



Reston Herndon Little League Local Rules

2021 'A-BALL/ROOKIE' DIVISION RULES & PROCEDURES

PITCHING

1. Pitching will be performed by a coach from the batting team who will throw from a kneeling position.
2. The coach will throw overhand from a distance anywhere between 25-40 feet from home plate.

CATCHING

1. Male catchers must wear a long-model chest protector. **All catchers must wear chest protector with neck collar, throat guard, shin guards and catcher's helmet**, all of which must meet Little League specifications and standards and bear the NOCSAE stamp. Catcher's helmet must meet NOCSAE specifications and standards. All catchers must wear a mask, integral or dangling-type throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up, and games (see Rule 1.17).
2. **Cups are strongly recommended for all male players, but are required for all male catchers.** Male players not wearing either a cup or sliding shorts are not permitted to play the catcher position.
3. **Adults are not allowed to squat in the catcher's position.** Only properly attired players may catch, whether at a scheduled team practice or during practice at a game.

BATTING

1. **Batters must wear a helmet with a facemask.**
2. We will utilize a 3 strike, 6 pitch max rule. After a batter has swung at 3 pitches unsuccessfully, or been thrown 6 pitches total, the offensive team's manager/coach will provide a batting tee for the batter to put a batted ball in play. Balls fouled off from the 3rd strike only will result in another pitch.
3. There are no walks allowed or taking a base when hit by pitch.
4. Bunting is not allowed.
5. A batter is allowed only 1 warning for throwing a bat. The second occurrence will result in an automatic out with runners not allowed to advance.
6. All players will be moved around in the batting order (from game to game) so the same players are not batting in the same order all the time.
7. There will be no 'on deck' position. The batter will not pick up his/her bat until ready to advance to the batter's box, and will at that time be handed the bat by a coach.

PLAYING THE GAME

1. **First and foremost, good sportsmanship must be stressed!**
2. Move the game quickly between innings. Start without a catcher if you need to.
3. A game will last 6 innings. However, no new inning will start after 1 hour and 45 minutes of play unless it is the last game of the day.
4. A maximum of 10 players may play in the field at one time; four (4) outfielders. Outfielders must be positioned within the grass of the outfield, and may not be within the infield as the ball is put into play (no short fielders).



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5. A player is out as specified in the Little League Rule Book. Exception - Infield fly rules will not be called. Players must return to the dugout when called out.
6. A runner cannot steal a base or lead off the base.
7. After a ball is hit in fair territory, play ends when the defensive team (infielder position) has control of the baseball anywhere in the infield (DIRT OR GRASS). If an infielder has control of the ball and tries to make a play on a runner, the runner can advance only to the next base even on an overthrow outside of the foul lines.
8. Base runners must return to the last base touched if they were less than halfway to the next base when ball is under control in the infield.
9. A runner cannot be tagged out for over-running first base no matter which direction they turn unless they attempt to run to second base.
10. An inning is over when there are 3 outs or 4 runs are scored; whichever occurs first.
11. All players in good standing will bat in order during the game. Batting through the entire line-up in a single inning, regardless of the number of outs or runs, is not allowed.
12. No substitutions will be allowed in the batting order.
- 13. All players must divide their field time between infield and outfield, in order to teach all the players the same skills and provide them a broad range of experience. No player may play the same position more than one (1) inning, unless there are six or fewer players in attendance for that team. No player should sit out more than one inning in excess of the bench innings for any other player on the team.**
14. Every effort should be made by the runners to avoid contact with the fielders. Runners will be called out for running into a defensive player unless the defensive player is in the base path without the ball. Players should be taught not to stand right on the base when a runner is coming.
15. There are no limits to defensive substitutions.
- 16. Coaches are not allowed to instruct a batter to swing or not while the pitch is on the way.**

GROUND RULES

1. On an overthrow of first, second or home, runners may advance only one base no matter where the ball lands in foul territory. An overthrow at first or third is not an automatic base advancement for the base runner.
2. Runners may advance a maximum of 2 bases on balls that land in the outfield grass.
3. An overthrow touching umpires, parents, or coaches will result in only advancing one base. The ball is considered dead.
4. A batted ball that hits the coach, is a dead ball, and runners will advance one base.