least one foot on the pitcher's mound to one side of the adult pitcher.
5. A player may not play more than one (1) inning at the pitcher position during a game.
6. The first, second, and third basemen, and the shortstop must start each play on the infield dirt (not grass). On fields without infield grass, these players must start in the vicinity of the base path between 1st, 2nd, and 3rd base and not in the vicinity of the pitcher's mound.
7. Outfielders must be positioned at least 10' from the infield arc until the ball is hit, and may not make unassisted outs in the infield except by catching a fly ball.
8. Each player shall play at least one complete inning (assuming a 3 inning game) at an infield position (catcher, pitcher, 1st, 2nd, shortstop, and 3rd).
9. Play is stopped when the ball is thrown to the kid pitcher or the base in front of the lead runner. Any runner who is not beyond the halfway point to the next base at the time that the ball reaches the kid pitcher or the base in front of the lead runner, said runner shall return to the previous base. The adult pitcher should get any ball that is thrown in his direction if it appears that the defense is attempting to stop play by getting the ball to him. All decisions by the adult umpire concerning whether a runner should return to a base are final.
10. Defensively coaches can be in the field to help "instruct" but must not interfere, help a player or touch the ball.
11. The Manager or one of the assistant coaches for the team on defense MUST stand behind the catcher at the backstop to help retrieve balls and speed up play.
12. The infield fly rule shall not be called.



Things to Keep In Mind

1. Keep things simple.
2. Avoid technical information.
3. Apply basic fundamentals.
4. Use easy to understand terminology and use it consistently.
5. Adopt the kids' slang and apply it to your baseball teaching.
6. Celebrate the individual talents and differences ... no cloning.
7. Work in small groups, we call them stations.
8. Keep things interactive and fast moving. This will deal with their attention span.
9. Involve parents as your helpers. This is absolutely important.
10. Whenever possible, make things into a game.

Tips For Coaches

1. As a coach, get organized; develop a plan before for your practices and game situations. Learn as much about Rookie Minors and baseball as you can.
2. Remember to present your material in kids' terms. Successful coaches know their audience and use analogies and common visual imagery for their coaching tools. For Rookie Minors players, these images are best when they are a bit dramatic.
3. Don't assume anything. Go over all the basics: Where all the bases are and the defensive positions, which way to run to first, when to start and stop running, how to hold a bat and glove, number of outs, innings, fouls etc.
4. One of the most difficult things a coach has to do is see the twelve players on the field who are not related to him or her. Remember to be a coach on the field and a parent off the field. If possible have your assistants instruct your son or daughter to avoid conflicts.
5. Coaches need the assistance of their players' parents. Parents are normally willing to help out but are usually reluctant to come forward unless asked to assist. If you give them specific things to do, they will be more comfortable.
6. On the field, you have to be a teacher as well as a coach. Teach them what they need to know, show them what you taught them, practice the things you taught them over and over, and then be prepared to do it all over again.
7. To make the most of your practice time, break the team up into two or three groups, depending on the number of coaches. This will enable you to keep more kids occupied and less bored. Remember the attention span of a 5-6 year old is measured in minutes.
8. The game: Sit the players on the bench in the batting order. No one should have a bat in his or her hands. Horsing around on the bench will translate into foolish behavior in the field.
9. Keep the parents informed as much as possible. An ideal handout will have a schedule of practices and games, the times and location. It is important to include your phone number and try to insist that parents call if their child will not be at a game.



Rookie Minors Skills Checklist

Throwing

Throwing is one of the most important skills in baseball. Stress to your players that accuracy is more important than speed. Teach them to bring their arms down past their hip before bringing the arm up to throw over the top and not side arm.

Windup

Bring the throwing arm back and up, turn your front shoulder so it is pointing at the target. The glove hand points toward the target. The arm extends behind the body with wrist cocked and elbow bent:

Delivery

As you start your delivery you pick up the lead foot and stride toward the target. As the lead foot touches the ground, the hips rotate toward the target. Release the ball in front of the body and follow-through. Always look at the target through the throw.

Follow-Through

The follow-through ends with the throwing arm down in the front of the body and the feet almost parallel, in a balance ready position.

Catching

A major defensive skill is catching. Initially, some players will be afraid of catching a baseball. That fear will make them flinch right before the ball reaches their glove. This will cause them to drop the ball instead of catching it, or worse, the ball may hit them. This can create a fear that can eventually cause players to quit. Teaching players the correct catching technique is not easy. You must first overcome their fear of getting hit with the ball. Demonstrate that the ball is softer than a standard hard ball. You might want to work with some of your players with a tennis ball for the first couple weeks.

Hitting

Hitting a baseball is probably the most difficult skill to master in baseball. Five separate hitting components should be taught to young players: grip, stance, stride, swing and finish.

Grip

Grip the bat firmly (don't squeeze) hands together above the knob with the middle knuckles lined up. The player at this level should be encouraged to hold onto the bat until contact is made and then to drop the bat vs. throwing it.

Stance

Players should be comfortable in the batter's box. Don't try to make every batter assume the same stance, but do stress these basics:



Stride

The stride is a triggering motion to begin the motion of the shoulders hips and, knees as the pitcher releases the ball. This will become a more useful tool as the players develop but for now a small stride of the front foot toward the mound will be a good start to force some weight distributions and begin their swing sequence.

Swing

The legs and hips initiate the swing. Eyes on the ball, shoulders level, bat and head steady. The swing should be level to slightly downward bring the bat through the center of the ball. Watch the bat hit the ball; keep your head down. Extend arms and follow through. Focus on making contact and not swinging too hard.

Finish

Balanced position when the swing is over. Do not watch the ball. Drop the bat and run hard to first base.

Base Running

Run on the balls of the feet. Look at the base you are running to, not where the ball went. Run outside the foul line. Teach the players to run straight through 1st base; don't jump on it or slow down. Watch and listen for coaches' instructions. Keep one foot on base leaning forward until the batter hits the ball and use the base to push off. Know where the ball is. When running the bases touch the inside corner. Make sure you touch every base.

Rookie Minors Practice Tips

- Batting: Practice, Practice, Practice. Work with small groups using a tee and go over the five components of hitting.
- Bounce to the bucket: Use a large basket or bucket and place it on the base. Outfielders try to throw it into the container. Can be done as a game with 10 points for in the bucket and 5 for hitting the bucket and 1 point for two feet either side of bucket
- Catch: Two or more players catch. Keep track of the number of successful catches. See how many you can catch in a row.
- Catching Flies: Hit or throw fly balls to fielders. Throw ball right to the player to develop confidence and then toss ball to right or left. During this drill you can introduce someone coming over to backup the play. Make sure to instruct the use of two hands. -Coach in the Middle: Circle the kids with the coach centered rolling the ball or tossing to each player. For practice have the kids field the grounders without a glove, to reinforce the use of two hands.
- Crab Drill: Player is in basic fielding set position stance, crouched forward with glove open and down. Player takes three or four steps as the coach rolls the ball.



- Track meet: Player stands at home plate with bat in hand. Coach claps hands and player drops bat and runs hard to first base. Time how long it takes to get to first and record it. Run drill later in season and see if there is any improvement.
- Remember: You should be satisfied if the kids have fun, learn the basics of baseball and are enthused to play again next year.