



## **ROOKIE RALLY CAP RULES – MODIFIED FOR COVID 2021 SEASON VIASPORT PHASE 2**

Rookie ball is a continuation of the instructional process that begins in Tee Ball and advances the player's knowledge of baseball and the proper skills to play the game. In the Rookie division, the score of the games is not recorded.

### **Teams**

1. Each team will consist of seven to ten players.

### **Field Set Up**

1. The Home Team is responsible for setting up the field before the game begins. Field prep takes approximately 10 minutes and should be completed before the game start time so as to maximize play, especially in early spring when it's get dark early. The Visitor is responsible for putting the equipment away after the game.
2. Each Team is responsible for providing its own batting tee
3. Distance between the bases will be 50 feet
4. The distance to the home run line will be 90 feet
5. Use the chalk machine regularly to re-do the lines. A light rain or a game or two can make the base and home run lines difficult to make out. If the chalk is running low, let the coordinator know and they will replenish.

### **Team Practice / Scrimmage**

1. Two teams will meet at the field.
2. The Home team begins practice on the diamond (field of play). The Visitor team begins in the outfield running practice drills (see "The Practice" below). Teams switch after approximately 30-45 minutes.
3. For the team on the diamond – 5 players should be in the field (1<sup>st</sup> base, 2<sup>nd</sup> base, 3<sup>rd</sup> base, short stop and pitcher). The remaining players are up-to-bat.
4. All players will come to bat once before switching to the field. Each batter hits and runs to first base, unless the ball clears the outfield line in which case they get a double. The last batter in this group gets a "home run" and clears the bases.
5. There will be no player behind the batter in the catchers position.
6. Teams on the field of play are encouraged to teach the proper positions and how to make an out, even if they don't count.
7. At the end of the session, a relay race will occur with each team lining up on a base and having 1 player at a time run around the bases and touching each one. When that player returns to their team's base, they can run past the base and the next person begins running. Where there is a difference in numbers, some players can run twice.

8. If we move to games being allowed – the two teams will run a warm-up practice for 15-20 minutes followed by a minimum 2-inning game against each other.

### The Practice

1. During the practice session, each team will practice the FUNdamentals:
  - a. Throwing
  - b. Receiving
  - c. Hitting
  - d. Base Running
  - e. General Knowledge
2. Coaches are encouraged to use the Getting Started Manual to help prepare practice sessions each time.
3. Players rotate through the different stations each time they have a practice.

### Fielding

1. All players “play out”, and we strongly suggest rotating the players so that everybody has a chance to spend some time in infield positions. If you have a player that has trouble catching thrown balls, do not put this player on first base.
2. Each team will have 1 of each: pitcher (located to one side of pitching machine circle), 1B, 2B, SS, 3B, , LF, CF, RF (outfield only if opponent games can occur). If there are more players present, they may be assigned additional positions in the outfield. Outfielders should be positioned approximately two metres from the home run line.
3. All players should wear a protective cup. If a player arrives without a protective cup then that player may bat and play outfield but is not permitted to play an infield position. It is the Coaches responsibility to administer this rule.
4. Each hit results in the batter running to and through first base and each baserunner taking 1 base. The fielders are encouraged to get the ball to the appropriate base before the runner.
5. All balls that are hit and cross over the home run line on the ground shall be deemed a double and all base runners advance two bases.
6. In the event a ball crosses the home run line in the air, all players on base shall run home and congratulate the batter.

