

**Victor Little League**  
**Major League Baseball 2025 – Advanced Kid Pitch**  
**Coach's Guide**



## **Victor Little League**

### **Major League Baseball 2025 – Advanced Kid Pitch**

#### **Rules/Guidelines – Quick Reference**

Pregame: Coaches should discuss and agree on field conditions. Both teams should help set up and chalk the field. If no umpires show, each team provides one adult. A minimum of 7 players is required.

Games are 6 innings. Any inning starting after 1 hour and 45 minutes will be the last, as agreed upon by the coaches. There is a hard stop at the 2-hour mark if another game follows.

This is a kid-pitch league. (See end of document for pitch-count and additional regulations.)

GameChanger will be used as the scorebook, but there are no official standings.

Continuous batting order. Bunting is allowed. Infield fly rule applies. Dropped third strike rule is in effect. If the catcher drops the third strike, the batter may attempt to steal first base. Should he be safe, no out is recorded. 5-run limit per inning (unlimited runs in the 6th inning).

Base running: Stealing is allowed (including home); Runners are NOT permitted to lead off. Runners must touch the base they are on until the first move by the pitcher after the pitcher comes to a set position. The runner may then lead and may attempt to steal. Pitchers may not attempt to pick off base runners. No Delayed Steals – when catcher has ball, and runners have stopped trying to advance, the play is dead. Runners cannot advance on an errant throw from the catcher back to the pitcher after a pitch. Runners should be instructed to slide whenever there is the possibility of a play at their base. Fielders without the ball should not obstruct.

Defense: 9 players. No player sits for 2 consecutive innings. All players must play at least one inning in both the infield and outfield. Maximum of 3 innings at any one position. Free defensive substitutions are allowed.

All coaching must be done from the sidelines or by base coaches. No defensive coaches are allowed within the field of play. The head coach may request a time out, but he/she must remain off the playing field until the umpires approve the request.

Throwing equipment is prohibited. Players who throw equipment should be warned; repeat offenders will be removed. This includes batters who inadvertently throw the bat after swinging at a pitch.

Players must wear VLL-issued jerseys and caps. Baseball pants are required. Caps must be worn forward, and shirts must be tucked in during games. Molded cleats or all-purpose shoes are required.

No protests allowed – resolve issues calmly. In disputes, official Little League Majors Division standards will apply for fairness and consistency. Any negative remarks or taunting may lead to ejection by an umpire or a VLL board member.

For rule questions, contact Major League President Randell Sierens.

## **Victor Community Baseball Skills Chart – Major League Baseball 2025**

To provide a consistent and comprehensive approach to player development, VCBS has created a Skills Chart outlining key baseball skills and the appropriate ages for introduction. Developed with input from local coaches, this chart helps ensure players learn skills progressively while giving coaches a structured roadmap for practices.

The chart is a guide, not a restriction—coaches should focus on age-appropriate skills while reinforcing fundamentals from earlier levels. Our Spring Coaches Clinics will cover these skills in detail and provide practical drills.

Pitching: Pitch Counts, Change-Ups and Covering First

Hitting: Pitch Count, Bunting, Hitting the Ball Where it's Pitched

Fielding: Rundowns, Infield In and Bunt Defenses

Fielding: Double Plays, Underhand Toss, Covering Steals and Cut-Offs

Catcher: Blocking Balls, Throwing to Bases, Pitch Count and Framing

### **Sample Practice Plan – 60 minutes**

Warmups and Throwing Progression (10 min)

Dynamic Warm-Up

Partner throws, increasing distance

Finish with a "last pair standing" challenge (optional if time allows)

Batting Cage / Defensive Situations (36 min, rotate after 12 min)

**Group 1: Batting Cage**

Tee work and front toss or machine pitch focusing on swing mechanics and situational hitting

**Group 2: Infield defensive Situations**

Game situations like singles double plays, bunt defense, and cut-offs

**Group 3: Outfielders**

Fly balls with throws to cut-off man and home plate

**Floating Pitchers Training:** Working with pitchers individually during this time.

Golden Glove Competition (10 min)

Quick review and positive send-off (4 min)

### **Little League Pitch-Count Regulations**

9–10-year-old players: 75 pitches max

11–12-year-old players: 85 pitches max

Pitcher may finish pitching to the current batter if they reach the limit during the at-bat.

### **Required Rest Days**

66+ pitches in a day: 4 days rest

51–65 pitches in a day: 3 days rest

36–50 pitches in a day: 2 days rest

21–35 pitches in a day: 1 day rest

1–20 pitches in a day: No (0) days rest required

### **Additional Pitching Rules**

A pitcher may not re-enter as a pitcher once removed.

Maximum of 8 warm-up pitches (2-minute time limit).

Pitch counts from travel ball and scrimmages count toward these limits.

Pitcher must be removed after hitting 3 batters in a game.

No balks will be enforced; however, repeated balk moves will result in pitcher removal.

Travel and club players are limited to 2 innings pitched per game. The maximum innings in a week a travel or club player may pitch is 1 more than the number of games the team plans to play. Players who only play Victor Little Leagues house program may pitch using the limits set out by Little League.