
HOUSE LEAGUE RULES

ROOKIE BASEBALL





Rules of Play

Rookie Baseball



Revision Date	Description
4/19/24	Developed for TC Website
5/24/25	2025 Pre-season review

INTRODUCTION

This Division is the introduction to a pitched ball for baseball players. It is in this division that we begin the process of teaching these players the pitched ball baseball game; now adding to the basics with a pitched ball. The Rookie program needs to reinforce the basic elements with the players and teach them the new skills while remembering proper techniques to execute each properly for their age. The focus is all on developing the basic skills, introducing strategies and providing an environment that is fun, enjoyable and encourages the continued growth of each player.

The Rookie division shall use the current edition of the Ontario Baseball Association Constitution containing Regulations and Playing Rules (available at www.baseballontario.com) and the following supplemental rules adapted by TC for the Rookie house league season. (Including playoffs)

The Rookie Program is comprised of 1 division with a 2 year age group:

- ROOKIE – 7, 8 year olds (based on age as of January 1st)

The Rookie Program shall be executed in a round robin format, based on approximately a 12 to 14 week season (The organization will adjust for a reduced game season as necessary).

General Season Information

Schedule:

- Typically Rookie is played Saturday and Sundays at 9am, 11am or 1pm.
- The season will start with a few practices in a row (Sat and Sun), then progress to alternating practices (Sat) and games (Sun), then to all games (Sat and Sun) prior to the final House league tournament.
- 2 hour time slots each day; See website calendar for diamond allocations.
- Cancellations due to weather will be communicated via the website “Diamond Status”. No coaches or managers should be cancelling events; Assume we play unless the website says closed.



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Practices:

- Two teams share one diamond and split time in the outfield and infield within the allotted time slot.
- Diamonds must be setup (bow nets, tees etc.) prior to practice time; equipment will be provided, and assistance from coaches is appreciated in setup and tear down.
- Batting cages may be available during practice times also and will be scheduled by the division director.

Equipment:

- All players are required to provide their own glove, batting helmet, bat and appropriate running shoes. Players will not be permitted to play without proper equipment.
 - Baseball cleats, water bottle, jock or jill are recommended.
 - No Wood bats; 2-1/4", and 2-5/8" Diameter aluminum or composite baseball bats permitted
- Coaches will be provided with a team equipment bag for balls, and catcher's equipment; please return equipment to the bag after each event.
- TC will provide all other field equipment for use at practices and games. This equipment (tees, bases, and bow nets) shall remain on the field and are not to be removed for any reason. Assistance to setup and tear down is appreciated when required.

Uniforms:

- TC will provide all players with a shirt, baseball pants and a hat.

Regular Season (Games):

1) General Game Play

- a) Score will be recorded in the Rookie division. Both teams' managers should text/ email the division director following the games to submit the scores for record.
- b) Outs will be removed from bases if called out by umpires.
- c) Two umpires per game (minimum) in this division.
- d) Strike outs will be called, all players will hit.
- e) 5 innings is a standard game; 3.5 innings will constitute a complete game if weather becomes an issue.
- f) No innings will start after 1hr. 30mins from scheduled start time; hard stop at 1 hr. 50 mins.
- g) The infield fly rule **is** in effect in this division.
- h) There will be **no intentional walks** in this division.
- i) Bases at 65ft.
- j) Mound at 44ft. (pitching machine centered above mound).
- k) Pitching machine speed set to **40mph**.
- l) 5 runs max. per inning, 5th (or last) inning is unlimited.
- m) If a team is short players, the opposing team is obligated to provide players to fill the gaps in the outfield up to a max of 4 outfielders; only for defensive purposes. Less than 7 players, at any point in the game, becomes a forfeit.
- n) Call ups from an immediate lower division are permitted to fill roster spots. Division director approval required in advance of play.

2) Batting

- a) Every player will bat in a continuous order and every player will field in a rotation.
- b) Thrown bat: Any infraction of a bat being thrown will result in time being called; the batter will be instructed once on how to release the bat; future infractions may be penalized.
- c) Bunting is **NOT** permitted.
- d) Batters can not be called out on a foul ball; a pop foul if caught is an out.
- e) If a batter does not put a ball in play within the allowable pitches, the batter will be called out.



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- f) If a hit ball contacts the pitching machine, coach, or umpire, or a player touches the ball inside the circle, the ball shall be declared "dead" and each runner will advance one base if forced.
- g) Hitters may hit a triple (maximum) if the ball is hit clean and hard enough to make it to the outfield without a defensive error. Home runs permitted if hit over the outfield fence only.

