

## **2025 East Side Little League - Instructional (7 & 8 yr. old) League Playing Rules**

The primary purpose of the program is for the children to have fun playing baseball while learning the proper fundamentals. There are no team records, league standings, playoffs, or championships. There are no trophies awarded. If the individual team managers wish to give the children a small token at the end of the season that is solely at their discretion. There should be no individual MVP or similar type awards.

The Official Little League Rule Book will be used for the East Side LL Instructional League, unless superseded by one of the following special East Side Instructional League Rules.

### **Equipment & Uniforms**

- **A manager/team may not assess players a fee, or request payment for, any uniforms including, special hat, shirts, socks, etc., or equipment such as bats, helmets, etc., without expressed permission of the Board of Directors.**
- **All items purchased for team use are the property of East Side Little League and Little League Baseball.**
- **Player's names are not permitted on the back of the uniform shirt.**
- **Only equipment and uniforms supplied by the League are permitted.**
- **All equipment must meet Little League, Inc., safety requirements.**

### **General**

#### **Safety**

- Prior to practice or game the managers and coaches must check the field (including fencing and benches) for unsafe conditions, and correct the situation. If the condition warrants, report it to the Building & Grounds Director, the Instructional League Director or any other Board Member.
- All batters must wear LL approved batting helmets
- All base runners must wear LL approved batting helmets.
- During a game, prior to each swing of the bat, it is the responsibility of the coach who is instructing the batter to ensure the fielding team is ready for the ball.
- In case of inclement weather (thunder and/or lighting) have all players and coaches leave the field and seek shelter.
- All players not currently in play must be behind the fencing, preferably sitting on the bench.
- There is to be no "on deck:" batting practice.
- During game play only one ball should be used, i.e. put all other balls away.
- Any accidents that occur must be reported to the League immediately and followed by an Incident/Injury Report to the League Safety Director as soon as possible.

#### **Grounds**

- It is the responsibility of the managers to clean trash from the field after their team has used the field. This includes the area around the benches and the bleachers.
- The coaches and managers are encouraged to:
  - Rake the infield BEFORE and AFTER the game
  - Level areas around pitchers mound and bases by adding or removing dirt; and
  - Perform general maintenance on the field, fencing, benches and bleachers.

### **Scheduling**

- Rainouts are to be decided by both managers and/or by the league director. The decision is to be made at the field at game time.
- Make-up games are to be played within 10 days of the rainout date, as determined by the Instructional League Director and Director of Scheduling.
- If a game is postponed due to bad weather, inform the Instructional League Director as soon as possible.
- No additional practices or games are to be scheduled without the league's permission.

### **Game Rules**

#### **General**

- Coaches will pitch overhand or operate a pitching machine (depending on field of play) to their own team from at least 35 feet from home plate.
- The defensive team should have two coaches on the field to instruct their players and to also act as the umpires.
- The offensive team should have a coach at home plate to help instruct the batter and also act as the home plate umpire.
- **An inning is either 3 outs or 4 runs, whichever comes first.**
- Every game will consist of 6 full innings (unless the two hour limit will be exceeded). The home team will always get the last at bat, even if leading at the time.
- Everyone must play at least 3 innings in the field. Equal playing time must be considered.
- A player must start at least every other game.
  - Players are to be rotated through infield and outfield positions. This is to avoid having the same player play the same position for the entire game, unless the player could not play an infield position with safety. (No player can play any one position more than 3 innings per game).
- Players may be substituted freely on a per inning basis. Player changes during the middle of an inning should be avoided.
- Games can be stopped by coaches by calling time-out to provide instruction to the players.
- At least one practice per team per week is recommended based on field availability.
- Manager should have a preset game plan for the player's positions and batting order prior to arriving at the field.

#### **League age Eight-8 Year Old Player Pitchers – NO EXCEPTIONS**

- Eight year olds can pitch in game 1 at the discretion of the Head Coach. With the proper preparation and limited pitch count.
- **Each player is limited to pitch one-1 inning or 5 batters.**
- Five pitches per batter with ball/strike called but no walks or strike-outs.
- After five player pitches, the manager will pitch and complete the at bat if needed.
- Players will pitch no more than 3 innings per game. 6 inning games

#### **League age Eight-7 Year Old Player Pitchers – NO EXCEPTIONS**

- Seven year olds will pitch during the second half of the season.
- **Each player is limited to pitch one-1 inning or 3 batters max 15 pitches.**
- Five pitches per batter with ball/strike called but no walks or strike-outs.

- After five player pitches, the manager will pitch and complete the at bat if needed.
- Players will pitch no more than 3 innings per game.

### ***Batting***

- All players are to bat in a continuous, established batting order. **All players bat whether or not they are playing in the field.**
- The batting order is to be changed each game to avoid the same players batting in the top or the bottom of the order in each game.
- All batters and players on deck must wear a batting helmet.
- **Hitter will be limited to traditional 3 strikes (no strikeouts) after which a ball will be placed on a tee and put into play.** (This is to help enable a quicker, more fun and action packed pace and the completion of 6 innings.)
- A ball must be hit at least 15 feet to be considered a fair ball. A ground rule single will be awarded if the pitching machine is hit.
- Players and their parents will have the option of having a player use a batting vest or face shield. • **NO Softball style bats may be used, regardless of whether they are approved by Little League Baseball (Local ESLL Rule).**

### ***Fielding***

- Each team is to use 9 players on the field. **No exceptions!**
- Players are to be in their proper positions (3<sup>rd</sup> base, shortstop, left fielder, etc.) and no special shifts or unusual positioning is allowed.
- All outfielders must be at least 20 feet behind the base paths.
- The player acting as the “pitcher” must be within the pitching mound area and should not have his or her line of sight blocked by the coach doing the actual pitching.
- A catcher with equipment will be used to make plays at home plate. The catcher must wear a protective cup.
- Play stops when either the pitcher or the catcher has control of the ball.

### ***Base running***

- The base coaches should be adults capable of instructing the runners.
- All base runners will wear a batting helmet at all times.
  - Coaches are to use discretion in instructing players to run and should assume most players are capable of making the play. In other words, coaches should instruct players to advance as they would in a normal game. (i.e., take more than one base if the hit warrants it) This will help prepare them for the next level, where this is critical and break the Tee Ball habit of running and stopping at every base, one play at a time. Instruct players how to ‘round’ bases or ‘make turns’.
- Runners who are not more than halfway to the next base when play is considered stopped (pitcher or catcher has control of the ball), must return to the base they were coming from. • Runners will not be allowed to advance a base on overthrows to first or third base. They may advance on overthrows that stay within fair territory.
- Runners may not advance to home on a passed ball by the catcher or an overthrow back to the pitcher.
- Base runners may not move off the base until a batter makes contact with the ball. There are no leads allowed.
- All the base runners are to slide or avoid contact with a fielder on a tag play. Failure to slide will

result in the runner being called out.

### Protests

There are no protests in the Instructional league.

Revised February 27, 2025