



# Alpharetta Youth Baseball Association

## 4U/5U Rookie League Playing Rules

**The objective of the 4u/5u Rookie League (t-ball) is to promote fun while teaching the basics of baseball. Games are not scored and there are no winners or losers.**

- A. Maximum time allowed in a game is one hour and fifteen minutes (1:15). After the time limit expires, no new inning will begin.
- B. The head coach must attend the plate meeting at the beginning of the game. The official start time will be declared at the end of the plate meeting.
- C. A new inning begins after the entire team has batted through their entire order.
- D. Substitutions will be unlimited. However, all team players will bat in the same rotation order. Batting order should be changed game to game. A coach can choose to reverse the batting order each inning but should otherwise not be changed during the game.
- E. Bats must have a certified USSSA BPF 1.5 label and the barrel may not be larger than 2 and 5/8 inches.
- F. Defense: Each player should rotate between playing outfield and infield each inning. The only exception to this rule is if prior agreement between the coach and parent(s) has been made for the safety of the player, and the opposing coach should be notified.
- G. Teams have the option of playing with a maximum of 10 defensive players in the field or all players on their roster.
- H. No player should be omitted from the defensive lineup in two innings until everyone on the team has been omitted from the defensive lineup in one inning. No player should be omitted from the defensive lineup in any two consecutive innings.
- I. A defensive player should throw, not roll, the baseball to another defensive player.
- J. Outfielders should throw the ball into the infield instead of running it in.
- K. A base runner may not advance on overthrows on a play.
- L. Any player playing the pitcher position must wear a protective and/or caged helmet. (Mandatory)
- M. Any player playing the pitcher position must have one foot inside the pitching circle before each pitch.
- N. There will be no leadoffs or base stealing.
- O. There will be no bunting.
- P. Defensive standing on the bases is not allowed.
- Q. On defense, each team must play a regular infield. All other players must play in the outfield positioned in the grass ten (10) behind the infield dirt.
- R. For the entire season players will hit the ball as described below:
  - **Before the 3<sup>rd</sup> game of the season:** All players will hit the ball off a tee.



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- **Starting with the 3<sup>rd</sup> game:** Coaches will pitch to the players. Coaches will pitch overhand and pitching from a knee is recommended. Coaches can pitch from anywhere outside the foul arc in a direct line to the pitcher's mound. A batter is allowed up to five (5) pitches, regardless of the number of strikes. If the fifth (5<sup>th</sup>) swing results in a foul ball, the batter shall be allowed another pitch. If the sixth (6<sup>th</sup>) swing is a strike or foul ball, then the batter shall use a tee and be coach assisted.
- S. If the adult coach is struck by a batted ball, then the ball is dead and the pitch does not count; it is as if the pitch never happened.
- T. A batter will receive two (2) warnings for slinging of the bat. On the third (3<sup>rd</sup>) occurrence, the same batter will be coach assisted and talked with before batting again.
- U. A batted ball that does not travel on or outside a marked ten (10) foot radius of home plate is declared a foul ball.
- V. There will be no abuse of players on either team by parents, managers, and/or coaches. If a manager cannot control himself, his parents and/or his coaches, the manager will be removed from the game.
- W. The offensive team is **allowed 4 coaches on the field**: first base, third base, coach pitching and catcher.
- X. The defensive team is **allowed 4 coaches on the field**: One in left field, one in center field, one in right field and one within arm's length of the dugout. The three (3) defensive coaches in the outfield must stay behind the players in the outfield and cannot touch the players or the ball. The one (1) infield coach must stay within arms length of their teams dugout to give out instructions to the infielders.

## **Conduct and Sportsmanship**

It is the Head Coach's responsibility to manage and control their teams and to lead by example.

- Inappropriate, obscene, or abusive language or behavior may result in a player, coach, parent, or spectator being ejected from the game/park. This includes arguing with umpires and un-sportsman like conduct.
- All umpires and AYBA board members have the authority to eject anyone violating the conduct rules.
- Any player, coach, parent, or spectator ejected from a game must leave the field immediately and are not allowed to stay near the field or sit in the stands, but are allowed to wait in the parking lot if needed.
  - First ejection – Leave game immediately and suspended from attending or participating in the next scheduled game.
  - Second ejection – Same as above, but with 2 game suspension
  - Third ejection – Suspended for rest of season including tournament.
- Physical contact or violence involving a player, coach, or parent will result in automatic ejection from the game, a one game automatic suspension, and possible suspension from the league.
- If a player demonstrates actions which are detrimental and or abusive to the team, the player will be suspended from the team immediately and will not participate in any games or practices until the