3) Pitching

- a) A coach from the batting team will feed balls into the pitching machine.
- b) The pitcher (coach) will feed the machine for 5 hittable pitches; hittable pitches are at the umpires discretion only.
- c) Any player playing this position must wear a batting helmet with a mask, and is not permitted to play a ball within the 8 ft. circle that surrounds the pitching machine. This player must also stand to the side of the machine, behind the release point of the machine.

4) Base Running

- a) No Lead-offs from the base are permitted until the ball has crossed the plate.
- b) On an overthrow to any base, runners may advance as far as 3rd base at their own risk.
- c) In no case shall a runner score on an overthrow.
- d) Stealing will NOT be allowed in all games. Tag ups on fly ball outs are permitted.
- e) A Runner on 3rd base must be hit home or forced home.
- f) There is no head first sliding, unless going back to a base. No sliding going to 1st base; runner will be called out.
- g) Pinch runners due to injury are permitted; Must be the batter who was last out.

5) Fielding

- a) All players must be rotated through all infield positions. All players must be rotated through all positions as equally as possible.
- b) In a game, a player shall play a minimum of 2 innings in the infield and 1 inning in the outfield. Pitching and catching are considered infield positions.
- c) No player shall play the catcher position more than 3 innings in any one game. The position of spare does not count as infield or outfield.
- d) No player can play the same position more than three times in a game.
- e) No player can sit twice until all players sit once; this continues throughout the entire season to ensure that all players take their turn sitting out equally. Failure to follow the mandatory playing rules may result in a forfeit of that game.
- f) A Catcher must be in position at all times for the game to proceed. If an injury has occurred a replacement must be in place before the game returns to play.
- g) Catchers must remain in full game gear at all times during play with the exception of removing their helmet, for better vision, once the ball has been put into play.
- h) Right fielders are not permitted to throw a baserunner out at 1st base; must use a cut off.
- i) End of inning: No defensive player is allowed to leave the field until all base runners have scored.
- j) Outfielders are not permitted to tag a runner for an out; they must throw to an infielder to complete the out.

6) General Coaching Responsibilities

- a) Communicate with the Division Director and/ or board members as required.
- b) Communicate with parents – Snack Schedule, Diamond #, game/ practices etc.
- c) Coordinate with other coaches for diamond setup (bow nets, tees etc.)
- d) Create Practice plans/ Lead practices
- e) Create/ manage lineups and position rotations, report scores to the Division Director.
- f) Lead/ guide players on the field to teach basics if positioning, and skills.



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- g) Represent your team and TC as an organization in an honorable manner; treat everyone with respect.
- h) Approaching an umpire is only permitted once you have requested "time", and the umpire has agreed to grant "time" **and** permission to approach.
- i) If a coach or manager is ejected for any reason during the season, that coach/ manager must leave the park, and is subject to further discipline before permission is given to return to action. Discipline will be at the discretion of the TC board.
- j) No coaches permitted on the field beyond those designated as 1st and 3rd base coaches. All other coaches must be in the area of the dugouts.

Playoff Season/ Tournament: (Last Weekend in July)

1) No Change in rules

- a) Same rules as regular season.
- b) Scores will be recorded, and standings kept.
- c) Playoff format will be a round robin ending on the Day of champs.
- d) If a game ends (by time or score) in a tie, the score will be recorded from the last inning that did not end in a tie
- e) Each team is allowed to field up to 10 players (4 outfielders). Less than 7 players results in a forfeit and the game will not be played. The winning team will be awarded an 8-0 score.

Division Director's Note

The intention of the playoff will be to compete on a higher level than the regular season while maintaining the integrity of the game. The intention will be to challenge the players to step up their games in a round robin format. The hope will be to have the players shine and not the coaches.

Player Evaluations: The player evaluations are requested to be completed at the end of the season to help with next year's draft.

Skills to work on:

- Defensive Positioning at 1st base, and Pitcher.
- Defensive Positioning as Catcher; overcoming fear, being in position to catch the pitch etc.
- Proper throwing technique – make a T, Point, Step, Throw.
- Underhand lob
- Playing catch with a partner – don't overthrow, but throw hard.
- Fielding – mostly grounders. Alligator, gloves down, knees bent, eyes up.
- Getting in position in front of the ball
- Glove position
- Running to second on a double
- Base locations/ numbers and direction to each base.
- Base running - through first base into foul, stop at each subsequent base.
- Batting – level swing, "squash the grapes", "squish the bug", hands by ears, drop the bat.
- Batting – how to set the tee height, foot placement, body position, etc.
- Playing first base, foot on the bag, moving after the ball is hit
- Playing second base/ SS/ 3rd base
- Touching the base with your foot (proper positioning)
- Covering throws – RF covers throws to 1st base etc.
- Asking for "time" once the play is completed; Calling "time" does NOT stop the play. Umpires grant "time" at their own discretion.
- Fun – run fun drills, relay races, scavenger hunts etc. to keep the kids engaged.