



Instructional League Playing Rules

Updated February 2018

General

- The Instructional League is not intended to be a competitive league. The intent is for 5 & 6 year olds to learn to LOVE the game of baseball, and to play the game safely.
- Scores will not be kept.
- Players should be off the field before 8pm. Coaches must use their best judgment in agreeing when to start a new full inning.
- Half of each team's roster (5-7 players) will bat in each half-inning. In an effort toward getting every player an equal number of turns batting while meeting the 8pm deadline, coaches can agree to bat their entire roster in the last inning.
- Games will be limited to a maximum of 6 full innings.
- The distance between the bases is 60 feet.
- Stealing bases or leading off will not be allowed.
- The infield fly rule will not be in effect.
- Coaches and parents shall act as umpires.
- Base coaches should remain 3 feet from the baseline and should not touch the players while the ball is in play.

In the field

- All members of the team should play in the field.
- A player cannot play two or more consecutive innings at any position in the field. Coaches should rotate infielders and outfielders during the inning to keep the players engaged.
- Players positioned at the pitcher's mound are required to wear a helmet with a cage.
- Teams can position an extra short stop in the infield.
- The outfielders must be positioned past the edge of the infield dirt, and coaches may position extra players in the outfield so that no player has to sit out.
- The ball is dead when it comes into the infield when thrown from the outfield. There is no advance on an overthrow.
- Coaches are to use their judgment and are encouraged not to excessively run their players. A player hitting a ball through the outfield should not receive more than a double.
- Two adults should be positioned behind the outfielders to direct the defensive team. The adults should not touch the ball or any players while the ball is in play.
- There is only one player allowed in the pitcher's position and all other infielders must be within 5 feet of the baseline.
- Players are strongly encouraged to throw the ball to the base instead of running the ball to the base or chasing an advancing baserunner.
- The baselines are to be chalked and all infielders are to stay clear of the base paths when not making a play.
- A double base will be used at first base to avoid collisions between fielders and runners. Fielders will use the base in fair territory and the runners will use the other half in foul.
- An adult or older sibling will act as the catcher in order to speed up the game.

Batting & Baserunning

- The adult doing the pitching decides whether a batted ball is in-play or is a foul ball. No bunting.
- An adult pitches to the batters; each batter will receive a total of 7 thrown pitches. Up to 3 foul balls should not count against the batter's 7 allotted pitches. If the ball is not put into play after 7 pitches the batting tee will be brought out.
- There are no strikeouts.
- Batters and baserunners must wear their helmets at all times, including while in/on the base paths. If the helmet falls off they must stop at the next base.
- A batter or baserunner that makes an out must leave the base. Close calls always go to the baserunner.
- Bases are not cleared after 3 outs.
- The last batter of each inning can circle all 3 bases and finish back at home plate.