### Pitching

1. The pitching machine operator will be either the manager or coach of the team that is on offence. The operator will show the ball to the batter before placing it on the lever. The ball to be used is a “softy” ball (preferably a #5 density). The pitching machine operator must be attentive to throws coming from the third base side of the circle to first base, moving out of the way or ducking to avoid interference.
2. **The pitching machine screws should not be adjusted. They are set to an appropriate speed for this division.**
3. Each batter receives a **maximum** of three pitches in which to hit the ball (can be extended for foul balls **on the last pitch**).
4. There are no walks or strikeouts.
5. After three pitches, if there has not been a hit (in fair territory), a designated coach or parent shall quickly place the Tee in proper position (with the pole positioned in front of the plate, not directly on top of the plate). The batter will hit off the Tee.
6. There will be a ten (10) foot diameter circle around the pitching machine. The pitching machine will be positioned at a distance of 40 feet from home plate. The speed will be set and will not be

changed during the game. Only a coach or parent may operate the machine and adjust the height of the pitches, but not the speed.

7. Any batted ball that hits the pitching machine, pitching machine operator or comes to rest in the 10-foot circle will be called dead. The batter will be awarded first base and only runners forced to advance will do so.
8. Pitching machine operators should not catch balls thrown to them unless the ball has been declared dead.
9. Thrown balls, which come to rest in the 10-foot circle, will be called dead.
10. Under no circumstances will a player enter the pitching machine circle. The “pitcher” must stand outside the circle and no nearer than 40 feet from home plate (a line to be marked on each side of the circle). The pitcher is not to stand in front of the pitching machine and shall receive all thrown balls on either side of the pitching machine. In the event that the pitcher (or any other player) should step into the circle with one or both feet (on the line and reaching in is okay) and touch the ball, the ball will be immediately called dead.

#### **Length of game**

1. Each team is encouraged to have batters ready to go when it's their turn, a parent or coach ready with the Tee should it be needed, and quick transitions between games to ensure we get as much playing time as possible.

#### **Umpiring & “Outs”**

1. There are no official umpires. The coaches will call the plays. If there is a disagreement, the batting team's coach will render the final decision.

#### **Rainouts**

1. For those days when it's raining, the coaches/manager for the scheduled teams should discuss calling a rain-out at least 30 minutes before game time. If they decide to call a rain out, inform your entire team and ensure one of the coaches emails the rally cap coordinator and the concession coordinator.
2. Make-up games, by mutual consent of the coaches, may be played at a time and a field of their choice, subject to availability.

#### **Miscellaneous**

1. There is no stealing, even on passed balls.
2. Intentional bunting is not permitted.
3. Over running first base is encouraged.
4. Practice fields are not assigned - coaches must forage for available space.
5. All players - boys & girls - must wear a protective cup.
6. All players are required to wear a helmet when batting or running the bases.
7. Only the batter is permitted to hold a bat.

#### **June Rule Changes (for games May 26 and afterwards only)**

For all games May 26 and after, we will introduce 'Outs' to the game.

1. Outs can occur only after a ball is hit - no strike outs and use the Tee as you currently do.
2. At this level the only outs are force plays and caught balls. There will be no tagging of players, even if it is not a force play.

3. Each team will still bat through the order, everybody hits and the 'last batter' still hits everybody home (with the fielders trying to get that ball home before the last batter makes it around).  
Hint: Put your big hitters last for the next few weeks.
4. If a ball is caught by a fielder, returning that ball to the base from which the runner left does not render them out. We'll save that rule for next year. If this happens, however, make sure you encourage the fielder!
5. Coaches, ensure you incorporate the idea of 'Outs' into practice leading up to June.

Let's keep it fun. The coaches will call the plays. If there is a disagreement, the coach of the team at bat shall render the final decision. Safe/out calls are generally obvious. If a play is very close and difficult to call, the runner should be declared safe (remember this is an instructional division).

#### **Safety and Sanitization**

1. Hands should be sanitized before and after each session.
2. Any shared equipment should be sanitized before and after each session.
3. Coaches must make every attempt to keep kids at an appropriate distance from each other. Cones should be used to space out players when in line for batting.
4. Coaches and parents should review the COVID protocols at [www.lvll.ca](http://www.lvll.ca)
5. **PLEASE DO NOT ATTEND IF EXPERIENCING ANY COLD OR FLU LIKE SYMPTOMS. A Health Check is required prior to each session.**